



# THE UUUFM VOICE

NOVEMBER 2019  
VOLUME 58, ISSUE 6

## *WHAT DOES IT MEAN TO BE A PEOPLE OF ATTENTION?*

Alice Walker famously wrote, "I think it pisses God off if you walk by the color purple in a field somewhere and don't notice it."

Walker's words are a great reminder that attention and gratitude go hand in hand. Indeed, they are a perfect embodiment of the dominant message about attention: that it's here to wake us up to life's many gifts.

But it's also important to remember that attention has a few ulterior motives up its sleeve. So some fair warning is required this month. Because attention won't just make you grateful, it will make you fall in love. And it won't just allow you to notice life's gifts, it also makes it impossible to ignore life's pain.

First, the love part.

Mary Oliver writes, "Attention is the beginning of devotion." It's a beautiful way of saying you cannot love something that you do not really see. Love simply isn't possible without deep noticing. And noticing deeply seems to inevitably lead to love. Glances and self-interested attention never get to the real person. They stay on the surface and treat the other as a mirror. What you fall in love with is how they make you feel and how they enhance your statue with others. Which means that all you've really done is fall in love with yourself. Loving them, truly them, requires noticing your needs and then putting them down. It asks you to look without expectation of who you want or hope they will be, and instead try to focus simply on who they are right now. It's a type of looking that keeps on looking until you discover something entirely new, entirely other, entirely and uniquely them. And once you notice something that uniquely new, you're in trouble, because you will most definitely be devoted. You will no longer think about what you're getting. You will only want to give.

And now the pain part, which is not all that different from the love piece.

This time it's a UU minister, Rev Sean Dennison, that captures it best. Sean writes "The ability to see beauty is the beginning of our moral sensibility. What we believe is beautiful we will not wantonly destroy." In other words, once we notice the beauty at the heart of others and the world, it pains us to see it destroyed. So seeing the beauty of something comes with a commitment. You don't just think to yourself "Oh, that's pretty," you think "My God, I must protect it." Its survival becomes your survival. Its pain becomes your pain.

All this is to say that we should expect to feel grateful this month. But, also, don't be surprised if you end up feeling devoted as well. Again, attention doesn't simply help you notice all you've been given; it also makes you fall in love and demands that you give of yourself. So, consider yourselves warned, friends: true attention always comes at a cost, because real looking always results in you not being able to look away. Often for the better.

This month may that be true for you!



# NOVEMBER 2019 SUNDAY SERVICES

OUR THEME IN NOVEMBER EXPLORES  
 "WHAT DOES IT MEAN TO BE A PEOPLE OF **ATTENTION**?"

## NOVEMBER 3 "A MEDITATION ON ATTENTION IN EVERYDAY LIFE"

KSU Professor of Psychology and Fellowship member Les Loschky speaks. Attention is the gateway to awareness, understanding, and memory for what you experience each moment in life. Attention is also our ability to focus on a task without being distracted. One can be the master of their mind, or the slave to the 'monkey mind' that jumps from one thing to the next. In the information age, we live in a time of ever increasingly scattered attention. But regularly engaging in monkey-mind electronic multi-tasking actually making us worse at it. Meditation is a proven way to tame the monkey mind, and improves real-world multi-tasking. Convener is Rob Morrison at 480 861-1732 or william.robert.morrison@gmail.com.

## NOVEMBER 10 "ATTENTION AS A UNIT OF MEASUREMENT"

Rev Aaron Stockwell, Interim Minister of the UU Fellowship of Lawrence, Kansas, speaks. Education Reformer Ted Sizer once said if you want to figure out what is important in a school, don't look at its mission statement, look at how its people spend their time. How do we spend our time? How do we care for ourselves? Our convener is Madilena Mendiola at 858 472-8326 or madilenam@gmail.com.

## NOVEMBER 17 "SEEING WHERE YOU LOOK; BEING WHERE YOU ARE; DOING WHAT YOU'RE DOING"

Jonalu Johnstone reflects, "Every day, almost every moment, we are besieged by distractions. The best counter is attention and intention. Attention implies focus. We don't attend, in general; rather, we attend to something specific. This plays out in our individual lives in many ways--how we organize our priorities, how we balance our lives between work, leisure and family, how we make choices (or defer them). It also plays out in our congregational lives. Attention invites us to choose where to look, to understand where we are, and to be deliberate in what we do." Our convener is Sarah Desmet at 785 477-7673 or sarah.e.desmet@gmail.com.

## NOVEMBER 24 "PAYING ATTENTION: GRATITUDE'S PREQUEL"

Rev Jonalu Johnstone speaks. Gratitude promotes health and creates good feelings. How do we get there, though, when we feel anything but grateful? The practice of paying attention can blossom into gratitude. Even if you set aside the holiday of Thanksgiving, given its historical antecedents, the spiritual practices of attention and gratitude can enrich every day. Our convener is Scott Tanona at 785 317-2593 or stanona@sbcglobal.net.

## UU FELLOWSHIP OF MANHATTAN

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**SUNDAY SERVICES begin at 10:45 AM  
 at 481 ZEANDALE ROAD**

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## COMING UP ...

The UUFM Board is arranging a **VISIONING WORKSHOP**. Learn more on page 5 of this newsletter.

Let's celebrate the publication of Jonalu's book, **SCRIPTURE UNBOUND: A UNITARIAN UNIVERSALIST APPROACH**. Learn more on page 5.

The UUFM **RACIAL JUSTICE TEAM**, meets Sunday, **NOVEMBER 3**. Learn more on page 5.

Start planning for our annual **HOLIDAY CRAFT AND BAKE SALE** on Sunday, **DECEMBER 8**. Learn more on page 7.



UUFM is a  
**WELCOMING CONGREGATION**  
 Learn more about the Welcoming Congregation initiative at  
[www.uua.org/lgbtq/welcoming/program](http://www.uua.org/lgbtq/welcoming/program)

*Our prayer is for democracy to be a spiritual practice of accountability that resists fascism.*

-- Rev Elizabeth Nguyen

With November come elections, so it's the perfect time to talk about democracy as a central value of Unitarian Universalism. It's right there in our fifth principle (the right of conscience and the use of the democratic process within our congregations and in society at large). Theologically, we are committed to democracy because we believe that people



need to have a voice in what happens in their lives. The way I sometimes put it is that the people who will be saddled with the consequences of a decision are the ones who should get to make the decision. What's more, we are concerned that there are cultural and

political forces in our country today that seem to oppose that basic principle that everyone should have a voice and a vote. So, on a national level, UU's are supporting voter registration drives, get out the vote efforts, and advocacy for laws that make voting easier, more convenient and more widespread. Learn about the efforts of the Unitarian Universalist Association nationally here:

<https://www.uua.org/liberty/electionreform>.

Some people raise concerns about the involvement of religious groups in public decision-making. It's important to understand the limits that the IRS imposes, essentially that congregations need to stay away from endorsements of candidates or parties. However, they are welcome to work on issue campaigns, advocacy for positions that are consistent with their values and principles, and of course, getting out the vote. It's not only IRS regulations we want to be concerned with. The greatest concern we need to have is that any public position we take as a congregation should be consistent with our values and have broad support within our congregation.

Locally, UU's have been involved, individually and through Manhattan Alliance for Peace and Justice (MAPJ), with the People's Forum, which brought together more than seven local organizations to ask candidates for City Commission for their support on particular issues, among them mandatory rental inspections, living wages, funding the plan for pedestrians and bikes, and developing plans to decrease the

carbon footprint of the city. You can learn more, and even watch the forum, on the People's Forum Facebook page:

<https://www.facebook.com/PeoplesForumMHK/>.

It matters what we believe. Even more, it matters how we live out what we believe. And since we believe in the value of democracy and support for civic engagement, please practice your religion by voting your conscience on November 5 (if not before in early voting), because local elections affect us even more than national ones do.

*Jonalu*

*Talk to Rev Jonalu Johnstone after Sunday services, or contact her at 537-2349 or [revjonalu@uufm.net](mailto:revjonalu@uufm.net).*

*Read Jonalu's blog at [uufm.net/topic/minister-blog/](http://uufm.net/topic/minister-blog/)*

#### **REV JONALU JOHNSTONE'S SCHEDULE**

Tuesday, Nov 5 - 1 to 5 pm

Thursday, Nov 7 - 1 to 5 pm

Friday, Nov 8 - 8:30 to 10:30 am, Radina's Bakehouse

Tuesday, Nov 12 - 1:30 to 5 pm

Wednesday, Nov 13 - 1 to 3 pm, Radina's Aggieville

Tuesday, Nov 19 - 1 to 5 pm

Thursday, Nov 21 - 1 to 5 pm

Friday, Nov 22 - 10 am to 12 pm, Radina's Bakehouse

Tuesday, Nov 26 - 1:30 to 5 pm

November 27 thru Dec 4, Rev Jonalu will take some vacation. She may be reached by phone or email. During office hours, contact Jonalu at the Fellowship at 785 537-2349 or [revjonalu@uufm.net](mailto:revjonalu@uufm.net). During "out-of-office" hours drop into Radina's for a cup of coffee and a chat.

## RELIGIOUS EDUCATION NEWS



STUDENTS LEARN ABOUT THEIR BODIES WITH JEN THOMSEN ON AUGUST 24, 2019.



*Talk with Director of Religious Education Sandy Nelson most Sunday mornings before or after the service, or contact her at 785 341-0135 or [DRE@uufm.net](mailto:DRE@uufm.net).*

### **OWL IS COMING !**

We're in the beginning stages of planning winter Our Whole Lives (OWL) classes for Kindergarten and 1st grade students (mid-January through mid-March). If you have children in those age ranges and would like to enroll them in OWL, or if you simply have questions about the OWL program, please contact Sandy Nelson at 785 341-0135 or [dre@uufm.net](mailto:dre@uufm.net). Also, there's a lot of great information at <http://www.uua.org/re/owl>.

### **3RD SUNDAY TEEN LUNCH**

All teens (7th grade and up) are invited to gather for lunch after the service, on the third Sunday of each month. We usually go to AJs Pizza, but you can suggest an alternative. Bring \$5 to cover lunch, and invite a friend! Learn more from Sandy Nelson at 785 341-0135 or [DRE@uufm.net](mailto:DRE@uufm.net).

### **REGISTER YOUR CHILD**

Help us get to know your child(ren). Tell us about their special talents, interests, and needs. Please register, or update your child's information by completing a registration form posted on the RE bulletin board at the Fellowship, or available at <http://form.jotform.us/form/51486475507160>.

### **DRE's SCHEDULE**

Sandy will be out of town, November 3 through 7, but will be available by phone or email at 785 341-0135 or [dre@uufm.net](mailto:dre@uufm.net). November 11 (Veterans' Day) and November 25 (Thanksgiving) are holidays, but Sandy will be available in the Fellowship office on remaining **TUESDAYS** and **THURSDAYS**, from 3:30 to 4:30 pm.

## **ACTIVITIES AND EVENTS** – *EVENTS ARE OPEN TO ALL INTERESTED PEOPLE*

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Don't miss **BEER AND THEOLOGY**, on the first Friday of every month. This month, we meet on NOVEMBER 1, at 7 pm, at Auntie Mae's in Aggieville. Contact Chris Bailey at 785 341-8997 or meadbailey@gmail.com.

The **WOMEN'S COFFEE** group meets EVERY MONDAY and THURSDAY at 9:30 am, at McDonald's in Westloop. Join us for morning coffee and conversation. Learn more from Jane Pelletier at 785 537-0954 or mjanepelletier@gmail.com.

The **MEN'S LUNCH** group meets EVERY WEDNESDAY, at 12 noon, in the Jupiter room (large RE room). Bring a lunch for yourself and come prepared for lively conversation. Learn more from Michael Oldfather at 785 537-3738 or mou812@ksu.edu.

The UUFM **BOOK DISCUSSION GROUP** meets Wednesday, NOVEMBER 27, at 10 am, at the Cattell residence. We'll be discussing *Homegoing*, by Yaa Gyas. *The group will not meet in December.* Watch for upcoming announcements of our January meeting. Learn more from Judy Cattell at 785 320-5470 or catlark1@gmail.com.

## **VISIONING WORKSHOP ...**

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The UUFM Executive Board has received a detailed report developed from our Next Steps Workshop weekend, held in September, with Stewardship Consultant Barry Finkelstein. The Board plans to use this information as a starting point for developing a vision and having a capital campaign. Review the report at [uufm.net/documents](http://uufm.net/documents), or open the report directly at <http://uufm.net/wp-content/uploads/2019/10/NextStepsWeekendReport.pdf>.

The Board is planning a follow up Visioning Workshop Saturday, DECEMBER 14, to help us understand and develop a shared vision for our future. Watch for details later in November in weekly email announcements, and in Sunday order of service bulletins. Learn more from Board Chair Mark Mayfield at 785 776-6495 or ferguson.mayfield@gmail.com.

## **THEMES IN UU HISTORY AND THEOLOGY**

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We meet *BEFORE THE SUNDAY SERVICE*, at 9:30 am (dates vary). This year, we tackle UU history and theology through a social justice lens. We'll dive deep on a few particular moments and themes. *Let us know by the Wednesday before if you'll need childcare, at 785 537-2349 or office@uufm.net.*

### **NOVEMBER 17 – BEYOND BINARIES**

*UU's have led the way in expanded LGBTIQ+ rights. What can we learn to help in other movements?*

### **DECEMBER 8 – JUST WAR, PACIFISM, AND PEACE-MAKING**

*Different theories of peace-making lead to different reactions to war. How have Unitarians, Universalists, and UU's engaged, and what does that mean for us as we search for peace in our time?*

## **SCRIPTURE UNBOUND -- BOOK SIGNING**

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Join us on Friday, NOVEMBER 23, from 2 to 4 pm, to celebrate the publication of Jonalu's book, *Scripture Unbound: A Unitarian Universalist Approach*, a labor of love that has taken years. We'll have snacks, and Jonalu will read some from the book. You'll be able to purchase a book (though don't have to to come to the party!). 20% of the cost of any purchased books will go to UUFM. Learn more from Jonalu at 785 537-2349 or revjonalu@uufm.net.

## **UUFM HOSTS MUSICAL PERFORMANCE**

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On Thursday, NOVEMBER 14, at 7:30 pm, Fellowship member and great supporter of our congregation, Slawomir Dobrzanski, will present his KSU Music Department Faculty Recital. The program includes a healthy dose of Chopin, other Polish composers, and a couple of surprises. Because of Slawomir's popularity on campus and in the wider community, we will have a lot of guests--carpooling is encouraged. Learn more from UUFM Music Committee member Michael Oldfather at 785 537-3738 or mou812@ksu.edu.

## **MEADOWLARK HILLS SERVICE**

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Our November/December service at Meadowlark Hills gathers on Wednesday, December 11, at 3 pm, in Meadowlark's Flint Hills room. Learn more from Jonalu Johnstone at 785 537-2349 or revjonalu@uufm.net.

## **RACIAL JUSTICE TEAM**

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The UUFM Racial Justice team meets on Sunday, NOVEMBER 3, at 4 pm, at the Fellowship. Anyone interested in pursuing this vital work to grow our own understanding and plan effective action is encouraged to attend. Learn more from Jonalu Johnstone at 785 537-2349 or [revjonalu@uufm.net](mailto:revjonalu@uufm.net).

## PEOPLE'S FORUM

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On Thursday, October 10, UU's were involved, individually and with the Manhattan Alliance for Peace and Justice (MAPJ), with the People's Forum, which brought together more than seven local organizations to ask Manhattan City Commission candidates for their support on particular issues, including mandatory rental inspections, living wages, funding the plan for pedestrians and bikes, and developing plans to decrease the carbon footprint of the city. Learn more, and even watch the forum, on the People's Forum Facebook page: <https://www.facebook.com/PeoplesForumMHK/>.

### UUFM VOLUNTEER OPPORTUNITIES

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**COFFEE AND GREETING TEAMS** offer a great way to get acquainted and get involved, and each team serves three or four Sundays each year. Learn more from Susan Turner at 539-3272 or [office@uufm.net](mailto:office@uufm.net).

This month, Fellowship volunteers prepare and serve **HAPPY KITCHEN COMMUNITY BREAKFAST** EVERY FRIDAY MORNING, from 7 to 8:30 am, at St Paul's Episcopal Church. *If you'd like to learn more, or you're ready to join one of our Happy Kitchen teams, contact Tom Phillips at 405 880-6483 or [twp1@ksu.edu](mailto:twp1@ksu.edu), or Rob DeLong at 417 761-2488 or [rkdelong@gmail.com](mailto:rkdelong@gmail.com).*

If you are creative, visually oriented, attentive to detail, and work well on your own, consider volunteering to maintain our UUFM **BULLETIN BOARDS**. You'll serve the mission of UUFM by keeping people informed and keeping our space attractive and inviting. We'll provide the information. You make choices about format, design, and when you'll do it. Contact Sue Turner at 785 537-2349 or [office@uufm.net](mailto:office@uufm.net), or Jonalu Johnstone at [revjonalu@uufm.net](mailto:revjonalu@uufm.net) to learn more.

## HELPING HANDS SUNDAY

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In NOVEMBER, Helping Hands contributions will be collected the **RILEY COUNTY HUMANE SOCIETY**, a no-kill animal rescue organization dedicated to the welfare of animals. Learn more at [www.rchsk.org](http://www.rchsk.org).

*In October, Fellowship members and friends contributed our morning collections to The Crisis Center. THANK YOU all for your generous donations!* Learn more from Helping Hands coordinator Dixie Moreau at 785 477-8188 or [dixie.moreau53@att.net](mailto:dixie.moreau53@att.net).

### FAIR TRADE COFFEE, TEA AND CHOCOLATE

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Equal Exchange whole bean, ground, and decaf coffees, as well as chocolate and tea are available for purchase. To learn more, or to purchase fair trade products, see Anne Cowan following Sunday morning services at the Equal Exchange kiosk in the Fellowship's narthex, or contact her at 785 537-2025 or [anne\\_cowan@sbcglobal.net](mailto:anne_cowan@sbcglobal.net).

*Equal Exchange works in collaboration with the Unitarian Universalist Service Committee (UUSC). Sourced directly from farmer cooperatives, following the standards and principles of fair trade on 100 percent of its products.*

The UUFM Executive Board invites everyone to participate in a series of webinars exploring the possibilities within small UU congregations

## Small Numbers, Infinite Possibilities



November 13 **Right Sizing Your Congregation's Operations**

January 15 **Stewardship and Sustainability for the Long Haul**

February 12 **Being Beloved Community**

Anyone interested in participating in one or more webinars, viewed as a group at the Fellowship, should register with UUFM Executive Board Chair Mark Mayfield at 785 776-6495 or [ferguson.mayfield@gmail.com](mailto:ferguson.mayfield@gmail.com).



# Tai Chi

*every Saturday,*

at 9 am, at the Fellowship.

Curious about Tai Chi? Join Mark Moser and Jonalu Johnstone to practice some easy Chi Gung warm-ups, and learn Wu and Yang styles of Tai Chi, beginning October 12. We will not meet on October 26, this month. Those of any skill level are invited. Learn more from Jonalu, at 537-2349 or [revjonalu@uufm.net](mailto:revjonalu@uufm.net), or Mark, at 537-5028 or [mark@grapeviner.com](mailto:mark@grapeviner.com).

- 7 -



Christmas ??? Yes, it's not too early to begin thinking about our annual

## Holiday Craft and Bake Sale

which will be held Sunday, **DECEMBER 8.**

If you are an artisan, fabric worker, photographer, make things, or bake holiday treats, please start thinking about what you will be making for this sale. Learn more from Betty Banner at 785 776-1887 or [bettybanner@gmail.com](mailto:bettybanner@gmail.com).

*This sale is our most important fund raiser of the year.*





## COFFEE AND GREETING TEAMS

- Nov 3: Elke Lorenz, Becky Sorensen, Lily Colburn, and Fred Reynolds
- Nov 10: Austin Roberts, Jeff Brown, and Madilena Mendiola
- Nov 17: Anne Cowan, Christopher Renner, Marisa Larson, and Susan Gormely
- Nov 24: Cathy Hedge, Jessica Sievers, and Kim Martinson
- Learn more about coffee and greeting teams from Shirley Hobrock at 785 776-3175 or shirleyjhobrock@hotmail.com.

### NEED A NEW NAME TAG ?

We're ordering name tags, and there's a new option available. *If you would like your preferred gender pronouns noted on your name tag, please let us know.* There is a fee of \$6 to replace lost name tags, or to get a new magnetic version. Name tags are provided without cost for new members. Let us know your name tag preferences by contacting Madilena Mendiola at 858 472-8326 or madilenam@gmail.com.

### Administrator's Schedule

Tuesday, November 4 - 1 to 6 pm  
 Thursday, November 6 - 1 to 6 pm  
 Saturday, November 8 - 2 to 5 pm  
 Tuesday, November 12 - 1 to 6 pm  
 Thursday, November 14 - 1 to 6 pm  
 Saturday, November 16 - 2 to 5 pm  
 Monday, November 18 - 1 to 6 pm  
 Tuesday, November 19 - 1 to 6 pm  
 Thursday, November 21 - 1 to 6 pm  
 Saturday, November 23 - 2 to 5 pm  
 Monday, November 25 - 1 to 6 pm  
 Tuesday, November 26 - 1 to 6 pm  
 Saturday, November 30 - 2 to 5 pm

Drop in at the Fellowship during Susan Turner's office hours, or call 785 537-2349. Sue may be reached at any time at office@uufm.net.

## HELPFUL INFORMATION FOR MEMBERS AND FRIENDS

Contact Fellowship administrator Susan Turner at 785 539-3272 or office@uufm.net to **UPDATE YOUR MAILING ADDRESS, PHONE, or EMAIL**, or to **CANCEL YOUR SUBSCRIPTION** to this newsletter. You may also contact Susan to learn how to join our private **COFFEE AND CONVERSATIONS FACEBOOK** group.

If you've considered **BECOMING A MEMBER** of UUFM, ask Welcoming chair Shirley Hobrock at 785 776-3175 or shirleyjhobrock@hotmail.com, or Jonalu Johnstone at 785 537-2349 or revjonalu@uufm.net.

Fellowship members may receive **UU WORLD MAGAZINE**, without cost. An audio version of *UU World* is available for those with vision or reading difficulties. To subscribe, contact Susan Turner at 785 537-2349 or office@uufm.net. Read *UU World* online at [www.uuworld.org](http://www.uuworld.org).

Join in discussions of interest; receive information on community events, and last-minute updates and announcements on our UUFM **EMAIL LIST**. Contact list moderator Ruth Welti at welti@ksu.edu to subscribe.

Consider the convenience of **ELECTRONIC GIVING**. UUFM relies on the financial support of our congregation and electronic contributions offer a simple and easy way to give on a regular basis. For details, contact Fellowship bookkeeper Sandy Nelson at sandralounelson@yahoo.com or 785 341-0135, or pick up literature and a form from the information carousel in the Alsop room at the Fellowship. *Thank you!*

### SUNDAY ANNOUNCEMENTS

Please contact fellowship administrator Susan Turner at 785 537-2349 or office@uufm.net, **NO LATER THAN WEDNESDAY EVENING** with announcements and information for inclusion in the Sunday morning order of service bulletin.

### CARING FOR MEMBERS AND FRIENDS

If you need a ride or could use a hand, or if you know members or friends who are experiencing life challenges and would appreciate assistance or support, please let our Caring Committee know. Contact us at 785 537-2349 or office@uufm.net.

### BUILDING USE AND SCHEDULING

Please check with Susan Turner to be sure your desired date is available before finalizing plans for any use of the Fellowship building, including **COMMITTEE MEETINGS**, Fellowship activities, or private events that will be held in the Fellowship building. To confirm building availability and schedule your activity, or for more information, contact Sue at 785 537-2349 or office@uufm.net.

### DECEMBER NEWSLETTER DEADLINE

The deadline for submissions to the November edition of *The UUFM Voice* will be Friday, **NOVEMBER 15**. Submissions received later may not be included in the newsletter. Please send your newsletter contributions to Susan Turner at 539-3272 or office@uufm.net.



# NOVEMBER 2019 at UUFM

Sunday

Monday

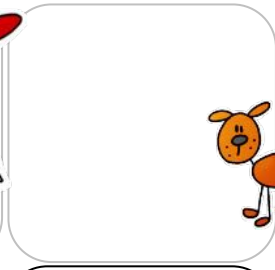
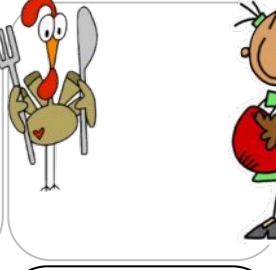
Tuesday

Wednesday

Thursday

Friday

Saturday



**1** **7 AM HAPPY KITCHEN** breakfast  
St Paul's Episcopal Church

**7 PM BEER AND THEOLOGY**  
Auntie Mae's Parlor

**2**

**3**

**10:45 AM SUNDAY SERVICE**  
*Meditation on Attention in Everyday Life*

**4 PM RACIAL JUSTICE TEAM**

**4**

**5**

**1 TO 5 PM**  
**JONALU JOHNSTONE**  
**1 TO 6 PM**  
**SUSAN TURNER** at  
Fellowship, 537-2349

**6**

**12 NOON**  
**MEN'S LUNCH**  
Jupiter room

**7**

**1 TO 5 PM**  
**JONALU JOHNSTONE**  
**1 TO 6 PM**  
**SUSAN TURNER** at  
Fellowship, 537-2349

**8** **7 AM HAPPY KITCHEN** breakfast  
St Paul's Episcopal Church

**8:30 TO 10:30 AM**  
**JONALU JOHNSTONE** at  
Radina's Bakehouse,  
(405) 627-3859

**9**

**2 TO 5 PM**  
**SUSAN TURNER** at  
Fellowship, 537-2349

**10**

**10:45 AM SUNDAY SERVICE**  
*Attention as a Unit of Measurement*

**11**

*VETERANS' DAY*

**12**

**1 TO 6 PM S TURNER**  
**1:30 TO 5 PM J JOHNSTONE**  
**3:30 TO 4:30 PM**  
**SANDY NELSON** at  
Fellowship, 537-2349  
**7 PM BOARD MEETING**  
Mark Mayfield, 776-6495

**13** **12 NOON**  
**MEN'S LUNCH**  
Jupiter room

**1 TO 3 PM**  
**JONALU JOHNSTONE** at  
Radina's in Aggieville  
(405) 627-3859

**14**

**1 TO 6 PM**  
**SUSAN TURNER**  
**3:30 TO 4:30 PM**  
**SANDY NELSON** at  
Fellowship, 537-2349

**15** **7 AM HAPPY KITCHEN** breakfast  
St Paul's Episcopal Church

*last minute*  
**NEWSLETTER DEADLINE**

**16**

**2 TO 5 PM**  
**SUSAN TURNER** at  
Fellowship, 537-2349

**17** **9:30 AM**  
**UU HISTORY AND THEOLOGY**  
*Beyond Binaries*

**10:45 AM SUNDAY SERVICE**  
*Seeing Where You Look;  
Being Where You Are;  
Doing What You're Doing*

**18**

**1 TO 6 PM**  
**SUSAN TURNER** at  
Fellowship, 537-2349

**19**

**1 TO 5 PM**  
**JONALU JOHNSTONE**  
**1 TO 6 PM**  
**SUSAN TURNER**  
**3:30 TO 4:30 PM**  
**SANDY NELSON** at  
Fellowship, 537-2349

**20**

**10 AM TO 12 PM**  
**JONALU JOHNSTONE** at  
Radina's Bakehouse,  
(405) 627-3859

**12 NOON**  
**MEN'S LUNCH**

**21**

**1 TO 5 PM**  
**JONALU JOHNSTONE**  
**1 TO 6 PM**  
**SUSAN TURNER**  
**3:30 TO 4:30 PM**  
**SANDY NELSON** at  
Fellowship, 537-2349

**22** **7 AM HAPPY KITCHEN** breakfast  
St Paul's Episcopal Church

**23** **2 TO 4 PM**  
**SCRIPTURE UNBOUND**  
Book Signing Celebration  
Jonalu Johnstone, 537-2349

**2 TO 5 PM**  
**SUSAN TURNER**

**24**

**10:45 AM SUNDAY SERVICE**  
*Paying Attention:  
Gratitude's Prequel*

**25**

**1 TO 6 PM**  
**SUSAN TURNER** at  
Fellowship, 537-2349

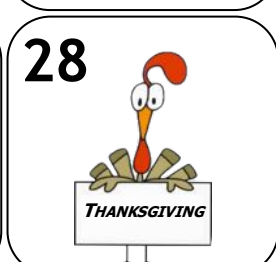
**26**

**1 TO 6 PM**  
**SUSAN TURNER**  
**1:30 TO 5 PM**  
**JONALU JOHNSTONE**  
**3:30 TO 4:30 PM**  
**SANDY NELSON** at  
Fellowship, 537-2349

**27**

**10 AM**  
**BOOK DISCUSSION**  
Judy Cattell, 320-5470

**12 NOON**  
**MEN'S LUNCH**



**29** **7 AM HAPPY KITCHEN** breakfast  
St Paul's Episcopal Church

**30**

**2 TO 5 PM**  
**SUSAN TURNER** at  
Fellowship, 537-2349