



## WHAT DOES IT MEAN TO BE

A PEOPLE OF **HEALING?** (from *Soul Matters*, adapted for UUFM)

*Jewish teaching includes frequent reminders of the importance of a broken-open heart, as in this Hasidic tale: A disciple asks the rebbe: "Why does Torah tell us to 'place these words UPON your hearts'? Why does it not tell us to place these holy words IN our hearts?" The rebbe answers: "It is because as we are, our hearts are closed, and we cannot place the holy words in our hearts. So we place them on top of our hearts. And there they stay until, one day, the heart breaks and the words fall in.*

-- Parker J Palmer

Oh how we want to escape our pain. Worry, loss, death, exhaustion, anxiety, Covid claustrophobia, political instability, the unraveling of our democracy, racial harm. It's all overwhelming. We want to stitch up our protective coverings as soon as we can so our exposed and tender nerves can rest. We want the pain behind us as soon as possible.

But what if the work is to travel toward it? What if proximity to pain not distance from it is the real route to healing? This seems to be what Parker Palmer is trying to tell us. And what our faith is tries to teach us.

Here's what else Palmer has to say: "When the heart is supple, it can be "broken open" into a greater capacity to hold our own and the world's pain: it happens every day. When we hold our suffering in a way that opens us to greater compassion, heartbreak becomes a source of healing, deepening our empathy for others who suffer and extending our ability to reach out to them."

This doesn't just reframe pain; it also helps us reimagine our relationship with vulnerability. Maybe vulnerability isn't the cause of our pain but the first and needed step toward healing our pain. Maybe vulnerability isn't so much the problem as the ticket that allows us to get on healing's train.

This is what all the great spiritual traditions teach. Forget eliminating your pain; lean into it. Don't run from it as fast as you can; befriend it. Hold it in your frightened hands until you realize it's more malleable than you thought. Until you realize your strong and courageous hands can shape it, can take its sharp edges and mold them into pathways that connect you with other people's pain, can transform it from a weapon that has wounded you into a bridge that connects you to others.

It's then that we realize that pain can be more than a cage cutting us off from the world. It can be a tool that makes room, that carves open an entirely new space to live in. A space where we are more deeply connected to each other than we imagined possible.

This of course doesn't mean the hurt goes away. But it does mean we end up feeling larger, and more whole. And maybe that is the most



# NOVEMBER 2020 SUNDAY SERVICES

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

## NOVEMBER 1 "HEALING THROUGH THE HURT"

Reverend Jonalu Johnstone reflects, "Just as hurt exists in multiple dimensions--physical, emotional and spiritual--so does healing. As we have grown in our knowledge of trauma, we better understand the interconnection among the different dimensions, as well as how healing changes us, much as the original hurt did. When we have survived, we are no longer the same. This applies whether we're talking about an individual healing from an injury or a nation healing from its deep divisions." Our convener is Kathleen Oldfather at 785 537-3738 or [kjoldfather@gmail.com](mailto:kjoldfather@gmail.com).

## NOVEMBER 8 "HEALING IN UNCERTAIN TIMES"

Reverend Jonalu Johnstone presents this service. In the shadow of the election, how do we begin healing as a nation? As the threat of the virus continues to loom, how do we think about healing from a disease whose effects appear to linger? Uncertainty can constrain us, or perhaps it can free us to find real healing. Our convener is Jessica Sievers 785 532-8471 at [sieversj@gmail.com](mailto:sieversj@gmail.com).

## NOVEMBER 15 "THE HEALING POWER OF TELLING THE TRUTH"

Reverend Jonalu Johnstone speaks. Rev Jonalu Johnstone speaks. Beginning in Latin America in the 1980's, Truth Commissions have helped wounded nations heal by telling the truth about history and hurt. What could we learn if we could tell the truth and hear the truth? How might we begin to heal as a nation and in our own personal lives? Our convener is Katie Kingery-Page at 785 341-5650 or [kingerypage@gmail.com](mailto:kingerypage@gmail.com).

## NOVEMBER 22 "PERSEVERANCE WITH HUMILITY"

Our guest will be Curtis Kekahbah, a traditional counselor of the Kanza Nation. Curtis shares a traditional perspective on sustaining life in difficult times. *THERE WILL BE NO RECORDING OR VIDEO OF THIS REFLECTION* upon the speaker's request. Don't miss the live Zoom service, beginning at 10:30 am! Our convener is Pat Embers at 785 539-2819 or [patembers@gmail.com](mailto:patembers@gmail.com).

## NOVEMBER 29 SPIRITUAL JOURNEYS

This edition of our popular Spiritual Journeys series features the personal stories of UUFM members' exploration of spirituality in their lives. Our convener is Sarah Desmet at [sarah.e.desmet@gmail.com](mailto:sarah.e.desmet@gmail.com).

*There will be **NO in-person attendance** at Sunday services at this time.  
Watch for announcements as circumstances develop. Find a link and instructions  
to join us for lively and well-attended **VIRTUAL SERVICES** at [uufm.net/zoom](http://uufm.net/zoom).*



**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)

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**SUNDAY SERVICES** begin at **10:45 AM** at  
<https://zoom.us/j/92604313401?pwd=OXIyeW1RQ0I4U1cxQ1FpU0x2TlZqdz09>

*Watch weekly announcements  
as our COVID-19 response evolves.*

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## COMING UP ...

The **RACIAL JUSTICE** team gathers on Sunday, **NOVEMBER 1**. Learn more on page 5 of this newsletter.

Rev Jonalu offers suggestions for shared, calming action in the **RUN-UP TO THE ELECTION**. More on page 3.

Learn how you can participate in our Holiday **CRAFT AND BAKE SALE** on Facebook. More on page 6.

Only a few more days until the election is over!

Except, probably, not really. Our nation is so deeply divided that it's a good bet that there will be recounts and court appeals and who knows what else. Remarkably, the idea of a peaceful transition of power has been rejected by one side. We may witness major political shifts. Likely, reactions to the results, whatever they are, will be strong. Whatever happens, some people will be angry. The last presidential election stimulated people to pour into the streets, and that will probably happen again, though the circumstances will determine who will be marching. And we don't know where it might happen. In recent civil unrest, unlike 2016, we've had more confrontations between different sides, even violent confrontations. So, the notion of street protests can feel dangerous.

As ministerial colleagues have reminded me recently, this may not be about where we are going, but rather what is coming. As Rev Rod Richards put it: "How do we remain flexible enough to respond to whatever may occur, and courageous enough to be proactive in creating a context of compassionate engagement for whatever happens?"



Whatever happens, we need to keep breathing and maintain calm. At the same time, we need to support our values in the public square. Holding stillness and action in tension, and relying not on ourselves alone, but on one another.

We need one another. We need to be together. And we need to know that it's not just our congregation. We need support from larger communities. Here are some opportunities to connect:

- UU ELECTION DAY PRAYERS and Spiritual Practices – NOVEMBER 3, 9 am-9 pm. Log in anytime on Zoom at <https://uuma.zoom.us/j/99553231971?pwd=azZDRERZVURURzBjNU11SjMwUTNjUT09>.
- UU OPEN SPACE ELECTION NIGHT 8-11 pm, [www.ccnyc.org](http://www.ccnyc.org) – UU's from across the country gather on Zoom for community, company, and comfort.
- POST-ELECTION INTERFAITH PRAYER VIGIL – A silent witness to solidarity in person. Manhattan City Park, Thursday, NOVEMBER 5 (and weekly as long as we need it) 12 -1 pm. Facebook event at [www.facebook.com/events/1102599753530522](https://www.facebook.com/events/1102599753530522). Weekly spiritual practices will be posted on the event page.

I encourage you to find ways to keep yourself grounded and ways to connect with others as we move through this challenging time for our nation.

In faith and freedom, *Jonalu*

Contact Jonalu at 405 627-3859 or [revjonalu@uufm.net](mailto:revjonalu@uufm.net). Read Jonalu's blog at [uufm.net/topic/minister-blog/](http://uufm.net/topic/minister-blog/)

### **NEW MEMBER RECOGNITION - SUNDAY, NOVEMBER 15**

During our Zoom service on Sunday, November 15, we will take a moment to welcome and recognize members who have recently joined the Fellowship. If you have been considering joining UUFM, contact Welcoming and Membership chair Shirley Hobrock at 785 776-3175 or [shirleyjhobrock@hotmail.com](mailto:shirleyjhobrock@hotmail.com), or Rev Jonalu Johnstone at [revjonalu@uufm.net](mailto:revjonalu@uufm.net), to learn more.

### **REV JONALU JOHNSTONE'S VIRTUAL OFFICE HOURS**

Rev Jonalu Johnstone will be available during virtual office hours from 3 to 5 pm, TUESDAYS and THURSDAYS, with the exception of Tuesday, November 17 and 24, and Thursday, November 26. Log in anytime from 3 to 5, at <https://uuma.zoom.us/j/9797400824?pwd=WjNTUldoci9VWjNtMFNsNjBsMlZTZz09>. Find a link at [uufm.net/contact-us](http://uufm.net/contact-us). Or you can phone in by calling 669 900 6833. When you hear the recorded voice say, "Welcome to Zoom. Please enter your meeting ID followed by pound" dial 979 740 0824#. Contact Jonalu at 405 627-3859 or [revjonalu@uufm.net](mailto:revjonalu@uufm.net) (emergencies only November 23 through 30).



# RELIGIOUS EDUCATION NEWS

## FROM OUR DIRECTOR OF RELIGIOUS EDUCATION

Our Saturday gatherings continue through November from 4 to 6 pm. Traditionally we meet at the K-State Intramural Fields (at the corner of Denison and Kimball). The fields provide a lovely opportunity for kids to run off energy, fly kites, or explore for bugs while maintaining good distance. However, as the weather changes, we may move to a different location (or different time) so watch your email as well updates on our web site at [uufm.net/november-2020/](http://uufm.net/november-2020/). One upcoming project: we'll be making our own flashlights!

I hope you'll join us! *Sandy Nelson*



### SCENES FROM TRUNK OR TREAT PAST

HERE ARE A FEW SCENES FROM PREVIOUS TRUNK OR TREAT FESTIVITIES. IF YOU DECORATED YOUR CAR, HOUSE, BEDROOM, SELF, PET, ETC, THIS YEAR ... WE HOPE YOU SNAPPED A PICTURE. SEND IT TO SANDY FOR POSTING ON THE RE BLOG PAGES!



## ZOOM INTO RE!

Kids and parents are invited to check in with Sandy Nelson, from 10 and 10:30 am, before Sunday services. Log in at <https://us04web.zoom.us/j/4849854310?pwd=TDhOZ1RRbGpOU1psZG9PSVEzcnNadz09>. Meeting ID is 484 985 4310. If you're asked for a password, use 024920. Learn more from Sandy at 785 341-0135 or [DRE@uufm.net](mailto:DRE@uufm.net).

## BOOK LENDING

Sandy announces, "I am blessed to live in a house with many books. If you're tired of digital media and the library is still not easily accessible, I've got some to lend." View the list at <https://bit.ly/2S89QBL>.

## REGISTER YOUR CHILD(REN)

Remember, all children must be registered for the 2020/2021 school year. Registration forms are available at <http://form.jotform.us/form/51486475507160>.

## DRE'S SCHEDULE

Sandy will be available on Zoom during virtual office hours **TUESDAYS** and **THURSDAYS**, from 3:30 to 4:30 pm. Call Sandy at 785 341-0135 to arrange a video chat.

## ACTIVITIES AND EVENTS - EVENTS ARE OPEN TO ALL

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The **WOMEN'S COFFEE** group meets on Zoom MONDAYS and THURSDAYS at 9:30 am. Join us for morning coffee and conversation. Contact Jane Pelletier at 785 537-0954 or [mjanepelletier@gmail.com](mailto:mjanepelletier@gmail.com), for an invitation.

The **MEN'S LUNCH** group meets virtually EVERY WEDNESDAY, at 12 noon. If you would like an invitation to this Zoom gathering, please contact Kathleen Oldfather at 785 537-3738 or [kjoldfather@gmail.com](mailto:kjoldfather@gmail.com).

Join Harriette Janke for **DINNER HOUR CONVERSATION** on Zoom, THURSDAYS, from 5:30 to 6:30 pm. If you'd like to attend, contact Harriette at 785 539-0865 or [harriettejanke@gmail.com](mailto:harriettejanke@gmail.com).

The UUFM **BOOK DISCUSSION GROUP** meets Friday, NOVEMBER 27, at 10 am. Currently we are meeting via Zoom. We read widely, including history, fiction, natural sciences and biography. We welcome new members. Learn more from Lorrie Cross at 785 539-7883 or [lmcross@kansas.net](mailto:lmcross@kansas.net). To request a Zoom invitation, contact Susan Adamchak at [sadamchak@kansas.net](mailto:sadamchak@kansas.net).

### **JOIN A CHALICE CIRCLE!**

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*Would you like to explore our monthly themes more deeply? Would you like to get to know a small group of UU's more closely? Perhaps, you'd like to explore our themes through a lens of racial justice.*

Chalice Circles give an opportunity to grow in both intimacy and ultimacy, connecting with individual people so you know them and are known by them, and connecting with what is most ultimate, most holy in your own life. Chalice Circles are small groups (up to 8 or 9 people) who meet together, at this point via Zoom, once a month, exploring the same themes that we are highlighting during worship. There's a packet that everyone is given that they engage with on their own prior to the meeting (we understand that everyone has lives and limited time to devote!). Included are spiritual exercises and questions that we talk about, listening deeply to one another's experience.

We have three Chalice Circles that explore the themes in general. We've also added a group that explores themes through a racial justice lens. Groups began again in September and meet at different times the 3rd or 4th week of the month.

If you'd like to know more or want to sign up, contact Rev Jonalu Johnstone, [revjonalu@uufm.net](mailto:revjonalu@uufm.net); Jessica Sievers, [sieversj@gmail.com](mailto:sieversj@gmail.com); Elke Lorenz, [elkelorenz9@gmail.com](mailto:elkelorenz9@gmail.com); Susan Adamchak, [sadamchak@kansas.net](mailto:sadamchak@kansas.net); or Judy Nickelson, [judynickelson@gmail.com](mailto:judynickelson@gmail.com).

## SOCIAL ACTION NEWS

### HELPING HANDS

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In NOVEMBER, Helping Hands contributions will be collected to purchase holiday gifts for two families at **THE MANHATTAN EMERGENCY SHELTER**. Learn more about MESI at [www.mesikansas.org/](http://www.mesikansas.org/).

*In October, Fellowship members and friends contributed Sunday morning collections to The Crisis Center. THANK You all for your generous donations!*

While we meet virtually, our Helping Hands recipients need the annual contributions our congregation provides more than ever. Donate on-line to Helping Hands, or give to UUFM's General Operating fund, at [uufm.net/donate-2/](http://uufm.net/donate-2/).



### FAIR TRADE COFFEE

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Equal Exchange whole bean, ground, and decaf coffees, and chocolate and tea are still available for purchase from Anne Cowan, who has stock available at home. Contact Anne 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), following the standards and principles of fair trade on 100 percent of its products.*



### UUFM **BLESSING BOX**

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UUFM is sponsoring a **BLESSING BOX** and **LITTLE FREE LIBRARY** at Wonder Workshop, honoring Richard Pitts. Doug Walter organizes keeping the boxes stocked.

To contribute shelf-stable food, cleaning and hygiene products, or childrens' and youth books, contact Doug at [kbsi@cox.net](mailto:kbsi@cox.net). Or, drop by Wonder Workshop, at 506 S 4th Street, and stock the boxes with your items. The boxes are for people to take what they need and leave what they can. You can donate funds to help support the boxes at [uufm.net/donate-2/](http://uufm.net/donate-2/).

### RACIAL JUSTICE TEAM MTG

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The UUFM Racial Justice team gathers on Sunday, NOVEMBER 1, at 4 pm. We meet virtually, on Zoom. Anyone interested in racial justice issues is invited to the meeting. Find a link at [uufm.net/social-action-nov-2020](http://uufm.net/social-action-nov-2020).



The Annual Christmas/Holiday Sale will be held online this year. The sale will utilize a Facebook buy/sell group that has been set up specifically for this purpose. If you do not have Facebook, please see below for more information.

To get to the buy/sell group, open Facebook and search for **UUFM CHRISTMAS SALE 2020**. Once on that page, just click the Join Group link. Most people will automatically be accepted into the group, but some may not meet the "auto-join" criteria and will have to be manually accepted.

Items can be posted starting December 1, but will be hidden until the sale starts. The sale will open at 7 pm, Friday, DECEMBER 4, and will close at 5 pm, Sunday, DECEMBER 13.

Rules for posting are simple and can be found under Announcements on the Facebook page. All these steps are required. Listings not meeting these requirements will be returned to the author for correction and resubmission.

- Create one listing per item. For example, if you're selling 5 batches of cookies, you'll create 5 listings.
- Include the following in the description:
  - 1) Anything necessary to explain the item you are selling that may not be apparent in the photograph.
  - 2) If it is food, include any allergy-causing ingredients.
  - 3) Pickup and/or delivery process. If you're flexible, include that in your description.
- If this is an auction listing (see below), very clearly indicate it as such.
- Take a photo or photos of the item and include them in the listing.
- Make sure you enter a price. If 0 is entered, it is assumed this is a freewill donation of the item. If it is an auction (see below), enter the minimum price.

We are also going to attempt to have auctions on the page. Buy/sell groups are not set up for auctions, but we'll give it a whirl. For items that are auctions, clearly identify them as such, then bidders will post comments with their bids. Highest bid wins!

The transfer of items from seller to buyer will need to be coordinated between the two parties. UUFM will not be

able to house any items and cannot be involved in this transfer.

If you don't have Facebook, please contact Betty Banner [at [bettybanner@gmail.com](mailto:bettybanner@gmail.com)]. She'll get you connected with someone that does.

Questions should be asked via the Facebook group page vs personal email (unless you don't have Facebook).



## **CONGREGATIONAL MTG REPORT**

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Dear All,

I am happy to report that we had a very successful Congregational Meeting this past OCTOBER 18. We had nearly 60 people show up to voice their opinion on two important topics! In particular, we voted to approve a renewed, but streamlined mission statement. That mission statement is that UUFM is:

A diverse, evolving spiritual community acting for a better world.

I want to especially thank Les Loschky who headed the committee along with a handful of other dedicated members to distill feedback from all of you on what you liked and disliked about previous iterations of the mission. Thank you to everyone who was involved in giving feedback or making sense of it. I am thoroughly happy with our new, easy-to-remember mission.

We also voted on whether to approve the 2015 UUA Statement of Immediate Witness to support the Black Lives Matter movement. This was brought to our attention by Judy Nickelson. I am also happy to say that we approved this, lending our congregation's support behind an incredibly important issue in society. Thanks to Judy and all those on the Social Action and Racial Justice Committees for raising our awareness of the importance of these topics.

Finally, thanks to each and every person who came to the Congregational Meeting to ensure that we met quorum so we could decide on these important issues. It certainly has been an interesting year, but I have felt privileged to act as your board chair during this turbulent time. As we delve further into fall, my sincere hope is for all to remain safe while able to see loved ones in-person or from afar.

Best regards,

*Rob Morrison*, UUFM Board Chair

**GUEST AT YOUR TABLE** -- ALL MONTH IN NOVEMBER

Please join in celebrating a Guest at Your Table during the month of November, a traditional time for welcoming guests.

Guest at Your Table (GAYT) is the Unitarian Universalist Service Committee's annual intergenerational program to raise support for and awareness about key human rights issues. Since UJSC works in more than 20 countries, with over 60 grassroots partners, there are thousands of individuals involved in and who benefit from the work that our members make possible. The program is an opportunity to celebrate grassroots partnership, and support human rights.

Our theme this year is The Meaning of Home. For many of us, our relationship with home has intensified this year. The pandemic has given many of us new appreciation for, and concerns about, the places we call home and the centrality of these places in our lives.

This year during GAYT, we invite you to witness stories of our partners around the world as they tell you about home. Each week we will hear from one of these four individuals--the "guests" in Guest at Your Table. Find resources at [www.uusc.org/resources/congregations/guest-at-your-table/](http://www.uusc.org/resources/congregations/guest-at-your-table/).

Traditionally, we have collected loose change in containers made by our beloved littles in Religious Education. This year, we are on our own! You may still want to collect change in a container at your dinner table each night. But this year, we ask that you make your contribution directly to GAYT instead of contributing through UUFM. Make contributions at [donate.uusc.org/give/75595/#!/donation/checkout](https://donate.uusc.org/give/75595/#!/donation/checkout). Be sure to include our congregation name on the form: *Unitarian Universalist Fellowship of Manhattan Ks.*

**CHRISTMAS EVE SERVICE**



Join us on Zoom, on Thursday, DECEMBER 24, at 6:30 pm, for our Christmas Eve service. This will be a low-key virtual gathering with readings, reflections, and music, offering an opportunity to wish one another happy holidays! We'll gather at our regular Sunday morning service Zoom link, which can be found at [uufm.net/zoom/](http://uufm.net/zoom/).

**GREETINGS FROM THE TREASURER**

It is a good time to review where we are with respect to the budget. At our Annual Meeting we adopted a budget in which total income and matching expenses were \$168,890. Of that income, we planned for pledges totaling \$137,852. Recall that the budget reflected the appointment of Pastor Jonalu at 75% salary.

The good news is that the pledge drive resulted in a total commitment of \$142,534, slightly exceeding the budget. There is some uncertainty in the number, since it assumes existing auto withdrawals will continue even if the person did not make a formal pledge.

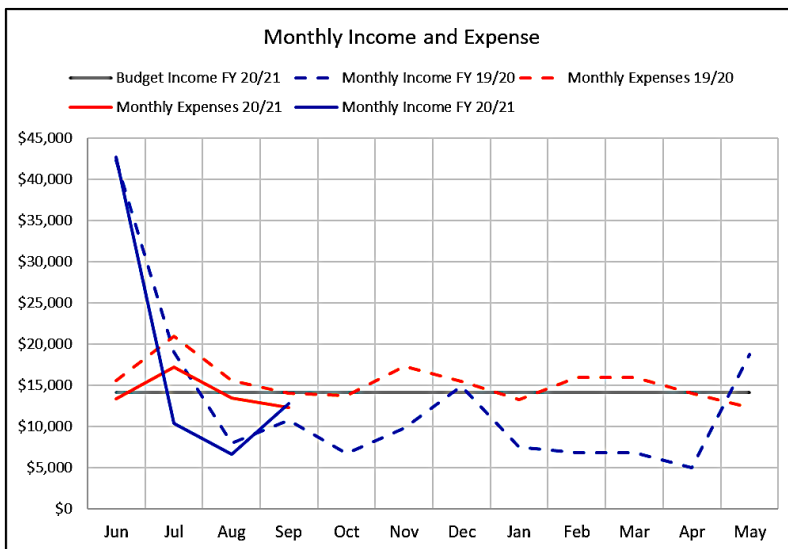
As of August 30, 2020, total income is \$72,425 and total spending is \$56,275. For those interested in detail, the graph [below left] shows income and spending by month. The solid blue and orange lines are income and expenses for this fiscal year and the corresponding dashed lines are for last year. The solid gray line shows the average monthly budgeted income for this year. Since some members pay their pledge at the start of the year, we typically start the year with more income than expenses. Then during the year, we typically receive monthly income below the average budgeted amount. The hope is that the initial burst balances the reduced monthly income.

This year we are following the same pattern. If we continue with our current donations, we should meet the budget.

Thanks to all UUFM members who volunteer and care for the Fellowship in so many critical ways. Also, thanks to Sandy for updating the UUFM donation page ([uufm.net/donate-2/](http://uufm.net/donate-2/)) to make it more reliable for online donations.

That is all for now. Next month I hope to update you on the Payroll Protection Program loan.

Take care, *Daniel Swenson*, Treasurer



## HELPFUL INFORMATION FOR MEMBERS AND FRIENDS

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### BUILDING USE AND SCHEDULING

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The UUFM building is now available to reserve, with limited group size, length of use, and the expectation that those using the building will practice reasonable social distancing and cleaning following use. Please contact Susan Turner to schedule your meeting space, at 785 537-2349 or [office@uufm.net](mailto:office@uufm.net).

### DECEMBER NEWSLETTER DEADLINE

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The deadline for submissions to the December edition of *The UUFM Voice* is Sunday, **NOVEMBER 15**. Submissions received later may not be included in the newsletter. *If your group is meeting in a new way during the pandemic, please let us know* so that we can pass this information on to other members and friends who may want to participate. Send your newsletter contributions to Susan Turner at 785 537-2349 or [office@uufm.net](mailto:office@uufm.net).

### ADMINISTRATOR'S VIRTUAL HOURS

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Office Administrator Susan Turner will be available during virtual office hours from 3 to 5 pm, on SATURDAYS in November. If you haven't already, download Zoom at <https://zoom.us>, then log in at <https://us02web.zoom.us/j/85495266852> any time between 3 and 5 pm. The meeting ID is 854 9526 6825. Contact Susan at any time at 785 537-2349 or [office@uufm.net](mailto:office@uufm.net).

Contact Fellowship administrator Susan Turner at 785 537-2349 or [office@uufm.net](mailto: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](mailto:shirleyjhobrock@hotmail.com), or Jonalu Johnstone at 785 537-2349 or [revjonalu@uufm.net](mailto: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](mailto: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](mailto:welti@ksu.edu) to subscribe.

Consider the convenience of **ELECTRONIC GIVING**. UUFM relies on the financial support of our congregation and automatic monthly contributions offer a simple and easy way to give on a regular basis. Learn more from Fellowship bookkeeper Sandy Nelson at 785 341-0135 or [sandralounelson@yahoo.com](mailto:sandralounelson@yahoo.com). You can also make pledge payments, contribute to our General Operating fund, or give to our Helping Hands recipient directly, at [uufm.net/donate](http://uufm.net/donate). *Thank you!*

### SUNDAY ANNOUNCEMENTS

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Please contact fellowship administrator Susan Turner at 785 537-2349 or [office@uufm.net](mailto:office@uufm.net), **NO LATER THAN WEDNESDAY EVENING** with announcements and information for inclusion in slides displayed before virtual Sunday morning services, from 10:30 to 10:45 am.

### CARING FOR MEMBERS AND FRIENDS

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Providing support to one another is one of the most important things we do as religious community. Our Caring Team is ready to support you, or help you in supporting others. If you're sick and could use someone to do errands, or can use any kind of assistance or support, please let us know at 785 537-2349 or [office@uufm.net](mailto:office@uufm.net).

### PARTICIPATE IN VIRTUAL MEETINGS AND SERVICES

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Join us from home to participate in virtual Sunday services. We begin announcements at 10:30 am. The service follows at 10:45 am. First, download Zoom at <https://zoom.us>, then click into the Sunday service at <https://zoom.us/j/92604313401?pwd=OXlyeW1RQ0I4U1cxQ1FpU0x2TlZgdz09>. Or call 346 248 7799 to listen on your phone. Meeting ID is 926 0431 3401, and password is zeandale. Find helpful hints and clickable links at [uufm.net/zoom/](http://uufm.net/zoom/).



