

WHAT DOES IT MEAN TO BE

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

It might seem like one of our easier monthly themes. After all, compassion sounds ... well, nice. It conjures up a bunch of warm feelings. Images come to mind of people telling each other they are keeping them in their thoughts. It would seem to be all about emotional connection and empathetic *feeling*.

But then along comes a quote like this:

Compassion hurts. When you feel connected to everything, you also feel responsible for everything. And you cannot turn away. Your destiny is bound with the destinies of others.

-- Andrew Boyd

Or this:

True compassion is to engage in the suffering of others.

-- The Charter for Compassion

Both are reminders that compassion is not just a matter of niceness and thoughtful feelings. It's a deeper type of feeling that drives us to *action*.

Indeed, that may be compassion's defining characteristic; it is distinguished by *doing*. To feel the pain of another, well, the word "empathy" has that covered. But compassion takes it a step further. Compassion calls us *to do* something about that pain.

In other words, compassion calls us to change things! It's not just about comforting others; it's about our comfort getting disturbed. It's about connecting with another's pain and struggle so deeply that we can't rest until they rest. When we feel compassion--real compassion--we don't just *understand* another's pain, we want it to stop. And then we do what's needed to make it stop.

It makes one wonder: Maybe the true test of compassion is justice.

And if that's close to the mark, then maybe compassion's question for us this month isn't what we thought it was. Instead of asking us, "Are you able to feel?" maybe it's asking, "What are you prepared to do?



JUNE 2020 SUNDAY SERVICES

Our June Soul Matters theme explores
"What does it mean to be a people of **Compassion?"**

JUNE 7 "COMPASSION FOR SELF"

Rev Jonalu Johnstone reflects, "If we cannot offer compassion to ourselves, how can we ever be truly compassionate to others? Self-compassion requires self-examination and self-reflection. True self-compassion does not 'let us off the hook' and allow selfish behavior. Rather, self-compassion allows us to accept and love ourselves as we are. Self-compassion encourages humility, rather than vanity; realism rather than egotism. And, it prepares us to extend compassion to others." Our convener is Cathy Hedge at 785 537-1101 or catherinejeanhedge@gmail.com.

JUNE 14 "COMPASSION FOR OTHERS"

Rev Jonalu Johnstone presents this service. Religion writer Karen Armstrong describes compassion as "the principled determination to put ourselves into the place of the other." Further, she claims compassion "lies at the heart of all truly religious and ethical systems." Both the Jewish and Christian admonition to "Love your neighbor as yourself," and the Dalai Lama's proclamation, "My religion is kindness," tell us the value of compassion. Yet, if it were as easy as that, the world would look a lot different. How do we nurture compassion for others in ourselves? How do we teach it to our children? How do we encourage and support all to be compassionate? Our convener is Elke Lorenz at 785 218-4014 or elkelorenz9@gmail.com.

JUNE 21 "COMPASSION FOR THE WORLD"

As we move our focus on compassion to the whole world, Rev Sarah Oglesby-Dunegan and Rev Jonalu Johnstone join together to reflect on some of the hard questions. How do we have compassion for those we do not even know, much less understand? How can compassion be both inclusive and specific? And, do I *really* have to have compassion for people whose values are anathema to me? Join us for a shared service with our closest UU fellowship! Our conveners are Larry Weaver, at 785 539-3176 or lweaver@phys.ksu.edu, and members of UUFTopeka.

The June 21 service will <u>not</u> meet at the usual URL (online location). Watch for announcements in weekly emails, or check the web site, as this information becomes available.

JUNE 28 "ROOTED, INSPIRED AND READY!"

Join us for the largest annual gathering of UUs joining in worship at Virtual General Assembly. This powerful, communal worship experience will stream on uua.org/ga at 9 am CDT, and again at 12 pm CDT. The worship will be streamed on YouTube, and recorded so that it can be viewed later. We will host a virtual coffee hour at our usual zoom site; stay tuned for more details.

Please note, this virtual worship <u>service begins at 9 am</u> (or 12 pm).

There will be <u>NO in-person attendance</u> at Sunday services, at this time. Watch for announcements as circumstances develop. Learn how to join us for lively and well-attended **VIRTUAL SERVICES** at <u>uufm.net/zoom</u>.



UUFM is a WELCOMING CONGREGATION

Learn more about the Welcoming Congregation initiative at www.uua.org/lgbtq/welcoming/program

UU FELLOWSHIP OF MANHATTAN

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SANDY NELSON, Director of Religious Ed DRE@uufm.net

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SUNDAY SERVICES begin at **10:45** AM at <a href="https://uuma.zoom.us/j/9797400824?pwd="https:/

Watch weekly announcements as circumstances evolve for information on the resumption of in-person services.

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COMING UP ...

Manhattan Area Moms Demand Gun Sense in America sponsors **WEAR ORANGE DAY**. Learn more on page 6.

Learn about **SUMMER SERVICE** plans on page 7.

The UUFM Racial Justice team invites us to join in a discussion of **How to BE AN ANTIRACIST**, by Ibram X Kendi. Learn more on page 5.

Learn about UUFM members, friends and staff **Before We Came to UUFM**, on page 7 of this newsletter.

JONALU'S JOURNAL -- REV JONALU JOHNSTONE

I wish a lot more people would embrace not knowing. I say that both to those who embrace the dominant narrative, as well as to those who hew to dissenting ones. What information might we be blocking out, in order to maintain the integrity of our viewpoints? Let's be humble in our beliefs: it is a matter of life and death.

-- Charles Eisenstein, "The Coronation"

So many things that are always true that have become more evident in the last couple months. As Eisenstein suggests, one of those things is that we don't know everything. When we take in information, we take it in in the context of what we already know and what we already believe, without regard for how much or how little evidence there is for that belief. That's how human beings think. If it's a flaw, we share it equally with everyone. Rather than thinking of it as a flaw, though, I prefer to think of it as a characteristic that is helpful to be aware of. As things change and shift rapidly (infection rates, death rates, rules for what's safe and what's not), we are far better off if we can hold everything we know loosely. That's actually core to our Unitarian Universalist faith--the doctrine of doubt, one might call it.

Yet, there is something to hold to tightly in these times, and in any other--our values, those qualities or standards that we have embraced as most worthy and useful. Most UU's have carefully considered their values, though they may not all agree completely on them. We know if we need--or value--beauty more than order, or vice versa; truth more than kindness, or vice versa. We are used to measuring ourselves and our world against this set of values that we have assembled with careful thought.

That is, except when we forget to, or when we can't figure out how to apply the standards we've set ourselves, or when we simply fall short. Because we're human.

I'm feeling very human these days. Maybe you are too. Still, when I reconnect with my values, grounded in my Unitarian Universalism, I feel more secure and certain, even if the facts and expectations and guidelines keep whirling around me.

All that to say, keeping in mind our values of the worth of every human being, the importance of inclusion, and openness to new ideas and approaches, I'm thinking carefully along with the leadership of the congregation, how we move the fellowship forward in challenging times.

As you can see from our listing of services, we will continue virtual services through the summer. Larger religious gatherings, especially with singing, are one of the riskiest settings for spread of the virus. What's more, we don't want to

exclude people, and at this time, on-line seems to be more inclusive than in-person gatherings. Sandy, in lieu of our regular form of religious education, is providing kits for families to engage in some summer explorations. We'll be watching what happens in our community in terms of the virus and in terms of decisions others make about plans for the fall and later. We'll also be deciding how we might think about small groups and other things we do together. Caution is merited in a world that is uncertain.

In the meantime, if you're missing us, needing anything, or longing for what you're not certain of, please reach out and connect--with one another, with me, with other staff. We're happy to answer phone calls, emails, social media messages, or see you on drop-in Zoom.

Take care and be well, **Jonalu**

You can contact Jonalu at 785 537-2349 or revjonalu@uufm.net. Read Jonalu's blog at uufm.net/topic/minister-blog/

REV JONALU JOHNSTONE'S VIRTUAL OFFICE HOURS

Rev Jonalu Johnstone will take some virtual time June 21 thru 27, to virtually participate in the UUA General Assembly and Ministers' Days. Jonalu will be available during virtual office hours from 3 to 5 pm, Tuesdays and Thursdays, except for the week of June 21. You can log in anytime during office hours, at <a href="https://uuma.zoom.us/j/9797400824?pwd="https://u

asked for a password, use *zeandale*. 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.



THANKS

Many thanks to EVERYONE for contributing their time and talent to the 2019-2020 RE program. It ended up a rather peculiar year but overall I'd say it was very successful.

REGULAR SCHOOL YEAR TEACHERS WERE: Molly McGaughey (7th grade and up), Matt Sayre (3rd – 6th grade), Christie Launius and Susan Rensing (K-2nd grade), and Lily Colburn in the nursery. They graciously led classes almost every Sunday, at least until mid-March when everything changed. During the school year we also held Our Whole Lives (OWL) classes for Kindergarten through 1st grade students with the help of Sarah Bridges, Marisa Larson, and Jessica Sievers.

We didn't get to thank our teachers during an in-person worship service, but a few treats were delivered to their doorsteps instead.



TEACHER GIFTS AWAIT DELIVERY

Summer World Traveler Tour Guides for 2019: Susan Adamchak (Chile); Elke Lorenz (China); Katie Kingery-Page and Lindsay Smith (printmaking); Taryn Cipra Eukaryotic Cells); Sandy Nelson (Snack Chip ChampionChip); Cathy Hedge (our imagination); Larry Weaver, Dan Swenson, and Molly McGaughey (Pillsbury Crossing where we got to canoe and kayak); Clara and Mark Mayfield (Mt Whitney); Jen Thomsen (inside your body); and Lily Colburn (The Gambia).

SPECIAL SHOUT OUTS go to Dan and Kathy Swenson and Kathleen Oldfather for helping with holiday crafting in December and to Carolyn Ferguson for lending a needed hand in the OWL class as well as the 6th grade class.

The enthusiasm and participation of everyone is much appreciated.

Hope to see you soon! Sandy Nelson

SUMMER

Our summer program is going to be a series of "Kits for Kids" which will include a variety of activities and projects. There will be kites, wind chimes, nails & wood, bug jars & magnifying glasses, and more. Kid Kits will either be delivered to your doorstep or available for pick-up from Sandy's house (you can choose). Additionally, we hope to be able to have occasional small gatherings throughout the summer. Please let Sandy know if you have an idea for a Kid Kit or want something specific to be included.

RE IN YOUR PAJAMAS!

RE Zoom check-in each Sunday from 10:00-10:30 or noon-12:30. Find a link to the Zoom meeting at <u>uufm.net/june-2020</u> or call 669 900-6833 and use meeting ID# 484 985 4310. Learn more from Sandy Nelson at 785 341-0135 or DRE@uufm.net.

DRE'S SCHEDULE

Sandy will be available during <u>virtual</u> office hours on **Tuesdays** and **Thursdays**, from 3:30 to 4:30 pm.

Find a link to join Sandy during office hours at uufm.net/contact-us. Need 15 minutes to yourself? Have the kids join her for a little conversation.

REGISTER YOUR CHILD(REN)

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

ACTIVITIES AND EVENTS -

EVENTS ARE OPEN TO ALL INTERESTED PEOPLE

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.

Join Elke Lorenz for **DINNER HOUR CONVERSATION** on Zoom, on THURSDAYS, from 5:30 to 6:45 pm. If you'd like to attend, contact Elke at 785 341-8997 or elkelorenz9@gmail.com.

The UUFM **BOOK DISCUSSION GROUP** meets Friday, JUNE 26, at 10 am. Currently we are meeting via Zoom. We read widely, including history, fiction, natural sciences and biography. We welcome new members. For information, contact Lorrie Cross at 785 539-7883 or Imcross@kansas.net. To request a Zoom invitation, contact Susan Adamchak at sadamchak@kansas.net.

SHARE YOUR MUSIC!

UUFM Music Director Renea Brown invites Fellowship musicians, vocalists, and musical families to share their music during our virtual Sunday morning services. Ask Renea how you can share your music at 785 209-2886 or reneareasoner@gmail.com.

UUA GENERAL ASSEMBLY

The UUA General Assembly gathers June 24 through 28. ROOTED, Inspired, & Ready! is the theme for the 2020 UUA GA. "We are in touch with our theological roots, we are engaged in transforming our faith, and we are fired up to take action in the wider world." This year's assembly will be a 100% VIRTUAL EVENT! There will be inspiring speakers, a variety of workshops, worship services, and opportunities to meet and connect with UUs from around the country. Join our congregation for the GA Sunday MORNING SERVICE, on June 28, at 9 am, at uua.org/ga.

SOCIAL ACTION NEWS

HELPING HANDS

In June, Helping Hands contributions will be collected for **Shepherd's Crossing**, providing assistance with rent, utilities, and prescriptions for low-income individuals and families in the Manhattan/Riley County area. Learn more at www.shepherdscrossing.info/.

In May, Fellowship members and friends contributed Sunday morning collections to the Boys and Girls Club of Manhattan Thank You all for your generous donations!

While we are meeting virtually, our Helping Hands recipients still need the annual contributions they've come to rely on from our congregation. You can donate on-line to Helping Hands, or give to UUFM's General Operating fund, at uufm.net/donate. Learn more from Helping Hands coordinator Dixie Moreau at 785 477-8188 or dixie.moreau53@att.net.

FAIR TRADE COFFEE, TEA AND CHOCOLATE



Equal Exchange whole bean, ground, and decaf coffees, as well as chocolate and tea are still available for purchase. Contact Anne Cowan at 785 537-2025 or 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.

HOW TO BE AN ANTIRACIST

The UUFM Racial Justice Team invites everyone to join in a discussion of chapters 1 thru 3 of *How to Be an Antiracist*, by Ibram X Kendi, at their next virtual meeting on Sunday, June 7, at 4 pm. Discussion will continue at future meetings. The book is available at Amazon in Kindle, audiobook, or hardcover, or from the UUA bookstore, InSpirit, at www.uuabookstore.org Learn more from Jonalu at 785 537-2349 or revjonalu@uufm.net, or Judy Nickelson at 785 304-0086 or judynickelson@gmail.com.

GREETINGS FROM THE TREASURER

UUFM members volunteer and care for the Fellowship in so many critical ways. Now we are asking those who can to make a pledge to help us plan and follow a budget. We recognize this can be difficult with so much uncertainty on how our incomes will be affected in the coming year.

At the annual meeting, the congregation approved a budget that included a pledge total of \$137,852. Michael Oldfather got the pledge drive started and by now a member of the Finance Committee has most likely contacted you about pledging. We have now received pledges of \$113,879, so we are making good progress on reaching our goal.

At the time of the Annual Meeting, we discussed our application to the Paycheck Protection Program, but did not know the status of our application. You will recall that Pastor Jonalu had offered to go to 75% salary and that change was included in the budget. We have now been approved for a loan of \$21,800 which can be forgiven if we maintain our current employment. As a result, the Board decided to maintain Pastor Jonalu at full time for at least the next two months. I will keep you posted as more information develops.

That is all for now. Take care, Dan Swenson

Fellowship Treasurer Dan Swenson is available to discuss Fellowship finances, and help with pledging options. Contact Dan at 785 537-4733 or swenson.home@gmail.com.

KIFA HONORS REV SARAH OGLESBY-DUNEGAN

Kansas Interfaith Action is a statewide, multi-faith issue-advocacy organization that "puts faith into action" by educating, engaging and advocating on behalf of people of faith and the public regarding critical social, economic, and climate justice issues. [At their upcoming Annual Meeting, on Tuesday, June 2] the highlight of the event will be honoring outgoing board chair, Rev Sarah Oglesby-Dunegan [of the UU Fellowship of Topeka].

Rev Sarah has been an energizing presence in both KIFA and the larger social justice movement in Kansas - it's at all not too much to say that we [KIFA] (and Kansas People's Agenda, and the Kansas Poor People's Campaign ...) literally could have not accomplished what we have without her tireless efforts for justice.

You may not know that Sarah has accepted an interim position in Macon, Georgia, and will be leaving the state this summer. That makes this already-planned honor at the event all the more important. Copy and paste the link below into your browser to view a 3-minute video featuring incoming KIFA Board Chair, Rev Rachael Pryor ... honoring Sarah.

https://drive.google.com/file/d/1FNaKfJxHBVP10NP9AkQRB 6BqZ29dypvu/view



BEFORE WE CAME TO UUFM

This new newsletter feature highlights photos of members and friends taken before we got to know them here at UUFM, along with their comments. This month, we learn something new about Fellowship member Marisa Larson, Rev Jonalu Johnstone, and UUFM office administrator Susan Turner and her son Leland, who attended UUFM RE for many years.



MARISA LARSON DESCRIBES
THIS PHOTO. "AFTER SERVING
IN THE PEACE CORPS IN
MOROCCO (1995-1997), I
ENDED UP WORKING FOR
NATIONAL GEOGRAPHIC,
WHERE I STAYED FOR 12
YEARS. BOTH PEACE CORPS
AND NGS WERE WONDERFUL
EXPERIENCES AND CONNECTED, BECAUSE I'M POSITIVE I
WOULDN'T HAVE BEEN HIRED
AT NGS IF NOT FOR MY
PEACE CORPS SERVICE."

THIS IMAGE APPEARED IN THE DEC 2002 ISSUE OF NATIONAL GEOGRAPHIC MAGAZINE. THE PHOTOGRAPHER IS MOLLY BLOCKER.

UUFM MEMBER AND OFFICE ADMINISTRATOR SUSAN TURNER COMMENTS. "THIS PHOTO WAS TAKEN ON EARTH DAY 1982, IN MANHATTAN CITY PARK, FOLLOWING A 'GROUND ZERO DAY' MARCH, PROTESTING NUCLEAR PROLIFERATION. MY SON LELAND WAS 15 MONTHS OLD, AT THIS TIME."

THIS IMAGE APPEARED IN
THE MANHATTAN MERCURY
ON APRIL 23, 1982.
MERCURY STAFF PHOTOGRAPHER HOLLY MILLER,
WHO WAS A UUFM MEMBER
IN 1982, TOOK THE PHOTO.
HOLLY IS CURRENTLY A
MEMBER OF ALL SOULS UU
CHURCH IN KANSAS CITY.



A NOTE ON SUMMER SERVICES

During July and August, we will be virtually visiting with a variety of UU congregations across Kansas and Kansas City. We'll continue to have some interaction together in our zoom coffee hour after enjoying words from other ministers, music from other churches and more. An exciting new opportunity to connect with other UU's! Hope you'll join us through the summer.



FROM 2002 TO 2015, REV JONALU JOHNSTONE SERVED AS PROGRAM MINISTER AT FIRST UNITARIAN CHURCH IN OKLAHOMA CITY, BEFORE BECOMING OUR DEVELOPMENTAL MINISTER IN AUGUST 2015.

If you have a photo and description from before you came to UUFM that you'd like to share, please contact Susan at 785 537-2349 or office@uufm.net.

BUILDING USE AND SCHEDULING

Currently, the Fellowship building is not available for large gatherings. Watch weekly email announcements for updates in our building use policy, as circumstances evolve. Please check with Susan Turner to pre-reserve future dates when the building may be open again. Contact Susan at 785 537-2349 or office@uufm.net.

JUNE NEWSLETTER DEADLINE

The deadline for submissions to the June edition of *The UUFM Voice* is Monday, **June 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.

ADMINISTRATOR'S VIRTUAL HOURS

Office Administrator Susan Turner will be available during virtual office hours from 3 to 5 pm, on SATURDAYS in June. 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.

HELPFUL INFORMATION FOR MEMBERS AND FRIENDS

Contact Fellowship administrator Susan Turner at 785 537-2349 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.

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 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. You can also make pledge payments, contribute to our General Operating fund, or give to our Helping Hands recipient directly, at <u>uufm.net/donate</u>. *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 slides displayed before virtual Sunday morning services, from 10:30 to 10:45 am.

CARING FOR MEMBERS AND FRIENDS

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.

PARTICIPATE IN VIRTUAL MEETINGS AND SERVICES

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://uuma.zoom.us/j/9797400824?pwd=WjNTUldoci9VWjNtMFNsNjBsMIZTZz09. Or call 669 900 6833 to listen on your phone. The meeting ID is 979 740 0824. Find helpful hints and links at uufm.net/zoom/.

JUNE 2020 at UUFM

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
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28 10 AM AND 12 PM ZOOM IN TO RE uufm.net/june-2020 9 AM SUNDAY SERVICE Rooted, Inspired, and Ready! uua.orq/qa Coffee Hour to be announced	29	30 3 TO 5 PM JONALU JOHNSTONE 3:30 TO 4:30 PM SANDY NELSON uufm.net/contact-us						