

OUR JANUARY SOUL MATTERS THEME EXPLORES **LIVING WITH INTENTION** ...

"Here's what I discovered. Intention is different from setting goals or resolutions in that it "pulls us into" who we truly are. Goals and resolutions "push us out" into future possibilities. To set intentions, we must listen to our inner voice which tells us who we truly are."

-- Katie Covey, Soul Matters Director of RE Resources

So here we are again, in the month of January, with its talk of daring resolutions and demanding calls to become better. It's hard to resist. After all, who of us couldn't benefit from a bit of self-improvement? And so most of us gladly go along and declare "This is the year I'm finally going to be a better me!"

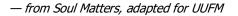
But are we sure this is what we really want? When you read that quote above about being "pulled in" rather than "pushed out," what happens in your heart? Is being pushed really what you want and need? Are you really excited about the New Year's work of striving to create a brand new you? Or do you suddenly notice an internal whisper that says, "I long to be pulled in more deeply to the self I already am"? In other words, maybe our real New Year's work is not about pushing forward into self-improvement, but about pausing, stepping back and asking, "What hunger has my heart?"

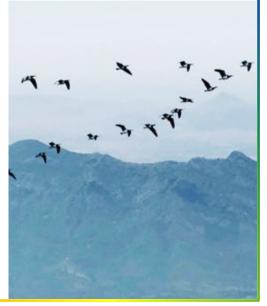
There is, after all, a big difference between becoming better and becoming ourselves. Self-improvement is not the

same as self-alignment. Wanting to get from point A to point B is something quite different from longing to find your inner anchor. Bottom line: Goals and intentions may indeed be more distinct than we have thought. And being clear about that may be more important than we have thought.

So this month, maybe our most meaningful work is to make room. All around us this month, there's going to be tons of talk about creating goals and imagining who we *might* become. But living with intention seems to be more about creating a quiet space that allows us to connect with who we *already* are, a space that protects us from the pressure to accomplish and instead makes room to ask questions of integrity.

And if we are able to carve out that quieter space, then maybe we will discover that this isn't the year of "finally becoming a better me." Maybe we'll decide it's enough to simply "finally be me."





JANUARY 2021 SUNDAY SERVICES

Our Soul Matters theme in January explores Living with Intention

JANUARY 2 "GOODBYE 2021"

Pastor Isabel Call reflects, "Good goodbyes help us say hello to the new with intention and gusto. Pastor Isa will lead us in a gentle reflection to let go of both the good and the bad of last year." Our convener is Sarah Desmet at sarah.e.desmet@gmail.com.

JANUARY 9 "WHAT ARE WE?"

Pastor Isabel presents this service, "Return to a favorite chant: 'Where do we come from? What are we? Where are we going?' Today, we answer the middle question, practicing gratitude for the stardust in our bones, our ancestors' wisdom in our nerves, and the intentions in our hearts." Our convener is Dan Swenson at swenson.home@gmail.com.

JANUARY 16 "WHAT'S IN YOUR BACKPACK?"

Pastor Isa asks, "If life is a journey, then we've got backpacks. What do we carry to sustain us and our travel companions? Who do we rely on for the needs we can't meet with our own muscle?" Our convener is Tom Phillips at twp1@ksu.edu.

JANUARY 23 "THE PHILOSOPHY OF THEATRE RECEPTION"

Jim Hamilton is a retired professor of philosophy at KSU, who will connect his work to our January theme of "Living with Intention." Jim's specialty is the aesthetics of theater--focusing on how theatrical performances are perceived by spectators. He founded the Manhattan Experimental Theatre Workshop for High School Students in 1989, and produced and directed it for a number of years. These facets of his career, the professional research and the avocational interests, are connected, he says. Our convener is Les Loschky at loschky@gmail.com.

JANUARY 30 "SPIRITUAL JOURNEYS"

In this installment of our popular Spiritual Journeys series, Emily Fraser will discuss her experiences growing as a Pastor's child in a conservative denomination. Dan Swenson shares his own spiritual journey and leads a discussion on Pastor Ron Knapp's book, *Oneness*, and how this has shaped his insights. Join us and discover how others have come to where they are, to live more mindfully. Our convener is Rob Morrison at <u>william.robert.morrison@qmail.com</u>.

MASKS ARE REQUIRED for everyone older than age 4, regardless of vaccination status.



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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pastor@uufm.net

JUDY NICKELSON, Board Chair judynickelson@gmail.com

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

RENEA BROWN, Music Director reneareasoner@gmail.com

SUNDAY SERVICES begin at 10:45 AM at https://zoom.us/j/92604313401?pwd=OXlye W1RQ0I4U1cxQ1FpU0x2TIZqdz09

or, join us at the Fellowship building, at **481 ZEANDALE ROAD**.

INSIDE THIS ISSUE

PAGE

COMING UP ...

Join us on Zoom for **ACTION WEDNESDAY** (AWed), on **JANUARY 12**. More on page 5.

Join the UUFM **RACIAL JUSTICE TEAM** Google Group for mtgs and announcements. More on page 5.

Find a report on UUFM **COVID POLICY AND RESOURCES**, on page 6.

Dear Ones,

Happy New Year! We replace our calendars in winter, just as the days are beginning to lengthen, but the weather is nowhere near warming up. The practice--and the cultural and legal norms dependent on it--arose out of the Roman feast of Janus, the god of doorways and thresholds. Janus is a twofaced God, looking forward and backward at the same time. I ask you to reflect on this threshold moment in your life. Where are you coming from? And what are your expecta-



tions about the space you're entering?

As a congregation, we're moving from an extended state of emergency into recovery mode. Though we face more losses in this pandemic and expect even weirder weather, we're getting more practiced at living

with uncertainty. We still long for "normalcy," but we might just be willing to redefine it. In some ways, it was comfortable to believe (or hope) that if we just did our part and tried to be patient, the end of the pandemic would come to us. But it didn't. And now I, for one, am feeling ready to cross the threshold into a new and unknown space.

We don't know what the new space will look like, but from my ministers-eye-view, I'm seeing some rough outlines. Our leaders--committee chairs, board, members, wizards behind the curtain--are tired. They've spent more than 90% of their UU oomph on keeping the Fellowship going, and they're disconnected from the inspiration and fun that got them here in the first place. Formerly involved members and friends have been pulled from the Fellowship by the crisis and now don't see how they can be useful around here. In moving from emergency to recovery mode, I anticipate a shift. We need a big dose of your fresh energy from members and friends in the wings. It doesn't have to be a lifetime commitment, but consider stepping in as an interim mover-and-shaker. To get connected to your new temporary passion, come to Action Wednesday (January 12, see page 5 of this newsletter). If you're currently highly involved, I encourage you to take a breath. Find people at the Fellowship--including me--and chat about what kind of involvement would be sustainable for you. Hint: it can be *less* than what you're doing now. Let us help you take your breather. We may keep asking you to do things, and you're allowed, encouraged, to say no.

Out beyond recovery mode I see a new equilibrium for us. Like the long days of summer, it's a ways off. But let's look forward to it together. We should also follow the example of Janus to look back at where we've been. I'm so grateful for the immense contributions of our members, friends, and leaders to pay the bills with ease and keep us connected despite everything else. We couldn't be here without you.

As usual, please reach out to me, by phone or email or schedule an appointment to share your heart or mind at <u>https://calendly.com/pastorisa</u>. I'm using a new email address. Please check your spam folder in case you've missed things from me.

With love, trust, and gratitude,

Pastor Isabel

Contact Pastor Isabel at <u>pastor@uufm.net</u>, or call or text 785 748-2533.

UUFM BLESSING BOX

Doug Walter and other volunteers regularly stock and maintain our Blessing Box (and Little Free Library) at Wonder Workshop. Members and friends contribute shelf-stable foods and other small necessities of daily life. We also need money to keep the Blessing Box stocked with regularly used staples. Cash contributions are vital to provide this muchneeded service in our community, and we gratefully welcome and rely on your support in goods or cash. Donate to the Blessing Box at <u>uufm.net/donate/</u>. Learn how you can help from Doug Walter at <u>kbsi@cox.net</u>.

SOCIAL JUSTICE AND ANTI-RACISM RESOURCES

Find a list of social justice and anti-racism resources at <u>uufm.net/social-action-2/social-action-resources/</u>. If you would like to suggest resources to add to the list, or have questions, please contact Marisa Larson at <u>marisa.larson@gmail.com</u>.

Find the January installment of *The Racial Justice Team Recommends* ... on page 7 of this newsletter.

OUR WHOLE LIVES (OWL) FOR 7TH TO 9TH GRADERS

Our Whole Lives (OWL) class for 7th to 9th graders begins this month and continues through May. This centerpiece of the OWL series provides a variety of engaging activities so that participants build values, interpersonal skills, and knowledge. The comprehensive approach speaks to participants' needs today and helps prepare them for a healthy and meaningful tomorrow.

The initial session is a MANDATORY PARENT ORIENTATION ON Sunday, January 16, from 12:30 to 3 pm (though it may end sooner). Classes start the following week on Sunday, January 23. All sessions are held at the fellowship building and everyone must be masked.

A permission form must be completed for each student. Find a link at <u>uufm.net/jan-2022/</u>, or scan the QR code below.



RELIGIOUS EDUCATION CLASSES

Do you have an interest in engaging with our youth in a new way? Leading a class is a wonderful opportunity for both you and them! Please contact Sandy so we can start a conversation, *at 785 341-0135 or <u>dre@uufm.net</u>.*



REGISTER YOUR CHILD(REN)

Remember, all children must be registered for the 2021/ 2022 school year. Registration forms are available at http://form.jotform.us/form/51486475507160.

DRE's SCHEDULE

Sandy will be available in the Fellowship office on **Tuesdays** and **Thursdays**, from 3:30 to 4:30 pm.

Contact Sandy at 785 341-0135 or dre@uufm.net.

ACTIVITIES AND EVENTS - EVENTS ARE OPEN TO ALL

The Wednesday LUUNCH BUUNCH 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.

The **UU Coffee GROUP** meets on Zoom THURSDAYS, at 9:30 am. Join us for morning coffee and conversation. Contact Jane Pelletier at 785 537-0954 or mianepelletier@gmail.com for an invitation

mjanepelletier@gmail.com, for an invitation.

The UUFM **BOOK DISCUSSION GROUP** meets Friday, JANUARY 28, at 10 am. Currently we are meeting on Zoom. To request a Zoom invitation, contact Susan Adamchak at <u>sadamchak@kansas.net</u>.

ACTION WEDNESDAY ON ZOOM

We're gathering again for Action Wednesday (formerly, the AWed potluck), now **MEETING ON ZOOM**, on the second Wednesday of each month, from 6 to 8 pm. On JANUARY 12, we begin at 6 pm, with music curated around our monthly Soul Matters theme, *Living with Intention*. Listen while cooking and eating dinner, camera on or off. For a shared food experience, you may want to prepare the *20-minute Chili* recipe, provided at <u>uufm.net/awed-gathering</u>. At 6:45 pm, we'll have a chalice lighting and some activities, and at 7 pm, we break out into small groups and committees. All are welcome, whether or not you are currently part of a committee. Please *register now* at https://tinyurl.com/AWedUUFM.

TIREFLY OPEN CIRCLE -- FERIAE SEMENTIVAE

In 2022, the Firefly Open Circle explores religious and seasonal celebrations from cultures around the world. We will meet on the last Saturday of each month from 5 to 8 pm, beginning with a potluck dinner and craft or story based on that month's culture, followed by ritual. This month, we meet Saturday, JANUARY 29, to celebrate a Roman seedsowing festival known as Feriae Sementivae. Please *BRING ANY SEEDS OR SEEDLINGS* you would like to plant for the coming year; pots and dirt will be provided. Text Mandy (Miria) at 785 223-2383 or email <u>miriamele41@gmail.com</u> if you have any questions.

RACIAL JUSTICE TEAM

This month the UUFM Racial Justice Team asks, *What are we going to do to make real our solidarity with indigenous communities?* Contact Pastor Isa at pastor@uufm.net, and ask to join the Racial Justice Team Google group to learn about our activities and be notified of upcoming Zoom meetings.

SOCIAL ACTION NEWS

HELPING HANDS

In January, Helping Hands contributions will be collected for UFM's Project EXCELL, providing a college-like experience for developmentally delayed adults. Learn more at tryufm.org/project-excell/.

In December, Fellowship members and friends contributed Sunday morning collections to the Riley County Humane Society. THANK YOU all for your generous donations!

Donate on-line to Helping Hands, or give to UUFM's General Operating fund, at <u>uufm.net/donate/</u>.

FAIR TRADE COFFEE



Equal Exchange whole bean,

ground, and decaf coffees, and chocolate and tea are available for purchase at the Fellowship on Sundays. Learn more from Anne Cowan at 785 340-5001 or anne_cowan@sbcglobal.net.

Equal Exchange works in collaboration with the Unitarian Universalist Service Committee (<u>uusc.org</u>), following the standards and principles of fair trade on 100 percent of its products.



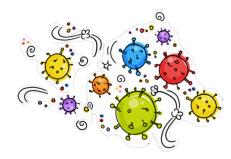
UUFM BLESSING BOX

UUFM is sponsoring a **BLESSING Box** and **LITTLE FREE LIBRARY** at Wonder Workshop. Doug Walter reports our box has received notably increasing demand, especially in

the past few weeks. To contribute shelf-stable food, cleaning and hygiene products, or children's and youth books, contact Doug at <u>kbsi@cox.net</u>. Or, drop by Wonder Workshop, at 506 S 4th Street, and stock the boxes with your items. Please remember, *financial support is vital to maintain a regular stock of staples*. You can donate funds to help support the boxes at <u>uufm.net/donate/</u>.

SOCIAL JUSTICE / ANTI-RACISM RESOURCES

Find a list of social justice and anti-racism resources at <u>uufm.net/social-action-2/social-action-resources/</u>. If you would like to suggest resources to add to the list, or have questions, please contact Marisa Larson at <u>marisa.larson@gmail.com</u>.



UUFM COVID Resources

In an effort to keep our beloved UUFM community safe and informed in this time of COVID 19 SARS CoV-2 the following links to reputable sources have been compiled. Topics include testing, vaccine availability, isolation and quarantine as well as actions to take to help prevent the spread of the COVID virus.

CDC COVID INFORMATION CDC https://www.cdc.gov/coronavirus/2019ncov/index.html

PROTECT YOURSELF AND OTHERS https://www.cdc.gov/coronavirus/2019-ncov/preventgetting-sick/prevention.html

LOCAL CASE RATES RILEY, GEARY, POTTAWATOMIE https://www.covidactnow.org/us/metro/manhattan_ks/

<u>?s=27181605</u>

LOCAL TESTING RESOURCES

https://www.rileycountyks.gov/1869/Get-Tested

CDC - How Do I FIND A COVID-19 VACCINE?

https://www.cdc.gov/coronavirus/2019-

ncov/vaccines/How-Do-I-Get-a-COVID-19-Vaccine.html

QUARANTINE AND ISOLATION

https://www.cdc.gov/coronavirus/2019-ncov/yourhealth/quarantine-isolation.html

UUFM COVENANT OF RIGHT RELATIONS AND CONFLICT RESOLUTION PROCESS

https://uufm.net/wp-

content/uploads/2011/07/Covenant-right-relations.pdf

UUFM COVID POLICY AND RESOURCES -- DECEMBER 21, 2021, UPDATES UUFM.NET/COVID-POLICY-AND-RESOURCES/

Dear UUFM Members and Friends,

Thank you for all you've done to keep yourselves and each other healthy for almost two years now. During our second holiday season, we're holding up fairly well--but COVID continues to be a damper on our spirits and our activities. At this writing, we're anticipating a surge of cases due to the omicron variant, and we know that there is much more *we don't know* about how things will play out in the winter and coming seasons.

In this environment of uncertainty, our Board has been reassessing our COVID safety practices. We appointed a COVID Advisory Panel and have spent the past week reviewing and discussing their recommendations. On Sunday, December 19, 2021, the Board passed the following COVID Safety Policies unanimously:

- Masks are required indoors at all times by all participants over the age of 4, including speakers. This means no food or drink are allowed in the Fellowship. (Sips of water are ok as long as you replace your mask quickly.)
- No indoor singing, brass, or woodwinds, which includes choir performances and rehearsals and congregational hymn singing.
- All staff, RE providers, Sunday Service staffing volunteers, technology team members, and choir members are required to be vaccinated. Please send our administrator Susan Turner a copy of your vaccination card. Proof of vaccination from choir members is required in anticipation of being able to sing together indoors. We may find ways to gather outdoors and make recordings for Sunday Services.
- We strongly recommend that everyone eligible for vaccination get vaccinated. We request that any person who realizes they were positive for COVID at any in-person UUFM event notify the UUFM Board or the Minister so that the congregation can be advised to monitor for symptoms and seek testing as needed. When you let us know, we will maintain your confidentiality and offer assistance with contact tracing. The Minister is available for emotional support and will work with the Caring Team to help you with meals or other unmet needs.
- When you're indoors, we encourage you to maintain a 6-foot distance from others, as possible. We trust your good judgment, realizing that households may sit together and that childcare providers may need to be closer.
- We're doing our best to provide adequate ventilation with open windows and air filtration.
- Educate yourself and others about current conditions and resources. See UUFM Covid resources at <u>uufm.net/covid-resources/</u> for more information.

The Board has asked for more guidance from the COVID Advisory Panel as to how, and under what circumstances, we can relax these restrictions. We are doing our best to reduce risk, but we know it can't be zero. By prioritizing tech improvements, we are improving the online Sunday Service experience, meaning there's always a safe alternative for connection. With this option, we're striving to find an acceptable level of risk at the Fellowship building.

Please be in touch with Pastor Isa or members of the Board if you have feedback or suggestions. You may find it useful to refer to the Unitarian Universalist Association's recommendations, <u>www.uua.org/pandemics/</u> <u>gathering-guidance</u>, from which we drew heavily. We care about your health--both physically and emotionally.

Love and Care, Pastor Isabel (pastor@uufm.net) and the UUFM Board

DECEMBER BOARD REPORT -- JUDY NICKELSON, CHAIR

TECH UPGRADE FOR ONLINE AND IN PERSON SERVICES: The UUFM Board approved the purchase of new audio-visual equipment for the sanctuary that will significantly improve our ability to provide a quality Sunday Service both in person and online. Upgrades will include two high-quality wall-mounted cameras, a mixer upgrade (the mixer allows the tech to control the sound system,) new mics including an ear set mic for the minister and musician and a mic attached to the piano. This system can be run by one person as opposed to the three that are now required. Total cost for equipment and labor to install is \$21,000. The Finance Committee has been directed to decide how to finance this purchase. The Tech Team will look into the cost of on-going service by the supplier.

The UUFM COVID Advisory Panel (Stacy Broughman, Rob Delong, Kathleen Tanona, and Les Loschky) presented Covid-19 Policy Recommendations. The Board has taken these recommendations under advisement and will take action on them after they have had a few days to study them. The Board is taking into consideration the difficulty hearing the speakers that some members in the sanctuary are having. If you have questions or concerns, please contact one of the Advisory Panel members or a Board member.

Chris Bailey is the new chair of the Finance Committee. They are getting ready to work on the 22-23 budget and stewardship (fund-raising) campaign. If you have interest or aptitude, Chris would welcome your help on the committee.

At the suggestion of Pastor Isabel, the Board voted to close the Fellowship the week after Christmas (December 27 - 31) as a paid holiday for all staff. The Fellowship building will be closed and staff will only be available in case of emergency.

The Board met on Tuesday, December 14, via Zoom, with Judy Nickelson, Board Chair; Amy Betz, Chair-Elect; Cathy Hedge, Secretary; Dan Swenson, Treasurer; Marisa Larsen, Member; Rev. Isabel Call, Minister; Sandy Nelson; Director of Religious Education; Chris Bailey, Finance Chair; Les Loschky, COVID Advisory Panel, and Doug Walter, Sunday Services Tech Team present. They will meet again on January 11, at 7 pm. All meetings are open. If you would like to attend, please contact a Board member to get the Zoom link.

Judy Nickelson, Board Chair

Contact Judy with questions, concerns, and suggestions at 785 304-0086 or <u>judynickelson@gmail.com</u>.

AFGHAN REFUGEE RESETTLEMENT EFFORT

Some of you have expressed an interest in donating funds to help the Afghan refugees coming to Manhattan. We have set up a fund at the Fellowship for that purpose. You can make out a check to UUFM and note [in the memo line] that it is for the Afghan Refugee Fund.

Or, donate electronically at <u>uufm.net/donate</u>.

Susan Adamchak is collecting and storing sheets, blankets, comforters and towels for the families. Contact Susan at <u>sadamchak@kansas.net</u> to arrange a pick up or drop off of your items.

In addition, Susan tells us, "*We have also forged a collaboration with Kitchen Restore. They will accept donations of kitchen items, and will sort and pack them into kits we will be able to distribute to each family or living group ... any donated items not needed by the Afghan households can be used to replenish KR supplies to help others in our community.*"

Learn about most needed kitchen items and where to bring them at <u>https://nourishtogether.org/wp-</u> <u>content/uploads/2021/10/KitchenRestoreFlyer 10.5.20</u> <u>21links.pdf</u>.

HELPING HANDS NOMINATIONS

It is time to select our Helping Hands recipients for fiscal year 2022/23. Do you have a favorite non-profit that you would like us to support?

RETURN NOMINATIONS BY THE MIDDLE OF FEBRUARY. Just a few sentences about the organization, why you think we should support them, and their contact information is all that is needed. Selection will be based on non-profits that are most needy and providing direct services to individuals. Please send your nomination to Kathy Swenson at <u>swenson.home@gmail.com</u>.

November Helping Hands

We collected close to \$695 for The Manhattan Emergency Shelter, Inc., our November Helping Hands recipient. With those funds, Shirley Hobrock selected gifts for a toddler and items for the shelter. Katherine Nelson selected presents for a three-year-old boy and a twelve-year-old girl, and Kathy Swenson shopped for two young men. We all enjoyed our chance to shop for Christmas presents for these individuals. Thank you to all for this and for other donations given this year.

COFFEE AND GREETING TEAMS

- Jan 2: Kathleen and Michael Oldfather, and Dan or Kathy Swenson
- Jan 9: Elke Lorenz, Susan Gormely, and Ed Olson
- Jan 16: Lorn Clement, Lynn Ewanow, and Livia Olsen
- Jan 23: Mark Clarke, Anne Cowan, and Marisa Larson
- Jan 30: Jane Pelletier, Mary Beth Reese, and Christopher Renner

Our coffee and greeting teams are springing back into action creating a warm and welcoming atmosphere on Sunday mornings. Learn more about coffee and greeting volunteers from Shirley Hobrock at 785 776-3175 or shirleyhobrock2@gmail.com.

BUILDING USE AND SCHEDULING

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.

Administrator's Schedule

Monday,	Jan	3 - 12 to 5 pm
Tuesday,	Jan	4 - 12 to 5 pm
Thursday,	Jan	6 - 12 to 5 pm
Monday,	Jan	10 - 12 to 5 pm
Tuesday,	Jan	11 - 12 to 5 pm
Thursday,	Jan	13 - 12 to 5 pm
Tuesday,	Jan	18 - 12 to 5 pm
Thursday,	Jan	20 - 12 to 5 pm
Monday,	Jan	24 - 12 to 5 pm
Tuesday,	Jan	25 - 12 to 5 pm
Thursday,	Jan	27 - 12 to 5 pm
Monday,	Jan	31 - 12 to 5 pm

Drop in at the Fellowship during Susan Turner's office hours or call 785 537-2349. She may be reached at any time at <u>office@uufm.net</u>.

HELPFUL INFORMATION FOR MEMBERS AND FRIENDS

- Contact Fellowship administrator Susan Turner at 785 537-2349 or <u>office@uufm.net</u> 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 are considering **BECOMING A MEMBER** of UUFM, learn more from our Welcoming chair Shirley Hobrock at <u>shirleyjhobrock@hotmail.com</u> or 785 776-3175.
- 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 <u>office@uufm.net</u>. Everyone can read *UU World* articles online at <u>www.uuworld.org</u>.
- Join in discussions of interest; receive information on community events, and last-minute updates and announcements on our UUFM **EMAIL LIST**. Contact Susan Turner at <u>office@uufm.net</u> 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 <u>sandralounelson@yahoo.com</u>. 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 <u>office@uufm.net</u>, *NO LATER THAN WEDNESDAY EVENING* with announcements and information for inclusion in the Sunday morning order of service program.

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.

FEBRUARY NEWSLETTER DEADLINE

The deadline for submissions to the February edition of *The UUFM Voice* is Saturday, **JANUARY 15**. Submissions received later may not be included in the newsletter. *If you cannot get your submission in by the January 15 deadline, please contact Susan to arrange a deadline extension*. Send your newsletter contributions to Susan Turner at 785 537-2349 or <u>office@uufm.net</u>.

JANUARY 2022 at UUFM

