



OUR OCTOBER SOUL MATTERS THEME EXPLORES

THE PATH TO COURAGE ...

Or are we? "*Courage doesn't always roar.*"

-- Mary Anne Radmacher

Courageous people change the world. So many examples of that this month. October's celebration of LGBTQ+ history month reminds us of the many who bravely moved (and continue to move) our world toward greater acceptance and affirmation. The revolutionary prophet of peace, Mohandas Gandhi, was born on October 2. Our Christian friends celebrate Reformation Day and Martin Luther's courage that changed how we all think about religious authority. We rightly honor such giants. The problem is most of us aren't that tall.

Here's what we have to help each other remember: In addition to the heroic acts that alter history, there are also the daily choices that prevent history from altering us! Bending the arc of the universe toward justice deserves praise, but so does the ordinary work of integrity and not allowing *yourself* to be bent.

We need to make room on the path for these common acts of courage. The bravery of embracing your beauty even when it doesn't fit the air-brushed images surrounding us. The courage of calling out microaggressions that occur daily for many of us. And what about resisting the persistent seduction of status and stuff? Simply put, the list is long: Turning down that drink one day at a time. Making yourself get out of bed when the depression tells you to stay there. Holding your partner's hand in public. Make no mistake, there are dozens of ordinary acts of bravery we embody every day!

Or maybe we should say there are dozens of ordinary acts of bravery *we help each other* embody every day. This we need to remember as well. Courage is not only noble; it's contagious. The bravery that makes it into the history books may save the world, but our ordinary courage keeps each other going. Watching someone else make it through another day helps us endure. Witnessing someone else confront bigotry allows us to bravely be more open about who we are. They say that courage is found by digging deep, but most often it is passed on.

So don't worry so much if you haven't changed the world yet. And certainly let's stop comparing ourselves with those giants. Our work rests less in looking up to them and more in looking over at each other. And in remembering that others are looking over at and needing strength from us.



OCTOBER 2022 SUNDAY SERVICES

OUR SOUL MATTERS THEME IN OCTOBER EXPLORES
THE PATH OF COURAGE

OCTOBER 2 "THE PRACTICE OF COURAGE"

Today we'll explore how to be courageous in relationship to people who differ from us. When we feel uncomfortable with another person's words or actions, when should we pause and reflect? When should we intervene? Join Pastor Isabel Call and our convener, Marisa Larson.

OCTOBER 9 "THE COLORS OF COURAGE"

Reuben Ironhorse-Kent shares his reflections on the spectrum of being, the tones of courage we experience by seeing life as Improvisation with Intention. We are asked to disengage from the violence of misunderstanding and to adjust more fully to Human Being. How do we notice, and be noticed by, the impermanent auras reflecting us in the physical world? How do we encourage our selves, and others, to create in these constructed arts our undetermined self-awareness? Our convener is Sarah Desmet at sarah.e.desmet@gmail.com.

OCTOBER 16 "PROPHETIC NOT PARTISAN"

It takes courage to speak our truth, all the more so to enter the political fray. Join Pastor Isa in considering the gifts and hazards of speaking from our values as religious people independent of any party affiliation. During the rude and righteous debate of the election season, what is our contribution as a spiritual community? Rob Morrison, at william.robert.morrison@gmail.com, convenes.

OCTOBER 23 "A DANCE OF COURAGE"

It takes a lot of courage to step out of what we know and explore new ways to connect and support each other. Living life improvisationally is a way to enjoy the journey. Our speaker, Harmony Gates, is a dancer and expressive artist focusing on inviting and offering connection and engagement with people, especially strangers, through music and movement. Come, join us for the dance.

OCTOBER 30 "FEARLESSNESS"

It's a spooky time of year but we've got nothing to fear except the adrenaline and anxiety that sometime distracts us from reality. Join us in costume (or just as yourself) to consider how and when we might be braver than we think. Pastor Isabel Call presents. Our convener is Dick Beeman at rbeeman@cox.net.

HIGH-QUALITY MASKS, such as a KN95 or N95, ARE REQUIRED
during services and gatherings in sanctuary for everyone over age 4,
regardless of vaccination status.

We continue to offer a virtual option, at
<https://zoom.us/j/92604313401?pwd=OXIyeW1RQ0I4U1cxQ1FpU0x2TlZqd09>
at 10:45 am. The meeting ID is 926 0431 3401 and the password is zeandale.



**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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REV. DR. ISABEL CALL

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AMY BETZ, Board Chair

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SANDY NELSON, Director of Religious Ed

DRE@uufm.net

RENEA BROWN, Music Director

currently on leave

SUNDAY SERVICES begin at **10:45 AM** at
<https://zoom.us/j/92604313401?pwd=OXIyeW1RQ0I4U1cxQ1FpU0x2TlZqd09>

or, join us at **481 ZEANDALE ROAD.**

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GET YOUR COVID BOOSTER AND FLU SHOT ...

It's that time of year--and we've got a new COVID booster! Vaccines are not required to participate in UUFM activities, but we highly recommend them, for your safety and everyone else's. Find out where you can get your vaccinations at

<https://www.vaccines.gov/>

COURAGE AND FAITH

Courage is a remarkable trait--something we notice and celebrate. The way it's typically talked about, we don't really expect everybody to have it. But maybe we should. Maybe instead of practicing reverence for the demigods and superheroes who exhibit feats of extraordinary bravery and compassion, we can begin noticing all of the ways courage shows up in our lives. Maybe instead of looking for examples of profound courage in the world, we can get curious about each person we meet: what is their particular flavor of courage? Maybe before bed each night we can ask ourselves: how did my courage show up today? We can ask these questions knowing they have answers, confident that courage is ever-present; we just have to notice it.

Brené Brown writes that in one of its earliest forms, the word courage meant "To speak one's mind by telling all one's heart." Associating courage with brave acts can distract us from seeing the smaller scale expressions of our commitments to inwardly unshakeable truths. Mary Anne Radmacher points out that "Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'"

This month, as I move into full-time ministry here at UUFM, I am celebrating your individual and collective courage. A significant majority of our members voted "yes" to funding my full-time position even though we don't have proof that we will have the income to sustain it long-term. Our courageous community includes thoughtful people who disagreed and were willing to say so, out loud and through the democratic process. Having counted votes, we are taking the risk together, in dialogue, willing to share the consequences. Barbara Bonner believes that faith is intrinsic to courage-- "faith in the truth of who we are and where that will lead us, faith in what we are doing and its importance and value in the lives of others." As a congregation, we have faith in our vision. And we have faith in each other.

It's going to take time, muscle, creativity, and faith to move through and beyond the pandemic, to move back fully into our building, and to move beyond outdated notions of "church." Each person's unique approach to community is relevant in this era when so many people who share our values are subsisting on disembodied commodified social interactions. So many assumptions we didn't even know we had are being renegotiated. It takes courage to keep a positive outlook. But it's way more fun than giving into pessimism and fear. I believe we (and our descendants) are going to look back on this social moment and smile, shocked

at our ignorance but impressed at our courage. And most importantly, grateful that we had each other.

In faith, *Pastor Isa*

Contact Pastor Isabel at pastor@uufm.net, or call or text 785 748-2533. She is available for in-person appointments at the Fellowship most Mondays, Tuesdays, and Thursdays from 12 to 5 pm. Evening and weekend phone or Zoom meetings can also be arranged. To make an appointment, go to calendly.com/pastorisa. Pastor Isa will be away from the office October 3 thru 5.



CHALICE WEB

If you're looking for a good way to get to know people more closely, please sign up for the Chalice Web, at <https://uufm.net/chalice-web/>. This small group ministry program will operate like our Chalice Circles in previous years, but instead of a single facilitator for the whole year, we'll have rotating facilitators. The first meetings happen in October. Please help us schedule them by signing up at <https://uufm.net/chalice-web/>. We'll group you based on your schedules and COVID preferences, and try to mix you up so you can meet new people. Anyone is welcome to attend the first facilitators' circle Sunday, OCTOBER 2, at 3 pm. Sign up for the Chalice Web at <https://uufm.net/chalice-web/>.

EMAIL SCAM !!!

Our members have had more and more fake emails purporting to be from "Reverend Isabel" asking for gift cards and other favors. Pastor Isa will never ask you for money or gift cards over email without a ton of context, and she would be available by phone to follow up. *If anything seems fishy, it probably is.* If you receive something that looks like a scam, *please don't respond*; instead forward it to pastor@uufm.net.

TEACHER VOLUNTEERS NEEDED

The school year has begun and RE classes are forming as well. Did you know, one of the best ways to get closer to Unitarian Universalism is to teach it to a class of 5-year-olds?! We need a handful of folks to lead classes. Middle School students and High School students would be ideal candidates. We have prepared curriculum to make it easy. The commitment can be as little as once a semester or as much as once a week. We're flexible! Please reach out to Sandy, at dre@uufm.net or 785 341-0135, if you have even the slightest interest.



TRUNK OR TREAT FUN
IN 2016 ...



PARENT NIGHT OUT / KID NIGHT IN

FRIDAY, OCTOBER 14, 6:30 - 9 PM

Time to start having some Halloween Fun! The second Friday of the month is the event for you! Parent Night Out (Kid Night In) is for children from 3-12 years old who can toilet on their own with minimal assistance. We watch a movie, have some snacks, and get messy with an art project. A \$5 per child contribution helps us cover expenses. Dinner is NOT served at Parent Night Out. Please be sure your kids are fed before arriving. **REMEMBER: THIS IS AN RSVP EVENT and space is limited.** Please RSVP to Sandy, at dre@uufm.net, no later than Wednesday, October 12. You'll receive a confirmation email with details.

FUN FOR EVERYONE!!!

TRUNK or TREAT

Sunday, October 30

12:00 p.m. – 12:30 p.m.

Unitarian Universalist Fellowship lower parking lot
(Inclement weather moves to Alsop Room)

Costume parade: 12:10 p.m.

Games! Prizes! Pizza!

Gold Trunk Decoration: \$40 HyVee gift card

Silver Trunk Decoration: \$20 HyVee gift card

Bronze Trunk Decoration: \$10 HyVee gift card



Fun for everyone –
young or old.

Enjoy coffee hour outside on the 30th!
Everyone is encouraged to decorate their
car trunks and distribute Halloween trinkets to the kids.



REGISTER YOUR CHILD(REN)

Remember, all children must be registered for the 2022/2023 school year. Registration forms are available at <http://form.jotform.us/form/51486475507160>.

DRE'S SCHEDULE

Director of Religious Education Sandy Nelson 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 for an invitation at 785 537-0954 or mjanepelletier@gmail.com.

The UUFM **BOOK DISCUSSION GROUP** meets on Zoom Friday, OCTOBER 28, at 10 am. For this month's title and a Zoom invitation, contact Susan Adamchak at sadamchak@kansas.net.

INDIGENOUS PEOPLES' DAY AT K-STATE

On Monday, OCTOBER 10, we will attend this event together, making connections with each other, members of First Congregational Church, and others who share our commitment to solidarity with indigenous communities. Learn more at www.k-state.edu/indigenous-alliance/indigenous-peoples-day/. Please reach out to Pastor Isa to get more information about how we can meet up at the event, at pastor@uufm.net.

BEER AND THEOLOGY

Beer and Theology gathers on the first Friday of each month. In October, join us on Friday, OCTOBER 7, at 7 pm. Bring a chair and a beverage of your choice. Learn more from Chris Bailey at meadbailey@gmail.com.

FIREFLY OPEN CIRCLE – ALL HALLOW'S EVE, SATURDAY, NOVEMBER 5



The veil between worlds thins as we move toward All Hallow's Eve and All Saints Day, a perfect time to honor our passed loved ones, and to remember who they were and learn more about who we are. To honor our ancestors, known and unknown, we will hold a Dumb Supper on Saturday, NOVEMBER 5, from 5 to 8 pm. This is a pot-luck dinner. Bring something that is a favorite meal of an ancestor or something that reminds you of your ancestors. A few plates will be put out to offer the ancestors food and to "invite them" to dinner. Bring pictures of your loved ones or items to commemorate them. The items will return home with you. Wear a costume if you'd like. Please email Mandy at spiritofdrakaina@yahoo.com or text 785 223-2383 with questions. Blessings!

SOCIAL ACTION NEWS

FAIR TRADE COFFEE



Equal Exchange whole bean, ground, and decaf coffees, as well as chocolate and tea are available for purchase at the Fellowship each Sunday. Or make arrangements directly with Anne Cowan at 785 340-5001 or anne_cowan@sbcglobal.net.

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

HELPING HANDS

In October, Helping Hands contributions will be collected for **THE CRISIS CENTER**, serving victims of domestic abuse and sexual assault in Clay, Geary, Marshall, Pottawatomie, and Riley Counties. Learn more at www.thecrisiscenterinc.org/.

In September, Fellowship members and friends contributed Sunday morning collections to the Sunflower Children's Cooperative (formerly CASA). *THANK YOU all for your generous donations!* Donate on-line to Helping Hands, or give to UUFM's General Operating fund, at uufm.net/donate/.



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 kbsi@cox.net. 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 uufm.net/donate/.

AFGHAN FAMILY FUND

We have set up a fund at the Fellowship to help refugee families coming to Manhattan from Afghanistan. You can make out a check to UUFM and note [in the memo line] that it is for the Afghan Family Fund. Or, donate electronically at uufm.net/donate/.

A REPORT FROM UUFM BOARD CHAIR AMY BETZ

The Board has been very busy the past two months. At the August Board meeting, we voted to both move forward with the process to call Pastor Isa as well as to recommend increasing her current appointment to full time. We decided to separate these actions into two different processes. There were many reasons to make these separate but one reason was so we could immediately have more availability with Pastor Isa. Having a 3/4-time minister impedes our ability to move forward on many initiatives and we did not want to feel rushed or overwhelmed during the call process.

On Sunday, September 11th we held a congregational meeting to vote to change Pastor Isa's current appointment from 3/4-time to full time. I was extremely invigorated and excited to see such a great turn out for the meeting.

The discussion was thoughtful, lively, and a great representation of our shared values. Thank you to everyone that participated! The decision was in the affirmative, so Pastor Isa will begin her full-time schedule in October.

Next, we will move forward with the call processes. This is distinct from the vote on September 11th. In its simplest explanation; calling a minister is a formal acknowledgement of the partnership relationship between the minister and a congregation, which is more than an employment relationship. Instead of being bound by a contract with a known end date, we would covenant to work together until either the minister or congregation chose to end the partnership. With called ministry, the default state is that we will continue in a mutually beneficial relationship. In many ways, we have been interacting with our ministers as if we called them, but we've never gone through the process to transition formally from contract ministry. The Board is currently in the process of selecting the Call Task Force to help us decide if we want to do this. This is a group of diverse individuals in our congregation that will be reaching out to get input from across the congregation. This is a new experience for us as a congregation and for Pastor Isa. We will all be learning in this process! If there is a recommendation to move forward with the call, we will have another congregational meeting. This will most likely be in December or January. Therefore, if you have any actionable feedback about the meeting on Oct. 11, please let me know as I will have the opportunity to reflect and implement changes. (Yeah for personal and professional growth!)

The Board also voted on an updated COVID policy [which may be reviewed at] <https://uufm.net/covid-policy-and-resources/>. We have added additional air filtration and relaxed some of the restrictions based on the additional air filtration. Most notably, when we are in the Orange risk level, we can still ALL sing during the service. Also, when we move back to the Yellow risk level (where we are now), masks will only be required in the Sanctuary and Narthex during Sunday Services. Masks will still be recommended in all other spaces and events. This allows us to still center the most vulnerable but be flexible with what we are able to achieve with our space.

Please feel free to reach out to me with any questions, comments, or concerns. I feel very privileged to be the UUFM Board chair.

Warm regards,

Amy Betz, UUFM Board Chair

Learn more from Amy at amy.betz@gmail.com, or text 646 457-8860.



AMY BETZ AND SON READY FOR HALLOWEEN
DURING STRICTER COVID PRECAUTIONS

*VISIT **YUUR BOOK SHELF**, AT THE FELLOWSHIP*

The bookcase in the Alsop Room has been revitalized as YUUR Book Shelf! There is a shelf of UU, theological, and leadership resources, and multiple shelves of "Free Library" books that can be taken, read, passed on, returned, or added to your own personal library. You are encouraged to add books to YUUR Book Shelf as well! All genres are welcome! Children's books are especially needed. Please enjoy YUUR Book Shelf! Learn more from Judy Nickelson at judynickelson@gmail.com.



October is Domestic Violence Awareness Month

Please join us in remembering victims of domestic violence in our community and across Kansas.

**Friday, October 7, 2022
12:00 p.m.
Riley County Courthouse Plaza**



**Remember My Story.
Remember My Name.**

Ascension Via Christi Hospital Manhattan - Crisis Center, Inc. - Kansas Legal Services, Inc.
K-State Center for Advocacy, Response and Education (CARE)
Pawnee Mental Health Services - Riley County Attorney's Office
Riley County Health Department - Riley County Police Department

For information, contact the Crisis Center at 785-539-7935

*For more information about The Silent Witness National Initiative, visit
www.silentwitness.net*

GREETING TEAMS

- Oct 2: Marisa Larson and Anne Cowan
Oct 9: Jane Pelletier, Christopher Renner,
and Mary Beth Reese
Oct 16: Tom Phillips, Karen Hummel, and
Cathy Hedge
Oct 23: Mark Mayfield, Susan Adamchak,
and Pat Embers
Oct 30: Diane Barker, Harriette Janke,
and Les Loschky

Our coffee and greeting teams have sprung back into action creating a warm and welcoming atmosphere on Sunday mornings. Learn more about coffee and greeting team 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, Oct 3 - 12 to 5 pm
Tuesday, Oct 4 - 12 to 5 pm
Thursday, Oct 6 - 12 to 5 pm
Monday, Oct 10 - 12 to 5 pm
Tuesday, Oct 11 - 12 to 5 pm
Thursday, Oct 13 - 12 to 5 pm
Monday, Oct 17 - 12 to 5 pm
Tuesday, Oct 18 - 12 to 5 pm
Thursday, Oct 20 - 12 to 5 pm
Monday, Oct 24 - 12 to 5 pm
Tuesday, Oct 25 - 12 to 5 pm
Thursday, Oct 27 - 12 to 5 pm
Monday, Oct 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 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 are considering **BECOMING A MEMBER** of UUFM, learn more from our Welcoming chair Shirley Hobrock at shirleyhobrock2@gmail.com 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 office@uufm.net. Everyone can read *UU World* articles 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 Susan Turner at office@uufm.net 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 uufm.net/donate. *Thank you!*

SUNDAY ANNOUNCEMENTS

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

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 and Pastor Isa are 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.

NOVEMBER NEWSLETTER DEADLINE

The deadline for submissions to the October 2022 edition of *The UUFM Voice* is Saturday, **OCTOBER 15**. Submissions received later may not be included in the newsletter. Send your newsletter contributions to Susan Turner at 785 537-2349 or office@uufm.net. *If you cannot get your submission in by the October 15 deadline, please contact Susan to arrange a deadline extension.*

