

#### OUR NOVEMBER SOUL MATTERS THEME WELCOMES US TO THE PATH OF CHANGE ....

I wonder, particularly in a time where everything seems urgent, what the role of pause and breath is, in this season, to help us gear up for whatever this transformational moment we find ourselves in is. -- Rev. Jen Bailey

[We need] space to imagine a new way, and new self. Not moving or pushing but sitting and cultivating... [the goal] is to allow you space and time to reflect on your past, present, and future. To imagine a new beginning. -- Rev. Sara LaWall

What if pushing is only half of it? What if there is time to waste? What if rushing is what got us into this mess? What if catching our breath shrinks the clouds and expands our view?

What if space for breathing is what enables the seed of change to take root? What if pausing allows the longing to grow? What if it's not about taking control of life, but being quiet enough to hear life speak? What if slowing down is what allows us to notice we're not the only ones who long for change?

And what if catching our breath isn't about resting up, but the way we finally and fully feel our pain? What if the quiet is what enables us to notice how uncomfortable this life of comfort has become? And what if comfort has been withheld from us? Wouldn't that mean that rest is a revolutionary act, allowing us to combat a culture that works to keep us tired, and numb?

What if, in the end, it is silence that allows us to hear the still small voice inside that says, "We can no longer wait!"



# **NOVEMBER 2022 SUNDAY SERVICES**

Our Soul Matters theme in November welcomes us to **The Path of Change** 

#### NOVEMBER 6 "MORE THAN ENOUGH"

We are joined by Rev Rachael Pryor. One of the primary contributors to fear ... is scarcity ... [t]here's not enough money ... enough room for everyone ... enough participation to effect change. We are not lovable enough ... safe enough ... powerful enough. We have not done enough ... given enough ... tried hard enough. This warped narrative of scarcity often flips the story, convincing the wealthy that they don't have enough while claiming that the poor, disabled, the immigrant, People of Color, LGBTQ+ folks, uninsured, non-Christians, are asking for too much. Interfaith organizing offers us tools to reclaim a narrative of hope, humility, humanity: of having enough ... being enough ... doing enough, together ... Cathy Hedge convenes.

#### NOVEMBER 13 "GRIEF AND GRATITUDE IN THE FACE OF THE UNKNOWN"

Pastor Isa expands our regular practice of Joys and Sorrows to hold the immense range of concerns in our lives: the complex outcomes of the election; the coziness of cool weather and the danger of cold for our unhoused neighbors; the blessing of Thanksgiving and the wound of Thanksgrieving, which many of our indigenous siblings observe on the same day; the celebration of life and the mourning of death. Together, when we deepen our capacity to grieve, we can find even greater joy. Our convener is Sarah Desmet.

We're beginning **Brown BAG VISIONING CIRCLES** every month following the service on the second Sunday. Bring your lunch and your ideas for a conversation after the service NOVEMBER 13 (in the Sanctuary and on Zoom). Let Sandy know if you'll need childcare at <u>dre@uufm.net</u>. Learn more on pg 7.

#### NOVEMBER 20 "DEDICATION TO GRATITUDE"

We gather in gratitude for beauty, change, opportunity, wisdom, and good food. This Sunday, we also lift up our most celebratory gratitude for the youngest among us in our Child Dedication ritual. Pastor Isa leads the congregation in honoring the new children among us and dedicating ourselves to their flourishing. Larry Weaver convenes.

Stay after the November 20 service for a CHILI COOKOFF AND HOT DOG CAMPFIRE. Sign up to bring chili and learn more on pg 5.

**NOVEMBER 27 "FINDING HOME IN A TIME OF DISPLACEMENT"** Some of the changes in our world are painful, and those already suffering bear more of the impact. This Sunday, Pastor Isabel Call and convener Judy Nickelson reflect on the injustice waged against displaced people throughout our world and our commitment to maintain our earthly home for all peoples.

MASKS ARE RECOMMENDED during services and all indoor gatherings at UUFM.

Attend Zoom services virtually, at 10:45 am. The password is zeandale. https://zoom.us/j/92604313401?pwd=OXlyeW1RQ0I4U1cxQ1FpU0x2TlZqdz09



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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SUNDAY SERVICES begin at 10:45 AM at https://zoom.us/j/92604313401?pwd=OXlye W1RQ0I4U1cxQ1FpU0x2TlZqdz09

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/

#### GRIEF AND GROWTH

Love grants us serenity to accept the things we cannot change, courage to change the things we can, and wisdom to know the difference. -- A version of the Serenity Prayer

If someone had told us three years ago that there would be a global pandemic, we might have been able to make some pre-



dictions as to how it would play out. We might even have been correct in some areas. I myself might have predicted that once the severity and transmissibility of the illness calmed down, there would be an awkward phase of readjusting of our personal, social, and professional lives. But I don't think I could have antici-

pated how disappointed I'd feel. As it turns out, change is not theoretical. It's experiential.

In her book *Trusting Change: Finding Our Way Through Personal and Global Transformation*, Rev. Karen Hering underscores the importance of change as a shared and participatory experience. If we're going to get through this with any sort of grace and satisfaction, it'll be because we love each other through it, building relationships and sharing new habits. We become a community of "thresholders," journeying together across the threshold from what was to what will be.

Though we tend to wish otherwise, the experience of change includes grief. I must admit that I've been avoiding grieving. Things still seem so in flux that I'm not sure what has really passed away. Why would I grieve yet? And life is hard enough. Why would I make it harder by going into painful emotions? But I'm coming to realize that my reticence to grieve is keeping me stuck in a transitional phase. When I postpone my grief, I'm refusing to accept the things I cannot change, which drains my energy and steals my clarity to change the things I can.

There is so much that deserves grieving these days. Listening to the news with an open heart while making breakfast is to risk dissolving into a puddle on the kitchen floor. The alternative is to develop a hard shell and be numb to the devastation. Sometimes, I avoid both extremes by simply ignoring the news. But I regretted this approach when I got home last Sunday evening and caught up on the news. Reflecting on the Sunday Service, I wished I had acknowledged the attempted assassination of our House Speaker and the stampede at the Seoul Halloween party. I would have adjusted my message and held space for us to grieve together. Rev. Hering writes, "The more we learn to welcome grief instead of shutting it out, the more adept we'll be as thresholders, personally and globally." It's difficult--sometimes impossible--to do this alone in our kitchens. But it's one of the most valuable functions of the spiritual space we create when we get together.

So, I am deepening my commitment to feel the full range of my emotions this month in service of our personal and collective transformation. This is an awkward and uncomfortable moment in our history--and there's no way out other than *through* it.

I'm grateful to be with you on the journey. Come, let us grow together.

# Pastor Isa

You can get a copy of Rev. Hering's book, which we are studying throughout the year, at <u>www.uuabookstore.org/Trusting-Change-P19314.aspx</u>

Contact Pastor Isabel at <u>pastor@uufm.net</u>, 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 <u>calendly.com/pastorisa</u>. Pastor Isa will be away from the office November 4 thru 7.

#### FAREWELL, ROB AND BELLE

We send our blessings with Rob Delong and Belle Federman, who are moving to Boston this month. We will miss you both heartily and we wish you the very best in your new home!

#### CHALICE WEB

If you're looking for a way to get to know people more closely, consider joining the Chalice Web. We're having our first formal meetings this month, and there is room for you to join in! Learn more at <u>uufm.net/chalice-web/</u>.

# **TEACHER VOLUNTEERS NEEDED**

Did you know, one of the best ways to get closer to Unitarian Universalism is to teach it to a class of 5-yearolds?! 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 <u>dre@uufm.net</u> or 785 341-0135, if you have even the slightest interest.

#### CHILD DEDICATION -- SUNDAY, NOVEMBER 20

During the morning service on Sunday, NOVEMBER 20, we lift up our most celebratory gratitude for the youngest among us in a Child Dedication ritual, recognizing Elida Jane (Ellie) Benavides and Juniper Aurora Brown and their families. Pastor Isa leads the congregation in honoring the new children among us and dedicating ourselves to their flourishing.

Following the service, we gather for a joyous feast with a **CHILI COOKOFF AND HOT DOG CAMPFIRE**. We know you have an award-winning chili recipe in your back pocketand we want to taste it! Please sign up to let us know you'll be bringing a pot of deliciousness on November 20. Email Susan Turner at <u>office@uufm.net</u>, by Monday, November 14, to volunteer your special chili!



UUFM CHILD DEDICATION MAY 2017 ...

#### FROM SANDY NELSON, DIRECTOR OF RELIGIOUS EDUCATION

What paths must we lean into and relearn as we travel together into our complex, challenging, and hoped for future? In November we explore the challenges and paths of "Change." Here are some of the paths we hope to explore: Traveling the Path of Changing Ourselves, Traveling the Path of Changing Our World, Traveling the Path of Changing Thanksgiving, and Traveling the Path of Changing the Winter Holidays. And we'll start with a change in the classroom-with a couple of new teachers--as I'll be on vacation the first two weeks of November.

See you soon, Sandy

Contact Sandy at <u>dre@uufm.net</u>.

#### **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. This month, Sandy will be away from the office November 1 to 14. Contact her at 785 341-0135 or <u>dre@uufm.net</u>.

### 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 <u>kjoldfather@gmail.com</u>.

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 <u>mjanepelletier@gmail.com</u>.

The UUFM **Book Discussion Group** meets on Zoom Friday, NOVEMBER 25, at 10 am. For this month's title and a Zoom invitation, please contact Susan Adamchak at <u>sadamchak@kansas.net</u>.

#### 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 potluck 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 <u>spiritofdrakaina@yahoo.com</u> or text 785 223-2383 with questions. Blessings!

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#### BEER AND THEOLOGY

Beer and Theology gathers on the first Friday of each month. In November, join us on Friday, NOVEMBER 4, at 7 pm. Bring a chair and a beverage of your choice. Learn more from Chris Bailey at <u>meadbailey@gmail.com</u>.

# 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 <u>anne cowan@sbcglobal.net</u>*.

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.

# **HELPING HANDS**

In NOVEMBER, Helping Hands contributions will be collected for **THE MANHATTAN EMERGENCY SHELTER**, to purchase and deliver holiday gifts and necessities for adopted families at MESI. Learn more at <u>www.mesikansas.org</u>.

In October, Fellowship members and friends contributed Sunday morning collections to The Crisis Center. 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>.



#### UUFM BLESSING BOX

UUFM is sponsoring a BLESSING BOX and LITTLE FREE LIBRARY at Wonder Workshop. Doug Walter reports our box has received notably increas-

ing 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>.

#### **CHRISTMAS EVE LABYRINTH** – DECEMBER 24, AT UUFM

Join us on Christmas Eve for a labyrinth and campfire gathering. Drop in anytime from 7 and 9 pm. We'll sing carols and drink cider. Bring treats to share if you'd like. Learn more from Pastor Isa at <u>pastor@uufm.net</u>.

It's time to start planning for our annual

Holíday Craft and Bake Sale

Sunday, December 11, at UUFM.





Find beautiful hand crafted items, delicious baked goods, and services available for sale. What will you bring to sell and what will you bring home? Tweens and teens, can you offer a service, such as raking leaves or shoveling snow? Find out how you can contribute from **Betty Banner** at bettybanner@gmail.com.



# UUFM sponsors a Blessing Box at Wonder Workshop.

Doug Walter, who has lead our effort to provide this essential community service, has to step back while nursing an injury, so *we need extra help for the next couple months!* 

The Blessing Box is stocked with non-perishable food and essential items such as feminine hygiene products, toothpaste, and soap. You're welcome to stock the box directly.

*We also need your financial support*, to help us keep the box stocked with staple items.

Make a donation at **uufm.net/donate/**.

#### 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.





Pack a meal, and join Pastor Isa following the morning service on Sunday, **November 13**,

for a

# Brown Bag Visioning Circle

We're beginning **BROWN BAG VISIONING CIRCLES** every month following the service on the second Sunday. Bring your lunch and your ideas for a conversation after the service NOVEMBER 13 (in the Sanctuary and on Zoom).

Learn more from **Pastor Isa** at **pastor@uufm.net**.

Join the Manhattan Mennonite congregation and fellow UUs on Friday morning, **November 11**, for

# Armistice Day Poyntz Witness.

During the Veterans' Day Parade, you're invited to join the Manhattan Mennonite Church Peace, Service, & Witness Team with their **PRAY FOR PEACE**, **ACT FOR PEACE** banner and **VETERANS FOR PEACE** to offer an alternative perspective. We'll be at the Mennonites' empty lot, 821 Poyntz, from 9:30 am until the end of the parade. Park in the grass by the alley.



#### **GREETING TEAMS**

- Nov 6: Chris Bailey, Betty Banner, and Judy Exdell
- Nov 13: Sylvia and Dick Beeman, and Lindsay Smith
- Nov 20: Jessica Sievers, Taryn Warner, and Deirdre Greeley
- Nov 27: Shirley Hobrock and Sarah Desmet

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

Tuesday,	Nov	1 - 12 to 5 pm
Thursday,	Nov	3 - 12 to 5 pm
Monday,	Nov	7 - 12 to 5 pm
Tuesday,	Nov	8 - 12 to 5 pm
Thursday,	Nov	10 - 12 to 5 pm
Monday,	Nov	14 - 12 to 5 pm
Tuesday,	Nov	15 - 12 to 5 pm
Thursday,	Nov	17 - 12 to 5 pm
Monday,	Nov	21 - 12 to 5 pm
Tuesday,	Nov	22 - 12 to 5 pm
Monday,	Nov	28 - 12 to 5 pm
Tuesday,	Nov	29 - 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 <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>shirleyhobrock2@gmail.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>bookkeeper@uufm.net</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 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.

#### **DECEMBER NEWSLETTER DEADLINE**

The deadline for submissions to the December 2022 edition of *The UUFM Voice* is Tuesday, **November 15**. Submissions received later may not be included in the newsletter. Send your newsletter contributions to Susan Turner at 785 537-2349 or <u>office@uufm.net</u>. *If you are unable to send your submission in by the November 15 deadline, please contact Susan to arrange a deadline extension*.



