



The Searchlight

Newsletter of the Unitarian Universalist Church of Columbia, Missouri

2615 Shepard Blvd., Columbia, MO 65201 • 573-442-5764 • www.uuchurch.net • Volume 53, Issue 3, November 2013

Worship Services
November 2013

Services begin at 10:30 a.m.

Sunday, Nov. 3

“Simplicity Challenge”

Rev. Molly Housh Gordon

What kind of space could we make in our lives if we pared away some of the things that obscure simple beauty and spacious love? This Sunday, we begin considering the spiritual side of simplicity, and Rev. Molly will leave us all with a challenge to take simplicity home with us all month long.

Sunday, Nov. 10

“Variations on Simplicity”

Lay-Led Sunday

Join us to hear from many voices about the struggles and blessings we encounter in the attempt to live simply – with a special anthem from the choir.

Sunday, Nov. 17

“Simple Abundance”

Rev. Molly Housh Gordon

Do the concepts of abundance and simplicity conflict with one another, or mutually enhance one another? Could we have and be more by owning and doing less? Join us in exploring the possibility of an abundant simplicity.

Sunday, Nov. 24

“Simple Gifts:

A Shaker Thanksgiving”

**Rev. Molly Housh Gordon
and DRE Lisa Fritsche**

Join us for an Intergenerational Thanksgiving celebration where we’ll explore the relationship between simplicity and gratitude, share a cornbread communion, and hear an abundance of beautiful Shaker music, including that old favorite “Simple Gifts.”

November worship theme: *Simplicity*

Voluntary simplicity means going fewer places in one day rather than more, seeing less so I can see more, doing less so I can do more, acquiring less so I can have more.

– John Kabat-Zinn

I don’t know about you, but my life is feeling very full right now... full of the world’s beauty in the autumn, full of beloved people, full of ideas and emotions and spiritual wonderings.

My life is also feeling jam-packed full of to-do lists, perpetual busyness, stuff, and (as we approach the holiday season) more stuff. I’ll be honest that this second kind of fullness too often obscures the first. I constantly get caught up in seeing and doing and acquiring instead of simply being with beauty and beloved people and spiritual wonderings.

This month in church we’ll be exploring simplicity, and I invite you to join me in making a real effort to pare down the things that obscure. Together, let us make space for all that nourishes the soul.

I wish you a spacious and simple fullness, today and always.

See you in church,

Rev. Molly

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November Worship Theme: *Simplicity*

Wise Words:

“As you simplify your life, the laws of the universe will be simpler; solitude will not be solitude, poverty will not be poverty, nor weakness weakness.”

– Henry David Thoreau

“Simplicity is the final achievement. After one has played a vast quantity of notes and more notes, it is simplicity that emerges as the crowning reward of art.”

– Frederic Chopin

“Have nothing in your houses that you do not know to be useful or believe to be beautiful.”

– William Morris

“Beware the barrenness of a busy life.”

– Socrates

“My, how busy we become when we lose sight of how God loves us.”

– Julian of Norwich

Want to learn more? Check out these books...

The 110 Thing Challenge: How I got Rid of Almost Everything, Remade My Life, and Regained My Soul by Dave Bruno

Less is More: An Anthology of Ancient and Modern Voices Raised in Praise of Simplicity by Goldian VandenBroeck

Simplicity: The Freedom of Letting Go by Richard Rohr

When you come to a potluck, remember to feed our food barrel...

Planning to attend a potluck? In addition to your food item, please remember to bring non-perishable food items for the food barrel near the upstairs coat rack. When the barrel is full, the food is taken to the Central Pantry, which serves Columbia and Boone County. Many of our neighbors still need help. Thanks.

Exercises in Simplicity

- This month purge one room in your house of everything that “you do not know to be useful or believe to be beautiful.”
- Think of one busy-making activity or habit that you could give up this month... then try giving it up.
- Try and go for a week without buying anything new (other than food and hygienic items). Could you go the whole month?
- Set aside time each day to simply “be” without “doing.” How much time can you find? Five minutes? Thirty minutes? An hour?
- Ask each family member to choose five things they own to give away this month to someone in need.

YRUU November Schedule

YRUU (Young Religious Unitarian Universalists) is our youth ministry program for high-school aged youth. Jamila Batchelder (256-8688) is the adult advisor for the group.

Noon Sunday, Nov. 3

Guest Speaker: *Beyond Charity: An Activist Approach to Feeding the Hungry* with Molly of Food not Bombs.

3 p.m. Friday, Nov. 8

Event: CON in Peoria, Ill.

Noon Sunday, Nov. 17

Discussion: Darkness with Rev. Molly (for YRUU Collaborative Service).

Noon Sunday, Nov. 24

Guest Speaker: “Loving Our Bodies and Changing the World” with Kelsey Hammond (artist, educator, and body image activist).

Minister's Message

Church growth is a matter at once simple and complex.

The simple part is this: People who are hungry for our message of deeper connection and inclusive love are finding us. They are being welcomed among us with the spirit of warmth and generosity that is a hallmark of this community. Because of this, our numbers are growing, and so is our capacity to live out our mission.

The complex part is... more complicated. Making space for growth in our hearts, in our congregational culture, and in our physical space requires an openness and creativity that is challenging. Our congregation's culture of loving welcome is serving us well as we seek to make that space, and your board and ministry teams are working on long- and short-term logistical plans to make room for growth. We welcome your ideas!

We also recognize that growth, and the inevitable change that comes with it, is an emotional process. It is a paradox that even as we gain new energy and relationships and new ways to embody our message in the world, we also lose some of our old and beloved ways of being. There is poignancy there – excitement and grief all bundled together – and that is OK. Remember that I am available to help you unpack those feelings.

I have immense faith in the steady strength of this community, and I have immense faith in the message of love and connection that we have for our world. As that message spreads, we are stretching with it in ways that are simple, complex, messy, and beautiful. May we find grace in the stretch.

In Faith, Rev. Molly

Forum Schedule November 2013

9 a.m. Sundays

The UU Forum, an adult discussion group open to the public, meets on Sundays from 9 to 10 a.m. Conversation and light refreshments are offered along with the discussion. Childcare is offered at no charge in our nursery. If you have ideas for a program or would like to make a presentation at Forum, contact the coordinator, Bill Clark, at 474-4510.

Sunday, Nov. 3

Dianne Lynch, President of Stephens College, will bring us up to date on one of the few remaining female colleges in the U.S.

Sunday, Nov. 10

Jan Weaver will lead a discussion about "Categories of Environmental Stewardship."

Sunday, Nov. 17

David Schenker will compare "Greek History and American Foreign Policy."

Sunday, Nov. 24

Dick Parker will present on "Future Alternative Energy and Greenhouse Gases in Columbia."

Exploring Spirituality November 2013

9 a.m. Sundays

After several months of calling itself "Socrates Circle," the Exploring Spirituality Group has reclaimed its former name and has chosen a different, blended format. On the last Sunday of every month, the group will conduct a Socrates Circle as it had been doing for several months. On other Sundays, the group will have a predetermined topic and a presenter who will introduce the topic and facilitate discussion. Everyone is welcome. No fees or registration are required. Free childcare is available in the nursery.

Nov. 3: Nancy Boon will present on *The Divinity of Nature*.

Nov. 10: Jim Lee will present on *Life Lessons*.

Nov. 17: Scott Denson will present on *Happiness*.

Nov. 24: Brian Bowles will facilitate a *Socrates Circle* as a spiritual practice, focused on a question determined by the group.

President's Perspective

Growth, Part 1: How Does Our UCC Garden Grow?

By Steve Scott, 2013-14 President

Signs of our growth abound, including:

- ◆ Our sanctuary is often uncomfortably full, particularly for intergenerational services.
- ◆ We welcomed 16 new members on Oct. 6, bringing our total membership to 241 – an increase of about 11 percent since Rev. Molly's arrival a little over a year ago.
- ◆ Our religious education program is full almost to overflowing – we now have about 85 children enrolled with average attendance of about 55, and we had to add a new class this year.

Mind you, we should not be complaining about this growth because we said during our ministerial search that we wanted to grow in order to avoid decline and to better spread our healing message. But now we must creatively solve the problems that arise as we blossom because, like other organisms, a church that remains “tight in a bud” can wither and die.

Your Board of Trustees will be working this year to develop a strategic plan for managing and guiding our growth, and we invite your ideas as we create the plan. As we plan, everyone needs to recognize not only that growth is good in the sense that it is a sign of doing well in fulfilling our mission, but also that we need to manage our growth to advance and not obstruct our mission.

One issue we will face is whether to expand our facilities, recognizing that any expansion will need to be balanced with staffing and program needs. When our sanctuary is uncomfortably full, it can be intimidating to visitors, possibly driving them away. For now a team is forming to explore various models and possibilities for holding an additional service. A longer-term conversation will be whether to build a larger sanctuary.

Also, our kitchen is increasingly inadequate and needs to be replaced by a larger kitchen with commercial equipment. Further, we need more office and religious education space.

Until it is possible to expand our facilities, we'll need to be creative in our use of the present

And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.

– Anaïs Nin

facilities. Please give us your ideas about how to make the best use of what we have now.

We also have staffing needs. Growth has placed additional demands not only on our minister, but also on our part-time employees, the church administrator, religious education director, and music director. We need to think about increasing the hours of our part-time employees and possibly adding additional staff. And are we at the point where we might even consider calling an assistant minister?

In addressing these issues, we need to ask what we can do to make space – both physical and cultural – for people hungry for our healing message, and we must balance our choices with the ultimate goal of furthering our mission: “In the spirit of courageous love, we forge a community of radical welcome and deep connection that moves us together to heal the world.”

As we ponder these concerns, we also need to bear in mind that our most important form of growth is religious and spiritual growth, our true end, and whatever we do should advance that end. We've made a very good start with Rev. Molly's leadership, but there's much more to be done.

Please share with me, other board members and/or Rev. Molly your ideas about how to deal with our growth. We'll take your thoughts into consideration as we plan for the future.

Next month: In Part 2 of our discussion of growth, we'll consider the implications of our transition from a “pastoral” church to a “program” church – we are already experiencing that form of growing pain.

Programs and Events

UUC Men's Group

The UUC Men's Group meets on the second, fourth, and fifth Saturdays of each month at 8 a.m. at the Holiday Inn Executive Center. The group is open to all men. There are no fees and no reservations are necessary. The agenda is an open discussion of whatever is on the minds of those in attendance – and breakfast! For more information contact Mehdi Farhangi at 445-6325.

Conversations, Etc.

Conversations, Etc. will meet at the church at noon on Wednesday, Nov. 13. Bring a brown bag lunch and a snack to share if you wish. Contact Melinda Farhangi at 445-6325 if you have questions.

UU Book Discussion Group

The UU Book Discussion Group will meet at Upper Crust, 3107 Green Meadows Way, at 5:30 p.m. Friday, Nov. 8. Bring a book you have read to discuss briefly. Call Pam Springsteel at 445-0642 if you have questions.

UU Book Table

The Book Table is open the second, third and fourth Sundays before and after the worship service. Newcomers might want to check out the many books on Unitarian Universalism. Parents might want to note the many books on effective parenting and on being a UU Parent. There are books by our own authors, plus books on theology, meditation, current events and just living.

UU Life Writers – Fall 2013 theme is 'Home!'

The UU Life Writers group will meet on Nov. 2 and 16. The fall theme is "Home." The November and December theme is "Home for the Holidays." All are welcome at 10:30 a.m. in the Centering Room. Contact Fran Reynolds at freynolds@centurytel.net or 443-4336 for more information.

Our Presence on the Web

Go to

<http://uuchurch.net>

for complete information on church activities
and our online calendar of events.

Meditation in Nature

Come into the peace of wild things...

Meditation in Nature takes place at Gans Creek Wildlife Area every third Sunday from 9 to 10 a.m. Its purpose is to build a connection between spiritual practice and environmental consciousness, and it is open to all people who love nature. For more information, contact Peter Holmes at 239-7789 or naturemeditation@yahoo.com.

Fair Trade Sale on Nov. 3

Sales of fair trade coffee, tea and chocolate are sponsored by the Green Sanctuary group every first Sunday of the church year. The products will be available in the Greeting Area before and after worship until 11:45 a.m. or noon on Nov. 3. Sale proceeds support coffee time after worship and help fund programs for our youth.

Interested in working our fair trade sale table? Please contact Ellen Thomas at 999-4615 or ellen.thomas@centurytel.net.

First Sunday Potluck on Nov. 3

On Nov. 3 we will gather for our First Sunday Potluck immediately following the worship service. We invite all guests to join us, whether or not they have brought food. Everyone pitches in, making light work of setup, serving and cleanup. We ask those attending to bring a main dish or side dish sufficient to serve six-eight people so we will have plenty of food.



Friday Pie-Day!

Gather with us on the fourth Friday evening each month for pie, conversation, and further learning about the month's worship theme.

Join us for pie at 7 p.m. and stay for the program beginning at 7:30. All ages are welcome. Pie will be provided.

Social Action and Peace Building Team News

Planning well under way for June 2014 Honduras service trip

Planning is well under way for the UCC June 2014 Honduras service trip. The kids in R.E. are collecting money to buy the supplies for two latrines. Several YRUU youth are coming along, and YRUU will do lots of fundraising.

The Honduras group will help build latrines, will probably partner with an environmental group that works specifically with youth, and may be involved in some solar electricity installation as well as other small projects.

Most important, bonds of affection and solidarity will be forged between the members of our Honduras group and the people they will be working with.

The group will have an informational and fundraising table (with holiday cards made by group members for sale) in the greeting area from mid-November on, so please stop by. Be watching out for several Honduras fundraising events, including a tamales lunch and a Faith-to-Action collection, in the near future.

The goal is to raise \$3,000 or more to build 10

latrines, to donate high quality tools and Kindergarten supplies, and to pay the foreman. Depending on airline baggage policies, the group also may take clothes and other donated items.

The Honduras group will have its next meeting at 3 p.m. Saturday, Nov. 16 at church. Everyone who is interested in going is urged to attend as important financial and safety issues will be discussed.

Please contact Allie Gassmann of the Social Action Team at alliegassmann@socket.net or 447-3629 for more information.

CROP Hunger Walk/Run raised over \$10,000

A great thank you to all who contributed money and all who participated in the CROP Hunger Walk/Run on Oct. 6. This year UCC was an official sponsor of the event. Go to the Social Action Team page on our church website to see a photo.

The Columbia CROP Walk raised over \$10,000 for hunger relief this year. Watch for more details in the next *Searchlight*.

Peace Building Team focuses on effective communication

The UU Peace Building Team this year is continuing its focus on effective communication. The team is planning a number of workshops on “active listening” for different groups in the congregation including the board, Conversations Etc., Forum, and youth groups. Contact Kakie Love for more information or if your

group would like an active listening workshop.

Plans also are being made to present a spring worship service and seminar with Laird Schaub on effective communication – date and details to be announced.

The PBT is reading a wonderful book together entitled *Facing Feelings in Faith Communities* by William M. Kondrath. This is an Alban Institute book that focuses on feelings in a faith community. If feelings are left unspoken, it can lead to miscommunication, hurt and confusion. However, if feelings are spoken in positive, constructive ways, it can lead to personal and community growth.

The book includes chapters on fear, anger, sadness, peace, power, joy, substitution and projection,



shame and guilt, etc. It is a very practical book and is satisfying to read in a group setting. Copies of the book are available at the Book Table.

Members of the PBT this year are Jeremy Duke, Casey Goodman, Howard Hutton, Todd Iveson, Chair Kakie Love and Fran Reynolds.

Need a Ride? Do you need a ride to church on Sunday, or a church function at another time? Margaret Tyler is coordinating rides as part of the Caring Ministry. Please call the church office at 442-5764.

Reflections



Turn in Your UNICEF Money!

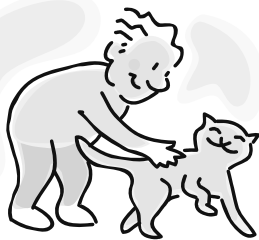
Be sure to bring your 'Trick or Treat for UNICEF' money back to church by Nov. 3. You can bring cash, but it would be much appreciated if you brought a check made out to UNICEF. Thanks!

Sharing with Others at Christmas

We are sponsoring a Voluntary Action Center family for Christmas this year! Our church will be responsible for gifts and Christmas dinner for a BIG family. Very soon their wish lists will be posted in the back of the sanctuary. Instructions about gift-giving will be there as well. Let's do all we can to make this Christmas extra-special for our sponsored family.



"Meow, Meow, Meow"*



At our Nov. 3 Service Sunday, the kids will be creating & organizing goodies to benefit sheltered cats. Donations are still needed! We are looking for the following...old towels, canned cat food and fleece scraps.

***Service Sunday is here again!**

Simplicity

As the holiday season approaches, Rev. Molly will be leading the church in a discussion of simplicity. Can you think of ways to make your own life simpler over the coming months? Be sure to join in the discussion!



November 2013

Lisa Fritsche,
Director of Religious Education
dre@uuchurch.net
573-442-5764

Office Hours: Wed. 9-3 and Sun. 8-12

Important Dates:

Nov. 3 - Animal Toy Service Sunday, return UNICEF money
Nov. 10 - RE committee meeting
Nov. 17 - BINGO at Third Sunday Lunch
Nov. 24 - Signup begins for Simple Gifts (peschool-5th grade) and Complicated Gifts (6th-12th grade)
Dec. 1 - Project Linus Service Sunday, last day to turn in VAC gifts
Dec. 6 - "Complicated Gifts" workshop
Dec. 14 - "Simple Gifts" workshop
Dec. 16 - Third Sunday caroling

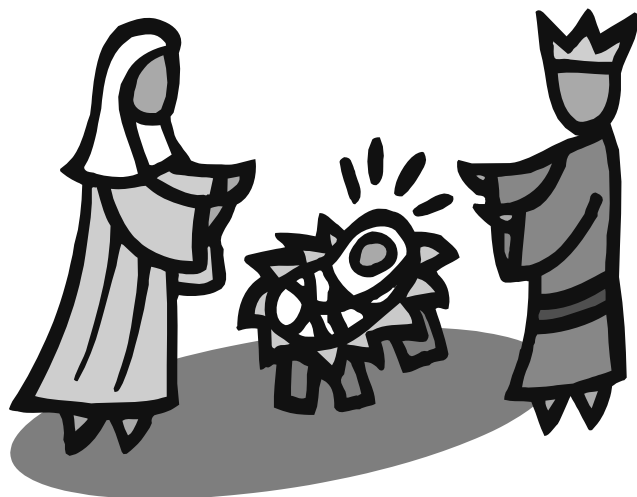
BINGO!!!

November's **Third Sunday Lunch** will feature some rousing



games of BINGO! Join your church friends after the service on Nov. 17 for a light lunch and the chance to win some fun prizes. RSVP to Lisa Fritsche (dre@uuchurch.net) to make sure we have enough cards and prizes for one and all!

Hey Kids! There are Changes for Our Christmas Eve Service...



This year there are two services planned for Christmas Eve! The early one will be at 6:30 p.m. and will be geared toward families, with carols and a pageant. The later one will begin at 9 p.m. and will include carols and a sermon.

...so, Can You Be in the Pageant?

We are going to have more of a traditional Christmas pageant this year. If you will be in town, please consider joining the fun! A few kids will have speaking parts, but most will simply follow along, miming the story. We will have practices after church on Dec. 15 and 22. Please let Lisa Fritsche know if you are interested in helping.

'Simple Gifts' Workshop Returns!

On the morning of Dec. 14, from 9 to 10:30, there will be many little elves in our church. At "Simple Gifts," kids in 5th grade and younger will have the opportunity to create holiday gifts for those they love. Signup begins on Nov. 24. Look for registration sheets on the table downstairs in the R.E. hall. Sample gifts will be displayed. (Preschoolers will have to bring a parent/assistant along with them to the workshop.)



'Complicated Gifts' Workshop As Well!



Too old for "Simple Gifts"? Come try your hand at "Complicated Gifts"! Sixth-12th graders are invited to come to church for pizza and crafts at 6 p.m. on Friday, Dec. 6. Signup begins on Nov. 24, when project samples will be set up on the table in the R.E. hall. Come join church friends, and make some fun holiday gifts for those you love! Also... if older kids still want to attend "Simple Gifts," they can help at the craft stations.

...Helpers Needed!

In order for these workshops to be successful, we need helping hands from our congregation. Craft ideas are all lined up, but we need several sets of helping hands. If you see yourself in this role, please contact Lisa Fritsche (dre@uuchruch.net).



Expanding Heart, Mind and Soul

FESTIVAL of SHARING 2013

'Healing the World One Kit at a Time, Through the Magic of Sharing'

You make our Festival of Sharing participation happen. Your gifts of time, love, resourcefulness, support and generosity contributed to another successful Festival of Sharing this year. You are making a difference in the lives of many people.

This is the first year that we needed three cars to take all your gifts to the Festival of Sharing Ingathering at the State Fair Arena in Sedalia. Teams of youth unloaded our cars quickly and dispatched our gifts to the specific agency trucks, for shipping. Such efficiency!

Our new Unitarian Universalist Banner, pictured at right, expressed our values as it was carried by a young girl in the opening ceremony parade into the arena. The banner will be available for use by our congregation and will be used again at the Festival of Sharing Ingathering next October.

Pictures of highlights for this Festival of Sharing year will be posted at the display table in the Greeting Area and on our church website.

Thanks to each of you for all you have done this year for the Festival of Sharing.

– Marian Hjelmfelt



Annual Thanksgiving Pastry Auction set on Sunday, Nov. 24

This year's Thanksgiving Pastry Auction will include the auction of a once-used state-of-the-art bread machine donated by Robert Mize.

Bakers and buyers: Save the date – Sunday, Nov. 24 from 10 to 11:50 a.m. (before and after the worship service).

Remember – the highest bids at 11:50 bring home the Thanksgiving goodies!

Bakers – thank you and read on for directions:

Time: Please bring your pastry item by 9:50 a.m. on Nov. 24.

Provided for you: A pastry container and an auction sheet. You can pick up the container at church on Nov. 3, 10, 17 or 24.

Please list on your pastry auction sheet: Nut types, if any, and circle any of the following descriptions that apply to the pastry you are so generously donating: Egg-free, dairy-free, gluten-free.

Thanks in advance for your support of this all-church FUNdraiser that supports the church's general operating fund.

– Marianne Erickson, Coordinator

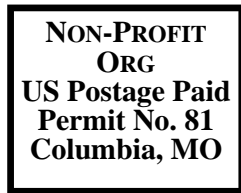


Our Mission

In the spirit of courageous love, we forge a community of radical welcome and deep connection that moves us together to heal the world.

THE SEARCHLIGHT

The Newsletter of:
Unitarian Universalist Church
2615 Shepard Blvd.
Columbia, MO 65201-6132



Return Service Requested

Our Staff

Rev. Molly Housh Gordon, Minister

Office Hours: Mondays 1-5 p.m., Wednesdays 3-7 p.m.

Community Office Hours: Tuesdays 11 a.m.-1 p.m.

Email: minister@uuchurch.net

Lisa Fritsche, Director of Youth Religious Education

Desiree Long, Music Director

Kathie Bergman, Administrator

Office Hours: Monday-Friday 10 a.m.-3 p.m.

Telephone: 573-442-5764

Email: uuchurch@uuchurch.net

Visit our Website: <http://uuchurch.net>



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The Searchlight is published monthly by the Unitarian Universalist Church of Columbia, Missouri from September through June.

Submissions:
Email to uuchurch@uuchurch.net,
or mail to Church Administrator.

The deadline for submissions is noon on the third Monday of each month for the following edition.