



The Searchlight

Newsletter of the Unitarian Universalist Church of Columbia, Missouri

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Worship Services
October 2014
Services begin at 10:30 a.m.

Sunday, Oct. 5
“Love & Death”

Rev. Molly Housh Gordon

This Sunday’s sermon shares its title with a beautiful book by the late Rev. Dr. Forrest Church, UU minister and public prophet, written upon his diagnosis with terminal cancer. We will address together the ancient and contemporary question: How shall we live, knowing we will die?

Sunday, Oct. 12
**“Set Me as a Seal
Upon Your Heart”**

Rev. Molly Housh Gordon

“For love is strong as death,” writes the poet in the Song of Songs in the Hebrew Bible. This Sunday we will celebrate the love that is never lost and also consider: How do we live well and love fully when love and loss are so deeply intertwined?

Sunday, Oct. 19
Honduras Service Project

Stories from Honduras: Youth and adult members of the 2014 UCC Honduras Service Trip group will be sharing moving stories about the people they met and telling of the life-changing experiences they had this June.

Sunday, Oct. 26
“Remembrance Sunday”

In this inter-generational service of remembrance, we will mark the season in which the ancients believed the veil between the living and the dead thinned. Together we will build an altar remembering all those whom we have lost. You may bring a photo or memento to add to our altar.

Our October Worship Theme:

Death

*“Let life be as beautiful as summer flowers
And death as beautiful as autumn leaves.”*
– Rabindranath Tagore

In October when the leaves begin to turn and fall and the grass begins to brown, our very surroundings reveal to us the pulsing patterns of life and death as they dance and circle and intertwine. In the falling leaves we see at once the bright beauty of life and the deep meaning of death.

In our human lives as well, we see the way death lends shape and meaning to our lives. Our lives are made more precious by their some-day end; our moments are lived more fully in light of our limits.

And we see as well the thread of love that winds its way through both life and death, never diminished, but magnified through the livings and dyings that mark our days.

This month in church we will explore the poignant beauty and meaning present in the ever-spiraling cycles of life and death. Join us.

See you in church!
Rev. Molly

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October Worship Theme: *Death*

Wise Words

“Set me as a seal upon your heart, as a seal upon your arm; for love is strong as death, passion fierce as the grave. Its flashes are flashes of fire, a raging flame. Many waters cannot quench love, neither can floods drown it.”

– Hebrew Bible (NRSV), Song of Songs 8:6-7

“For what is it to die but to stand naked in the wind and to melt into the sun?

– Khalil Gibran, *The Prophet*

“No one wants to die. Even people who want to go to heaven don’t want to die to get there. And yet death is the destination we all share. No one has ever escaped it. And that is as it should be, because Death is very likely the single best invention of Life. It is Life’s change agent. It clears out the old to make way for the new.”

– Steve Jobs

“It is not the end of the physical body that should worry us. Rather, our concern must be to live while we’re alive – to release our inner selves from the spiritual death that comes with living behind a facade designed to conform to external definitions of who and what we are.”

– Elisabeth Kubler-Ross

“You will lose someone you can’t live without, and your heart will be badly broken, and the bad

news is that you never completely get over the loss of your beloved. But this is also the good news. They live forever in your broken heart that doesn’t seal back up. And you come through. It’s like having a broken leg that never heals perfectly – that still hurts when the weather gets cold, but you learn to dance with the limp.”

– Anne Lamott

Want to reflect further? Check out these resources...

Love and Death by Forrest Church

On Grief and Grieving by Elisabeth Kubler-Ross

The Long Goodbye by Meghan O’Rourke

The Last Lecture by Randy Pausch

No Death, No Fear by Thich Nhat Hanh

The Tibetan Book of Living and Dying by Sogyal Rinpoche

A Few Good Books for Kids...

The Tenth Good Things About Barney by Judith Viorst

The Invisible String by Patrice Karst

Chester Raccoon and the Acorn Full of Memories by Audrey Penn

Aarvy Aardvark Finds Hope by Donna O’Toole

Forum Schedule for October 2014

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 available 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.

Oct. 5, 2014

The Egg Lady

Jo Manhart will tell us about the *Incredible, Edible Egg* and will actually cook up some cackleberries for us!

Oct. 12, 2014

A View of China

Gregg Suhler will lead a discussion by the group that spent time this year in China.

Oct. 19, 2014

Meet Peter Stiepleman

The new Superintendent of Columbia Public Schools will join us and maybe even sing a tune or two *a cappella*.

Oct. 26, 2014

Islam

George Frissell will present a look at yet another of the world’s leading religions.

Minister's Monthly Challenge

Talk with Your Loved Ones about Your End of Life Wishes

Many cultures have a close relationship with death – parties in the graveyard in Latin America during El Día de los Muertos, ceremonial corpse washing in Africa, rituals of dying in Tibet.

In the United States, we keep death at a distance – we rarely have contact with the bodies of deceased loved ones, and we cover our talk of death with euphemisms. Our medical culture, while miraculous in its advances, often seems to treat death as a failure rather than a natural part of life. These cultural fears make it hard to talk about how we wish to die – whether we would want aggressive measures taken; what kind of care is acceptable to us; what circumstances would be unacceptable.

If something happened to you tomorrow, would your loved ones know your wishes? This is an important conversation to have at any age, and even to have again and again as wishes and life-stages change and evolve.

These conversations, far from being morbid, can be incredibly life-affirming as you discuss what matters most deeply to you, what gives your life meaning, and what a good death would look like for you.

If you aren't sure how to start the conversation, you might consider visiting "The Conversation Project" at theconversationproject.org or get in touch with me for a copy of their conversation starter-kit.

Let's get talking!

In faith, Rev. Molly

Festival of Sharing (FofS)

“ADOPT A KIT”

Deadline for returning kits is Oct. 1, 2014

2 WAYS TO PARTICIPATE:

Provide everything for one or more kits, or add items missing from partially completed kits

1. If you want to provide everything for a kit, pick up a shopping list at the **FofS Display table**.

2. If you choose to adopt an incomplete kit, go to the **FofS Display Table**. Each kit will have a list of items still needed. Sign out your kit on the clipboard, and sign in when your kit is complete. Each of these kits will have a card with check marks, showing what additional items are needed. Please sign out the kit(s) you want with the information requested on the Sign Out Sheet. Return your gift to the **FofS Display table**. Please complete your sign in and put your gift in the bin under the table.

QUESTIONS??

Contact Marian Hjelmfelt at hjelmfeltm@yahoo.com or 449-5118.

Minister's Office Hours for 2014-2015

Rev. Molly's office hours for 2014-2015 are as follows:

- Monday and Wednesday at the church from 1 to 4 p.m.
- Tuesday at Kaldi's downtown from 11 a.m. to 1 p.m.
- By appointment (including evening and weekend appointments).

Poetry Night Oct. 4

All poetry lovers are invited to a night of poetry hosted by our church youth group from 7 to 9 p.m. Saturday, Oct. 4.

Bring some poems to share by a favorite poet, or even one you have written yourself.

Donations of any size for our youth program are welcome but not required. We mostly just want to share some wonderful poetry together!

Light refreshments will be served.

Working Toward Our Mission

Upcoming Workshop: Group Decision Making

Saturday, Oct. 11, from 9 to 11 a.m.

Light Breakfast Served

Led by Jeremy Duke

Would you like to be more involved in the life of the Church? Would you like to help others join in fulfilling our mission? The Committee on Ministry (COM) would like to invite you to its first quarterly leadership breakfast and training.

This first event will be “Group Decision Making: Consensus or Discord” and will focus on how we can be intentional in facilitating and making decisions in groups. The training will be led by Jeremy Duke on Saturday, Oct. 11, 2014 from 9 to 11 a.m. in the Greeting Area at church. The event is open to all.

The primary purpose of the Committee on Ministry is to promote the spiritual health and well-being of UCC. In that role the committee is working to develop leadership, build commitment to “shared ministry,” and help our congregation work to fulfill the mission of our church.

2014 Honduras Service Trip News

A group of 17 members and friends of UCC traveled to Honduras this June to build latrines and to bring medical and school supplies, and clothing. Above all, the group continued to build connections with the people of the Cangrejal River Valley. This was the third UCC trip to the River Valley and the fourth project UCC has funded.

The group has come back humbled by all that they saw and experienced. There were happy times of connecting with old friends, making new friends and learning about Honduran culture. There were tragic and deeply saddening events that happened during their stay as well. There are signs of progress in the community, and at the same time there is a sense of despair about the political and economic condition of the River Valley and of the country as a whole.

To learn more, please come to our **lay-led service on Oct. 19**, where you will hear from both our youth and adult group members. They will be sharing stories about the people we met and will also be

Saving Our Planet Vegetarian Cooking Class

The Green Sanctuary Team is sponsoring a vegetarian cooking class on Saturday, Oct. 25, 2014 from 3:30 to 6 p.m. The emphasis will be on main dishes that are easy to prepare and create satiety (fill you up!).

There will be instruction about four general categories of seasoning and their ability to make ethnic dishes with everyday ingredients. Every effort will be made to address the food allergies of the participants. Class size is limited to eight people, so sign up early.

Email Lisa Guillory at lisa.a.guillory@gmail.com if you are interested in attending.

Upcycling Project

There will be a workshop in December (date TBA) to make reusable cloth bags. Older children will be included in the process/assembly of the bags, but the project is still in planning stages. To begin this project we need old T-shirts and old or unused fabric! There is a box located under the coat rack for collecting fabric and T-shirts.

For more information contact Janice Smith or Lisa Guillory.

sharing about how the time in Honduras moved them. A **Faith-to-Action collection** will be taken to support UCC’s ongoing work in Honduras at this service.

In the meantime, go to <http://uuchurch.net/photos-honduras-2014.htm> to get an overview of the trip. A more comprehensive report will be posted at the end of October. Also, be looking for a Honduras Trip display in the greeting area.

To get involved or request more information, contact Allie Gassmann of the Social Action Team by email at alliegassmann@socket.net.

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.*

Reflections

October, 2014
Lisa Fritsche,
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and by appointment

Trick or Treat for UNICEF



It's October, and for the youngsters of our church, October means one thing....trick-or-treating! On Halloween night, our kids will collect coins along with candy. Later this month all of the children will receive UNICEF boxes to take with them as they hit the streets on Oct. 31. The coins they receive will be pooled and sent off to

UNICEF, where they will do worlds of good.

3rd Sunday Lunch – Pumpkin Carving

Please join your church friends at 11:45 a.m. on Sunday, Oct. 19, for some Halloween fun! We'll begin by nibbling on a bit of lunch, followed by creating some scary jack-o-lanterns. We ought to be done by 1 p.m. You'll need to B.Y.O.P.A.F.C.T. (bring your own pumpkin and favorite carving tools). Parents must stay with their kids, as lone children handling knives is too scary for us to even consider.



Welcome, Newcomers!



Let's give a warm, UU welcome to our new Sunday school friends: Naomi, Alyssa, Cedar, Che, Journey, Kaitlyn, Aaron, Keith, Keller, Ashlyn, Shennie, Griffin & Jake! We are glad you are here!

Important Dates:

Oct. 3 - Jr. Youth Group meeting

Oct. 5 - Festival of Sharing Service Sunday #2
-YUUTS visit Calvary Episcopal church

Oct. 19 - 3rd Sunday Lunch, pumpkin carving!

Oct. 27 - Remembrance multigenerational Sunday service

Nov. 2 - Humane Society Service Sunday

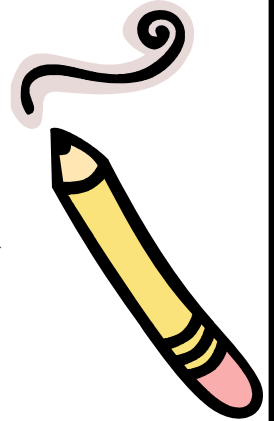
Remembrance Multi- generational Sunday Service

On Sunday, Oct. 26 we will all be together upstairs for our Service of Remembrance. Please bring a memory token such as a photo, of a loved one who has passed away (animal or person) to put on our altar.



Centering Collection Helps Girls in Senegal

After our coins, bills and good wishes are dropped into the basket at Centering, they will be set aside to help fund the Michelle Sylvester Scholarship Program in Senegal, West Africa. Its purpose is to help close the gender gap in education. The scholarship provides money for the school fees and supplies for middle school girls who would otherwise not be able to afford to stay in school. The Selection Committee uses a personal essay written by the candidate, an interview of the candidate by a Peace Corps volunteer, the candidate's grades, and recommendations written by a teacher and the volunteer to make its decisions, based on the following four criteria: motivation, ability, financial need, and recognition. Our kids think they can raise enough money to send 30 girls to school. Come downstairs and look at our chart to see how we are doing!



\$12 sends a girl to school for a whole year!

Can You Help the Central Missouri Humane Society?



Our November Service Sunday will be helping the Central Missouri Humane Society. Can you donate one item? Please bring what you can to church by Sunday, Nov. 2. Here is what they need:

- Canned or dry dog, puppy, cat and kitten food
- Puppy and kitten formula & nursing bottles
- Kitty litter
- Pooper scoopers
- Fleece blankets
- Towels and rags
- Gently used or new pet carriers/crates
- New or used harnesses
- Cat and dog toys
- Laundry detergent (liquid)
- Paper towels, toilet paper, and tissues
- Hand sanitizer and liquid hand soap
- Bleach
- Spray bottles
- Dry erase markers
- Pens, paper, staplers, postage stamps and other office supplies

Our YUUTS Take to the Road



While learning about the faiths of our neighbors this year, our 7th & 8th graders will be paying visits to the following faith communities....Episcopals, Buddhists, Jews, Muslims, Hindus, Greek Orthodox and Evangelical Christians. Oh the things they will learn!

Jr. Youth Group

We will meet on Friday, Oct. 3, from 6:30 to 8 p.m. Watch your mailbox for the next invitation!

Programs and Events

UU Dining Group

Purpose – to meet and get to know UU members in an informal setting and to enjoy a good meal! New members are always welcomed! Please contact Linda Lou Brown at 447-3939 if you have an interest in joining!

For more information about the UU Dining Group, see <http://uuchurch.net/dinner.htm> or call the church office at 442-5764.

Book Table and Used Book Cart

The UU Book Table will be open on the third and fourth Sundays only. Lots of good books need to be read, mulled over and discussed! There are good books for new UUs on UU history and beliefs.

Please bring good used books to put on the Used Book Cart, and also buy books for a nominal price (cheaper than garage sales!).

Fair Trade Sale – Oct. 12

Fair trade coffee, tea and chocolate will be available for purchase in the Greeting Area before and after worship (until 11:45 a.m. or noon) every second Sunday from September through May.

First Sunday potluck – Oct. 5

On the first Sunday of each month from September through June, we gather for our “First Sunday Potluck” immediately following the worship service. Please bring a dish to share so that we’ll have enough for our guests!

Conversations, Etc. – Oct. 8

Conversations, Etc. will meet at the church at noon Wednesday, Oct. 8. Kim Phillips, MSN, RN will speak on “Care of the Feet.” Bring a brown bag lunch and snack to share if you wish. Call Melinda at 445-6325 if you have questions.

UU Book Discussion Group – Oct. 10

New time and place! The UU Book Discussion Group will meet at 5 p.m. on Friday, Oct. 10 at ABC Chinese Cuisine, 3510A I-70 Dr. S.E. Bring a book you have read to discuss briefly. Call Pam at 445-0642 if you have questions.

FESTIVAL OF SHARING (F of S)

Important Date

October 1 – Last day for all kits and packs to be left at church

If for some reason you need more time, please tell Marian Hjelmfelt when you can bring them. Contact Marian at hjelmfeltm@yahoo.com or 449-5118.

Please Feed the Food Barrel...

Thank you! Over the summer church members contributed 66 pounds of non-perishable food that went to the Central Pantry to help our neighbors. In fact, members have donated 574 pounds during 2014 so far. Keep up the good work – it is needed!

UU Life Writers – Oct. 11 and 25

UU Life Writers will NOT meet the first and third Saturdays as usual, but the second and fourth Saturdays in October ONLY!

Our theme this fall is “Seasons of Our Lives,” which can lead to some interesting life stories.

Come at 10:30 a.m. to the Centering Room. Bring pen/pencil, paper and your stories.

For further information contact Fran Reynolds at 443-4336 or freynolds@centurytel.net.

Meditation in Nature – Oct. 19

Come into the peace of wild things.

If you are seeking a more inward expression for practicing your faith, Meditation in Nature may be just for you. Meetings take place at the Gans Creek Wildlife Area the third Sunday each month from 9 to 10 a.m. and are sponsored by the Unitarian Universalist Green Sanctuary Team and Friends of Rockbridge.

For more information contact Peter Holmes at 239-7789 or naturemeditation@yahoo.com.

Our Presence on the Web

Go to

<http://uuchurch.net>

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

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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.