



# The Searchlight

Newsletter of the Unitarian Universalist Church of Columbia, Missouri

2615 Shepard Blvd., Columbia, MO 65201 • 573-442-5764 • [www.uuchurch.net](http://www.uuchurch.net) • Volume 54, Issue 3, November 2014

Worship Services  
November 2014  
*Services begin at 10:30 a.m.*

**Sunday, Nov. 2**

**“What the Heck is Samhain?”**

**Lay-Led Service – Jeff Ordway  
and the Kaleidoscope Group**

Join Jeff Ordway and members of the Kaleidoscope pagan group of the church to learn about the holy day of Samhain and to experience pieces of its practice.

**Sunday, Nov. 9**

**“Pay Attention!”**

**Rev. Molly Housh Gordon**

As we kick off our exploration of mindfulness, join Rev. Molly as we consider the role of paying attention in our lives. Could our attention be one of the most important things we have to give each other and our world?

**Sunday, Nov. 16**

**“Mindfulness in**

**A Broken World”**

**Rev. Molly Housh Gordon**

The idea of mindfulness brings to mind images of peaceful meditation or calm acceptance of whatever life may bring. But what if mindfulness in a broken world often means being righteously and mindfully angry or deeply and mindfully sad?

**Sunday, Nov. 23**

**“An Ordinary Feast”**

**Rev. Molly Housh Gordon**

All ages are invited to join us for an Intergenerational Thanksgiving celebration and our annual corn-bread communion. We will explore our interconnection through food and the practice of “Mindful Eating,” and we will give thanks for ordinary feasts and the everyday abundance of our earth.

*(Continued on page 2)*

## Our November Worship Theme: *Mindfulness*

*Instructions for living a life.*

*Pay attention.*

*Be astonished.*

*Tell about it.*

– Mary Oliver

I write this short paragraph as fall blooms in extravagant color all around me, and it is hard not to notice, in astonishment, the screaming orange and yellow and pink dancing in the wind all around me. Columbia is so beautiful in the autumn.

But the beauty in our lives is not always quite so loud and demanding. Most of the year, most of our lives, we have to pay attention, or so much of it will slip by unnoticed or unacknowledged in the mundane march of days. By the end of November the trees will stand bare and stark, and we will stop looking at them.

Religion at its best gives us rituals, practices, and reminders to see and feel and taste our lives through every season, so that we may live them fully and well, not wasting them away in hurry and ignorance. This month we will turn our sights to the rituals and reminders of Mindfulness, as we seek to pay attention, to be astonished, and to tell about it.

See you in church!

Rev. Molly

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# November Worship Theme: *Mindfulness*

## Wise Words

“Life can be found only in the present moment. The past is gone, the future is not yet here, and if we do not go back to ourselves in the present moment, we cannot be in touch with life.”

– Thich Nhat Hanh

“If you surrender completely to the moments as they pass, you live more richly those moments.”

– Anne Morrow Lindbergh

“You must live in the present, launch yourself on every wave, find your eternity in each moment. Fools stand on their island of opportunities and look toward another land. There is no other land; there is no other life but this.”

– Henry David Thoreau

“I wish that life should not be cheap, but sacred. I wish the days to be as centuries, loaded, fragrant.”

– Ralph Waldo Emerson

“Hold to the now, the here, through which all future plunges to the past.”

– James Joyce

## Want to reflect further?

### Check out these resources...

*Mindfulness for Beginners* by Jon Kabat-Zinn

*Mindfulness in Plain English* by Bhante Henepola Gunaratana

*An Altar in the World* by Barbara Brown Taylor

*This Day: Collected and New Sabbath Poems* by Wendell Berry

*The Sabbath* by Abraham Joshua Heschel

*Overworked and Overwhelmed: The Mindfulness Alternative* by Scott Eblin

### A Few Good Books for Kids...

*Peaceful Piggy Meditation* by Kerry Lee Maclean

*Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)* by Eline Snel

*Silence* by Lemniscates

*Mindful Movements: Ten Exercises for Wellbeing* by Thich Nhat Hanh

## November Worship Services

(Continued from page 1)

Sunday, Nov. 30

Young Adult Preacher Sally Fritsche

We welcome all of our young adults who are home for the holiday and look forward to hearing from our own Sally Fritsche, as she returns to preach for us!

**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.

## 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.*

## YRUU

YRUU (Young Religious Unitarian Universalists) is our ministry program for high school youth. Jamila Batchelder (256-8688) is the adult adviser. Meetings are generally from noon to 2 p.m. Sundays in the lower level.

### November Schedule

**Nov. 2, noon** - Conflict Resolution Workshop

**Nov. 9, noon** - Discussion on humor with Rev. Molly for Youth Collaborative Service

**Nov. 14-16** - Youth Conference at ALUUC, Springfield, Ill.

**Nov. 23, noon** - Begin planning our own Youth Conference

**Nov. 29, noon** - Yoga Workshop



# Forum for November 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 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 573-474-4510.*

## **Nov. 2, 2014**

Jen Wheeler will visit with us about the City of Refuge and her cleaning business, Safi Sana – which means “very clean” in Swahili. Her company has been a route to acceptance for many refugees in our area.

## **Nov. 9, 2014**

Pathways-Africa is an on-going project to build a three-story hospital in a remote village in Kenya. The project began in Columbia with Columbian Sharon Kinden. Sharon will be our tour guide to the village home of former MU graduate student Billy Jivetti in western Kenya.

## **Nov. 16, 2014**

David Sapp, a local historian, will take us on a trip along the Boonslick Trail – a two-century journey that continues today. David leads an effort to make the old trail from St. Charles to the salt lick near Glasgow a historic site.

## **Nov. 23, 2014**

Executive Director Chris Campbell of the Boone County Historical Society will update us on the exciting upgrades going on at our local depository of history – which also serves as museum, art gallery and concert hall.

## **Nov. 30, 2014**

One of the members of the Clark family – probably Dolores – will lead the Thanksgiving Weekend Forum. Topic to be announced at least 24 hours in advance!

## **Book Table needs volunteers to stay open**

Avid bibliophiles are needed to be on the Book Table Team and take it over! The Book Table will close as of Dec. 1 if no one steps forward to run it. See Fran Reynolds at the table on the last two Sundays of November, or contact her at [freynolds@centurytel.net](mailto:freynolds@centurytel.net).

All books are on sale through November. Books on UU, parenting, raising UU kids, meditation manuals, etc. are available. Great books by our own Wayne Anderson also are available, plus many other “good reads.”

## **UU Life Writers plan meetings**

“Seasons of Our Lives” is the theme for this fall’s writing sessions. We have broadened that to “seasonings and seasoned!” All you need is pen/pencil and paper to join in this life-writing group.

November meetings are at 10:30 a.m. Nov. 1 and 15 in the Centering Room. For more information contact Fran Reynolds at 443-4336 or [freynolds@centurytel.net](mailto:freynolds@centurytel.net).

## **Invitation to become a UUCC Member**

The mission of the Membership Team is to make visitors feel welcome, to guide people into membership, and to facilitate the integration of new members into the life of this congregation.

Every quarter the team conducts a “Membership 101” class for people interested in joining our church community. The next class is scheduled Sunday, Nov. 16 immediately after the worship service.

To reserve your place in the class contact Jan Swaney at 864-0435 or [jjswan56@gmail.com](mailto:jjswan56@gmail.com).

## **Appreciation for the UUCC Grounds Team**

The church grounds give the first impression our visitors have of our community.

On Saturday, Oct. 18, the following spent the morning trimming grasses, weeding, cutting and poisoning invasive honey suckle, sawing down branches, loading branches, etc.: Jan Swaney; Carol Arnold; Patty Daus; Ramzie Siebuhr, Melissa McConnell, Hazel, their daughter, and Ethan their son; Peter Holmes; Jeremy Milarsky; and Jeanne Murphy.

Please thank them for their efforts when you see them next!

## **UUCC Men’s Group**

The UUCC 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 Wiley Miller.

# Minister's Monthly Challenge

*How can you pay attention this month?*

We live in a distracted age in a distracting world. Just the other day I noticed that I had the radio on, a book in hand, and Facebook open on the computer beside me. I was paying very little attention to any of them and realized that an hour had slipped by thus, without an ounce of attention from me. It felt like an hour down the tube. I decided right then that my challenge to myself during the month of mindfulness needed to be a “quit multi-tasking” challenge. Every time I catch myself doing more than one thing at once, I’m going to pick ONE and PAY ATTENTION!

Maybe my challenge resonates for you, or maybe you need to think about paying attention in a different way. However it resonates for you, I invite you to find a practice of mindfulness this month and give it a try. Some ideas:

- Set aside 20 minutes each day this month to sit and pay attention to your breath. How does this transform your day?
- Set aside 20 minutes each day to pay rapt attention to a loved one. Put away every distraction and really listen to them for 20 minutes (or more!). How does this transform your relationship?
- Simply attempt to notice something beautiful or curious around you each day. Tell a friend about it. Or just take mental note. How does this transform a moment?

No matter how you do it, this month I challenge you to pay attention!

In faith,  
Rev. Molly



# UUCC Wants You!

## Nominating Committee seeks candidates

The Nominating Committee is beginning its efforts to identify candidates for the Board of Trustees to stand for election next spring and wants to submit a slate of candidates representative of the congregation.

In addition, the Nominating Committee is seeking one or more members of the congregation to join the committee and is looking for delegates to the MidAmerica Region Assembly April 17-19, 2015 in Naperville, Ill., and the UUA General Assembly June 24-28, 2015 in Portland, Ore.

Please contact Steve Scott (442-1865 or [sscott@scottlawfirm.com](mailto:sscott@scottlawfirm.com)) or Jan Swaney (864-0435 or [jjswan56@gmail.com](mailto:jjswan56@gmail.com)) if you are interested in helping lead the church during these exciting times.

## FESTIVAL of SHARING

### “Making a Difference, One Kit at a Time”

#### *YOU Make Our FESTIVAL OF SHARING Happen!*

Your gifts of time, love, resourcefulness, support and generosity make our Festival of Sharing a success. You are making a difference in the lives of many people.

On Saturday, Oct. 17, we were able to pack all of your gifts in Bonnie Johnson’s minivan, and there was room left over for David Leuthold and Marian Hjelmfelt to car pool with Bonnie for the trip to Sedalia. We arrived early, and our minivan was quickly unloaded by a team of youngsters.

We had time to look at the displays of many organizations and faith groups before the 30-minute worship service in the Missouri State Fair Arena. The opening ceremony began with a banner parade of each of the different participating denominations. To our delight, our banner was the first to enter the arena. Later it was hung by the entrance door. (Pictures of highlights for this Festival of Sharing year will soon be posted at the FofS Display Table in the Greeting Area and on our church website.)

For lunch we bought food prepared by different faith groups. The proceeds go to the Festival of Sharing to fund projects that need more support.

After lunch we did more exploring. Bonnie was especially interested in the 100 quilts being auctioned and was able to explain the way many were quilted. David connected with the Nicaragua project and was able to talk with the woman who will be Rev. Mel West’s and David’s tour guide in Nicaragua. I was especially interested in the I.M.A. World Health representative’s information. She was delightful to talk with and gave us lots of literature. I.M.A. has expanded their reach. You will be able to see literature from many of the agencies on our display table.

Do consider joining us next October to see for yourself what an amazing experience it is to be part of an interfaith organization that shares many of our Unitarian Universalist values.

– Marian Hjelmfelt



## Programs and Events

### UU Dining Group

The UU Dining Group's purpose is to allow UU members and friends to get to know each other in an informal setting and to enjoy a good meal. New members are always welcome. Please contact Linda Lou Brown at 447-3939 if you are interested in joining.

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

### First Sunday potluck – Nov. 2

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!

### Fair Trade Sale – Nov. 9

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.

## Green Sanctuary Team plans many activities

The Missouri Rural Crisis Center has two important upcoming events. The Green Sanctuary Team invites UUCC members and friends to join us at a press conference on Thursday, Nov 5, time to be announced. Then on Thursday, Nov. 6 there will be a hearing with the Department of Natural Resources at Hatton-McCready Middle School regarding a proposed hog CAFO. Time will be announced later. Details of these events are still being worked out, but please mark your calendars. Supporting small farms requires strength in numbers! For details contact Lisa Guillory by email at [lisa.a.guillory@gmail.com](mailto:lisa.a.guillory@gmail.com).

What happened to the compost pail in the kitchen? Although we had good intentions the last few years, the compost in our church compost bin was not routinely turned and cared for, and the compost was not being used. Fortunately, the City of Columbia uses a bioreactor to compress garbage, creating methane gas, which is then used to produce electricity. So, in a way our kitchen scraps are contributing to electricity for our community. The GS Team felt this was a good alternative for our kitchen scraps – put them in the garbage to be composted by the city.

But we have future plans: The GS team will be in collaboration with the Grounds Team to work on water,

### Meditation in Nature– Nov. 16

#### *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 who love nature.

For more information contact Peter Holmes at 573-239-7789 or [naturemeditation@yahoo.com](mailto:naturemeditation@yahoo.com).

### UU Book Discussion Group – Nov. 14

The UU Book Discussion Group will meet at 5 p.m. Friday, Nov. 14 at ABC Chinese Cuisine Bring a book you have read to discuss briefly.

Call Pam at 445-0642 if you have questions.

### Conversations, Etc. – Nov. 12

Conversations, Etc. will meet at noon on Wednesday, Nov. 12 at the church. Bring a brown bag lunch and a snack to share if you wish.

Call Melinda at 445-6325 if you have questions.

compost, and edible landscape projects to help us earn GS accreditation.

Many thanks to Vic Myers and Patty Daus, who spearheaded a project to provide plastic recycling for the types of plastic not currently recycled by City of Columbia. These plastics will be delivered to a business in Millersburg that makes plastic lumber. A cedar wood enclosure is being built on the west side of the church property which will house a large container for plastics 3 through 7. Stay tuned for first date of plastics drop off!

The GS Team is sponsoring a vegetarian cooking class from 4 to 6:30 p.m. Saturday, Dec. 6. The class, limited to eight people, will focus on cooking for consistent participation in "Meatless Mondays." For more information contact Lisa Guillory by email at [lisa.a.guillory@gmail.com](mailto:lisa.a.guillory@gmail.com).

The GS Team is sponsoring an upcycling project to make re-usable/washable cloth shopping bags from old t-shirts and old fabric. There is a plastic box under the coat rack for your t-shirt and fabric donations. The bag sewing date is to be announced. For more information contact Janice Smith by email at [janepicturean@gmail.com](mailto:janepicturean@gmail.com).

Our next meeting is at 7 p.m. Tuesday, Nov. 25 at Lisa Guillory's home, 300 S. Glenwood Ave. If you have an interest in all things "green," please join us.

# Reflections



## Turn in Your UNICEF Money!

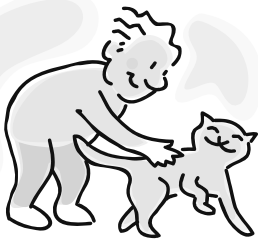
Be sure to bring your 'Trick or Treat for UNICEF' money back to church by Nov. 2. You can bring cash, but it would be much appreciated if you brought a check made out to UNICEF. Thanks!

## 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 Service Sunday on Nov. 2 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!"**

## Mindfulness



As the holiday season approaches, Rev. Molly will be leading the church in a discussion on mindfulness. This means to pay close attention to what is happening right here, right now. Can you try to sit quietly, and practice mindfulness sometime this month?

November, 2014

Lisa Fritsche,  
Director of Religious Education  
[dre@uuchurch.net](mailto:dre@uuchurch.net)  
573-442-5764

Office Hours: Sunday 8 a.m.-noon  
and by appointment

## Important Dates:

Nov. 2 -Animal Toy Service  
Sunday

- Return UNICEF money
- RE Team meeting

Nov. 7 - Jr. Youth Star Gazing

Nov. 16 - Squishy Circuits at 3rd  
Sunday Lunch

Nov. 23 - Sign up begins for  
Simple Gifts (peschool-5th  
grade) and Complicated Gifts  
(6th-12th grade)

Dec. 7 - Used Toy Clinic Service  
Sunday, last day to turn in VAC  
gifts

Dec. 12 - "Complicated Gifts"  
workshop

Dec. 13 - "Simple Gifts"  
workshop

Dec. 16 - 3rd Sunday caroling

## Squishy Circuits!!!

November's *3rd Sunday Lunch* will feature Larry Lile introducing Squishy Circuits to the participants! Join your church friends after the service on Nov. 16 for a light lunch and the chance learn a little about electricity.



# Sunday School Kids Create a Bucket List!

Here are the things Sunday school kids and adults want to do while we LIVE!

- |                                |                               |
|--------------------------------|-------------------------------|
| Toss a pizza crust             | Go skydiving                  |
| Jump off a mountain            | See lots of family            |
| Scuba dive in a whirlpool      | Go to Florida                 |
| Backpack up a mountain         | Travel outside North America  |
| Spin forever                   | Eat at McDonald's             |
| See Mars                       | Fly                           |
| Eat tons of candy              | Get another degree            |
| Travel to Australia            | Try rock climbing             |
| Come to church & make memories | Go to Switzerland and Norway  |
| Bury myself alive              | Kill a chicken                |
| Collect money for charity      | Go across the ocean on a ship |
| Grow a jungle forest           | Go on a date                  |
| Teach driving                  | Grow a garden to feed people  |
| Make a better world            |                               |



Our December Service Sunday on Dec. 7 will be a **USED TOY CLINIC!** Start clearing out those toy boxes, closets & shelves for gently used toys and books that our kids can revive and send off to a second life with other kids!

## 'Simple Gifts' Workshop Returns!

On the morning of Dec. 13 from 9 to 10:30 a.m., there will be many little elves in our church. At "Simple Gifts," kids 5th grade and younger will have the opportunity to create holiday gifts for those they love. Sign up begins on Nov. 23. 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 Returns 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. 12. Sign-up begins on Nov. 23, 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.

## ...And Helpers Are 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@uuchurch.net](mailto:dre@uuchurch.net)).





**Good News!  
The Annual Thanksgiving Pastry Auction  
is coming up!**

**Bakers and buyers: Save the date!  
Sunday, Nov. 23  
10 - 11:50 a.m.  
(before and after worship)**

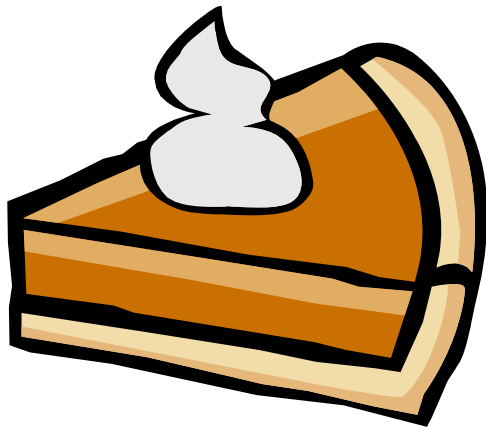
**Remember – The highest bids at 11:50 bring home the Thanksgiving goodies!**

**Bakers – Thank you and read on for directions:**

**Time: Please bring your pastry item by 9:50 a.m. on 11/23.**

**Provided for you: A pastry container\* and an auction sheet**

**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**



**\*Pick up pastry container at church on 11/2, 11/19, 11/16 or 11/23.**

**Thanks in advance for your support of this all-church FUNdraiser that helps support the church's General Operating Fund.**

**– Marianne Erickson, Team Leader**

## ***THE SEARCHLIGHT***

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