



The Searchlight

Newsletter of the Unitarian Universalist Church of Columbia, Missouri

2615 Shepard Blvd., Columbia, MO 65201 • 573-442-5764 • <https://uucomo.org> • Volume 61, Issue 7, January 2021

January Worship

Sundays at 10:30 a.m. – online only

As we continue worshipping online, if you have any trouble accessing the technology to join us, please send a note to techhelp@uucomo.org with your contact information. Someone will reach out to help!

Sunday, Jan. 3

“Resolved: To Be More Free”

Rev. Molly Housh Gordon

The New Year brings an onslaught of “self-improvement” advertisements, many of which are rooted in oppressive fat-phobic and ableist narratives. Join us in the time of resolutions to ponder how we can pursue liberation for our bodies, rather than control. Can we ground ourselves in the goodness of our bodies and lives?

Sunday, Jan. 10

“Staying Grounded”

Rev. Molly Housh Gordon

Deep breathing, quick walking, mindful attention – oh my! Join us to explore some practical tools for staying grounded in difficult times.

Sunday, Jan. 17

Martin Luther King Jr. Sunday

Rev. Dr. C.W. Dawson, Pulpit Guest

Join our special pulpit guest, the Rev. Dr. C.W. Dawson, for Martin Luther King Jr. Sunday reflections as we ground ourselves in our values.

Sunday, Jan. 24

“At Home In the Universe”

Rev. Molly Housh Gordon

Join us to remember that we are made of stars, but grounded deeply in earth. How do we nurture our sense of feeling at home in the universe?

Sunday, Jan. 31

“Roots and Wings” - Founder’s Day Sunday

Rev. Molly Housh Gordon

As we celebrate the 70th Anniversary of our congregation, join us to ponder how we ground ourselves in relationship to our ancestors – as a community with both roots and wings.

Worship Zoom information on page 2

From the Minister

Worship Arc 2020-21

How do we . . .

Stay Grounded?

“Listen, are you breathing just a little and calling it a life?”

– *Mary Oliver*

My understanding of what it means to stay grounded has been growing as I learn more about the human nervous system and how the body responds to trauma. Fleeing from ourselves, feeling our rational minds go out the window, or getting amped up... these are all protective instincts of the body when too much is coming at us too fast (as it is now – and has been for months).

But we can’t stay in those places forever. We need to come back to ourselves and nourish an inner spaciousness that allows us to stay centered, even when the world around us is very hard.

Staying grounded, for me, means using all the tools available to us to nurture our frayed nerves, support our anxious bodies, and deepen into our lives. Staying grounded allows us to do more than breathe just a little and call it a life. It brings us back to ourselves, back to our spacious center from which we can act with more clarity, more possibility, and more hope. Some of my favorite grounding tools are just quick check-ins to bring you back into your body and the moment at hand, and we’ll explore some together this month. Here is one I particularly like called the 5,4,3,2,1 grounding:

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Worship Zoom information

Worship services are offered via Zoom. Services are followed by a weekly digital coffee hour.

The Zoom address for our Sunday 10:30 a.m.

worship is: <https://zoom.us/j/380411489>

You can also join by phone: 312-626 6799

Webinar ID: 380 411 489

The Zoom address for our weekly 11:30 a.m.

coffee hour is: <https://zoom.us/j/652315354>

You can also join by phone: 312-626 6799

Webinar ID: 652 315 354

Services are also streamed live to Facebook at:

[https://www.facebook.com/pg/](https://www.facebook.com/pg/UnitarianUniversalistChurchOfColumbiaMO/videos/)

[UnitarianUniversalistChurchOfColumbiaMO/videos/](https://www.facebook.com/pg/UnitarianUniversalistChurchOfColumbiaMO/videos/)

Consider donating to others during the Covid-19 emergency

UUCC benevolence funds

You can donate to our church's benevolence funds at <https://uucomo.org/donate/>. Be sure to note "benevolence funds" as the purpose of your donation.

Other community organizations

Other community organizations working to help those in need during the crisis include:

Community Foundation of
Central Missouri's
Covid-19 Regional
Relief Fund

<https://cfcfoundation.org/donations/covid-19-regional-relief-fund/>

Covid-19 Crisis Shelter for the Unhoused

<http://comocrisisshelter.com/>

Food Bank for Central and Northeast Missouri
Covid-19 Response

<https://interland3.donorperfect.net/weblink/weblink.aspx?name=E164454&id=77>

Online payments to UUCC

For pledge payments, go to:

<https://uucomo.org/financial-support/#Pay>

Fill out the brief form there to make your payment.

For other donations, go to:

<https://uucomo.org/donate/>

Be sure to indicate the purpose of your donation.

From the Minister – continued from page 1

Take a belly breath, then notice and name out loud:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Take another belly breath. If any of these senses are not accessible to you, skip those and adjust the numbers accordingly – it works just as well!

I'm looking forward to getting grounded with you this month. See you in (online) church,

– Rev. Molly

Rev. Molly's January office hours

9:30-11 a.m. Tuesdays on Zoom

11 a.m.-12:30 p.m. Thursdays on Zoom

(or outdoors if the weather is particularly nice)

If Thursday office hours will be offered outdoors, I will send out an email announcement.

I remain available to you by Zoom and phone if in-person outdoor visits do not fit your risk level. Simply select "virtual meeting" on the scheduling app – calendly.com/revmollyhoushgordon.

– Rev. Molly

Festival of Sharing – January 2021

For the month of January, the focus is on the "Missouri Paper Products Pack." These are targeted for families with low incomes. We are asking for donations for this project a second time in the church year because of the coronavirus-driven need for these products. Each box will consist of the following items:

- 3 wrapped packages of toilet paper with 4 double rolls each (unable to receive 12 rolls in one package)
- 2 rolls paper towels (good quality)
- 2 facial tissue (large rectangular boxes)

In 2019, there were requests for 4,450 of these packs statewide, but only 1,280 were provided. Paper products are critical for low-income families because food assistance coupons cannot be used to purchase them.

You can leave your donations at the church administrative office or immediately outside the office door.

– Bonnie Johnson, Festival of Sharing Chair

Seeing spring in the winter sun

by Rebecca Graves, 2020-21 President

The holidays are over, and the Earth's tilt has shifted so that the days will be growing longer. Winter still has weeks to go, yet the extra minutes of light each day make it a bit easier to hang on until spring. The same is true for the pandemic. As I write this, vaccinations are being given to our local health care workers. By the time you read this, perhaps you will have had the vaccine (at least shot one of two). For me this news brought a sense of hope – of lightness even. Possibly it did so for you.

What does this mean for the church, for us? The board continues to listen to the advice of the Covid-19 Advisory Task Force. Given the tiered roll-out of the vaccine, the need for a majority of folks to get the vaccine, the need for two doses, and the several days it takes for the vaccine to become effective, the task force and the board do not foresee us regathering in person for worship until the fall. There is cautious

hope, though, that we will be able to meet in small groups before that. Like the sunlight giving us hope for spring, though spring is still weeks in the waiting, we see the vaccine as a hope that we will regather together in person this year.

The board is reviewing our committees, making sure that they are staffed as they should be and have the resources they need. We have also been discussing ways to measure our mission beyond simple numbers. While counting activities, attendance and contributions has its place, we think there is more to meeting our mission and goals. How does one “count” courageous love or deep connection? Finally, we are deeply appreciative of all of you who make up our community, from those of you who work on our Sunday services, who maintain our building, who give life to our ministries, who have worked at Room at the Inn, and who do all the work large and small. Thank you.

**Winter Adult
Religious Education
Series: Race, Law, and
the Body Politic –
with the Rev. Dr. C.W. Dawson**

***Six-session seminar
7 to 8:30 p.m. Tuesdays
Jan. 12-Feb. 16***

Join our favorite philosopher this winter for a seminar series exploring some of the issues of the day through a critical lens. Mark your calendar, and watch your email for more information.

Zoom Classroom Link:

[https://zoom.us/j/99415868465?
pwd=aXFGKzhKYmJ5MitZQjI2SGREQ2hvUT09](https://zoom.us/j/99415868465?pwd=aXFGKzhKYmJ5MitZQjI2SGREQ2hvUT09)

Zoom Meeting ID: 994 1586 8465
Zoom Passcode: 966227

UUCC Caring Ministry

The Caring Ministry Team is based on the belief that we are all inherently worthy of care and meaningful connections with others. This ministry provides support in times of celebration and challenge. Support may include cards, calls, visits, meals, and assistance with errands, transportation, or other needs. There are many church members and friends who perform and support caring ministry activities. Please consider joining our team and/or helping out periodically.

Those needing help should contact the team in a time of need.

- **Do you need temporary meals at home?**
- **Do you need telephone contacts?**
- **Do you have a financial emergency?**

Email Meredith Donaldson at mjdonlson@gmail.com
or call the church office at 442-5764
if you need help or want to volunteer to help

Our website address is <https://uucomo.org>

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

Honduras Ministry news

After Honduras was hit by Hurricanes Eta and Iota in November, UUCC collected funds for food donations through a special Faith-to-Action collection. Thanks to UUCC's great generosity, the Honduras Ministry Team was able to send almost \$1,850 to the towns in the Cangrejal River Valley most affected by the hurricanes.

Many people in the valley lost roofs and parts of dwellings, and the water that entered their dwellings destroyed belongings. Some people lost all their belongings as the rushing water swept everything away. In the aftermath of the storms, food was the most urgent need, so we were able to help a little with that.

Now the people of Honduras and Central America are picking up the pieces after so much devastation and loss – in the midst of a pandemic no less. At the writing of this article, it seems that Cito and his family have contracted Covid-19. They have had fevers for many days, aren't eating, and have lost a lot of weight. Members of the Team are trying to support them from afar.

– Allie Gassmann
Honduras Ministry Chair
alliegassmann@socket.net



Sanctuary/Immigrant Justice Team

As we are entering the new year 2021 with renewed hope, let us not forget our asylum-seeking and injustice-fleeing siblings from around the world. 2020 and the last four years overall have been particularly heartbreaking and devastating years for them as the Trump Administration has ignored and broken international asylum laws, and as the whole immigration process has been slowed down and actively impeded.

We must continue to be actively engaged in making sure those who seek refuge in our country get treated with the dignity and with the legal hearings and chances that they deserve.

The asylum-seeking family UUCC is helping support is doing well. The girls are learning English quickly and doing well in school. Their mother has found work at MU – now that she has gotten her work permit – so financially things are starting to look better as well. Although they deeply miss their family in Honduras, they are looking forward to 2021 with optimism and with gratitude for all the love and support they have found here in the US – and particularly from our congregation.

– Allie Gassmann
Co-chair, Sanctuary/Immigrant Justice Team
alliegassmann@socket.net

Room at the Inn will be at UUCC until March 14

Room at the Inn (RATI) has moved in at the church, and all is going well.

Things are a bit different than they usually are – the setup appears to be working as needed, with plenty of area around each guest to provide Covid-19 separation. Guests are encouraged to stay in their individual area, supplied with a cot and a chair, as much as possible. Sack meals are provided.

If you have questions, want to donate, or would like to volunteer, go to RoomAtTheInnComo.org.

Unitarian Universalist Church of



Columbia, Missouri

Programs and events

Kaleidoscope Pagan gathering

7 p.m. Saturday, Jan 30 - online

Join us as we celebrate Imbolc, also known as Brigid's Feast. The first stirrings of life after the long winter appear. Brigid shines the light of creativity upon us. Growth begins.

Gather with us on Saturday, Jan. 30 via Zoom. All are welcome, no matter what their personal paths. For more information, email BarbaraCarter@centurylink.net.

Zoom link:

<https://zoom.us/j/98856741664?pwd=dFNKbmtCV3RjQ2grN3M2NnpWYjR5UT09>

Conversations, Etc.

Noon Monday, Jan. 14 - online

Conversations, Etc., the UUCC women's group, will meet via Zoom and by telephone conference at noon Monday, Jan. 14. We get together to enjoy the company of good friends.

If you have questions or would like to join us, contact Pam Springsteel at 573-445-0642 or pspring@socket.net.

Revelio Como

1 p.m. Sunday, Jan. 10 - online

The local "Harry Potter and the Sacred Text" group meets on the second Sunday of each month from 1 to 2:30 p.m. Join us to use rigor and sacred practices to explore along with the podcast.

For more information, email April Rodegghero at rodegghero@gmail.com or Jamila Batchelder at dre@uucomo.org.

Check out our Facebook page at:

<https://www.facebook.com/groups/796589344101673/?ref=share>

Unitarian Universalist Church of



UU Life Writers

10:30 a.m. Jan. 2, 16 and 30 - online

UU Life Writers will focus on the theme of "Resilience - how we stay grounded." Everyone is welcome to join this group. You can join these Saturdays without writing a piece and enjoy just listening in. This is an informal memoir writing group - not a critique group. For further information, email or call Fran Reynolds at freynolds@centurytel.net or 573-881-3828.

Green Sanctuary Team

7 p.m. Thursday, Jan. 7 - online

UUCC Book Discussion

5 p.m. Friday, Jan. 8 online

The group will meet online and by phone to briefly discuss books we have read. If you have questions, contact Pam Springsteel at 445-0642 or pspring@socket.net.

Unlisted Meetings

Contact your team leader if you are unsure of meeting status.

Social Action T-Shirt!

Your \$20 helps UUCC with our many social action projects. Contact Caya Tanski, Allie Gassmann or Sarah Wolcott for more information.

UUCC provides Loaves and Fishes meal on third Sundays

Jan. 17 this month

The Social Action Team is looking for volunteers to prepare 20 servings of various dishes, which are assembled into boxed meals at the Wilkes Boulevard United Methodist Church.

This system requires the volunteers providing food to take the food to Wilkes Boulevard United Methodist Church by 3:30 p.m. The volunteers who assemble the boxed meals are asked to be at the church by 3:15 p.m. Sign up online at uuomo.org.

You can also support this effort by making an online donation at <https://uucomo.org/donate>, specifying "Loaves and Fishes Fund."

Email Diane Suhler at drsuhler@ccis.edu for more information.

Sanctuary/Immigrant Justice Team

1 p.m. Sunday, Jan 10 - online

Email alliegassmann@socket.net for details.

Men's Group

8:15 a.m. Jan. 9, 23 & 30 - online

The UUCC Men's Group ordinarily meets in person on the second, fourth, and fifth Saturdays of each month. The group has now arranged for online meetings. For more information, contact Wiley Miller at 573-864-8574 or millerwi@missouri.edu.

Non-toxic Masculinity Men's Group

7 p.m. Monday, Jan. 4

Contact Jeff Ordway at 573-476-2834 or ordwayj63@live.com for meeting information.

Reflections

DRE's January Message

A few favorite memories and photos from this past year



As I reflect on the year that has come to a close, it is easy to focus on all the things that we didn't get to do this year. But somehow, despite everything, there was so much we did do. I want to take this opportunity to look back at this last year and cherish the memories we made:

- RE preparing and serving the Loaves and Fishes meal
- The Children's Choir
- Founder's Day Church at your Table
- Intergenerational Service
- The Valentine's Day Dance
- Theater Games with Will Palmer
- YUUTs visit to the Hindu Temple
- Cat Toy Service Project
- Fundraiser for the Spay and Neuter Project
- YRUU Tarot Workshop led by Andrea Martin
- Creating Home Sacred Spaces
- Zoom Dance Parties
- Easter Egg art
- Flower Communion
- Decorating flower pots for gifts for UU friends
- Graduation Service
- YRUU Service
- Learning about Justice Making with Nikki McGruder, Rev. C.W. Dawson, Cande Iveson, Brittany Hughes, Nawassa Logan
- UU History in cat memes
- UU Treasure Hunts
- Parking Lot Lending Library
- The Water Service
- Home Spirituality Kits
- Family Movie Nights
- Much Junior Youth fun
- Sunday Morning Tea Parties
- Making blankets for Project Linus
- Twilight Zone class
- Christmas Path Event
- Making welcome signs for RATI
- Simple Gifts
- Chalice Fairy
- Christmas Eve Service.

As we head into the new year, reflecting on how we stay grounded, I think the most useful spiritual lesson for me is to let go of expectations and experience life as it comes. This year will be different and hard and joyous, and I really have no idea how it will turn out. And I am getting more comfortable with not knowing and realizing we will create a beautiful story together in whatever way it unfolds. Wishing you a New Year full of adventures, laughter and love.

Sincerely,
Jamila



Jamila Batchelder
Director of Religious Education
dre@uucomo.org
573-442-5764
Office Hours: Wed. 10 a.m.-noon
and by appointment



January Schedule

Jan. 3

10 a.m.-Morning Tea Party
Noon-Service Sunday: Thank-you letters to health care workers

Jan. 8:

6:30-8 p.m.-Junior Youth

Jan. 10:

10 a.m.-Morning Tea Party
Noon-Adams Family Class

Jan. 15:

6:30 p.m.-Family Movie Night

Jan. 17:

10 a.m.-Morning Tea Party
Noon-Justice Workshop

Jan. 22:

6:30-8 p.m.-Junior Youth

Jan. 24:

10 a.m.-Morning Tea Party
Noon-Adams Family Class

Jan. 31:

10 a.m.-Morning Tea Party
Noon-Adams Family Class

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

Online office hours at <https://zoom.us/j/2115663859>:
Tuesdays 9:30-11 a.m.

In-person or Zoom office hours Thursdays 11 a.m.-12:30 p.m.

By appointment (including evenings and weekends)

Email: minister@uucomo.org

Suzanne Clark, Administrator

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

Telephone: 573-442-5764

Email: uuchurch@uucomo.org

Visit our website: <https://uucomo.org>

Jamila Batchelder, Director of Religious Education

Office Hours: 10 a.m.-noon Wednesdays and by appointment

Email: dre@uucomo.org

Jeremy Wagner, Director of Music Ministry

Email: music@uucomo.org

Hans Bridger Heruth, Collaborative Accompanist

Email: music@uucomo.org

April Rodeghero, Sunday Morning Assistant

Email: uuchurch@uucomo.org

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Unitarian Universalist Church of



Columbia, Missouri

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