



The Searchlight

Newsletter of the Unitarian Universalist Church of Columbia, Missouri

2615 Shepard Blvd., Columbia, MO 65201 • 573-442-5764 • <https://uucomo.org> • Volume 64, Issue 12, June 2023

June Worship

10:30 a.m. Sundays

Services are both in-person and online

If you have trouble accessing the technology to join us online, please send an email to:

techhelp@uucomo.org

Sunday, June 4

**Flower Ceremony Centennial
Rev. Molly Housh Gordon and
DRE Jamila Batchelder**

Join us in this beloved all-ages celebration of the beauty of our many-flowering community. This year's celebration is the 100th anniversary of the very first Flower Ceremony celebrated by Norbert Capek in Prague in 1923. Join us alongside Unitarian Universalists across the world for a historic and beautiful centennial celebration. Please bring a flower to share! And stay after the service for our First Sunday Potluck to continue the celebrations!

Sunday, June 11

**"The Sacredness of the Body"
Rev. Molly Housh Gordon**

The sacredness of the body is a core value of Unitarian Universalism – one that encourages us to grow in the spiritual practices that engage and ground our bodies, to support one another materially, to proclaim and include the goodness of all bodies including all abilities and sizes, and to resist every attempt to remove bodily autonomy, such as abortion bans, gender-affirming care bans, mass-incarceration, and more. Join us to share an embodied faith.

Sunday, June 18

**"Play as Spiritual Practice"
DRE Jamila Batchelder**

Join us to kick off our summer series on spiritual practice with a fun and playful service for all ages, reminding us that play is good for the soul, no matter our stage in life.

Sunday, June 25

**Lay Leaders
Kaleidoscope**

Join us for our beloved tradition of lay preaching to learn from one another about the practices, questions and wonderings that sustain us. Members of our congregation's Pagan group will share their practices and a summer solstice celebration!

Minister's Message

Roots & Wings

**Summer Worship Theme is
"Spiritual Practice"**

This summer's preaching series from lay leaders and staff alike will invite us to explore the many forms of spiritual practice that sustain our lives. Is spiritual practice only silent prayer or zen meditation? Absolutely not! But don't just take it from me....

"Spiritual practice is not just sitting and meditation. Practice is looking, thinking, touching, drinking, eating and talking. Every act, every breath, and every step can be practice and can help us to become more ourselves." – Thich Nhat Hanh

"There isn't anything except your own life that can be used as ground for your spiritual practice. Spiritual practice is your life, twenty-four hours a day." – Pema Chodron

"The heart of most spiritual practices is simply this: Remember who you are. Remember what you love. Remember what is sacred. Remember what is true. Remember that you will die and that this day is a gift. Remember how you wish to live." – Wayne Muller

"We can bring our spiritual practice into the streets, into our communities, when we see each realm as a temple, as a place to discover that which is sacred." – Jack Kornfield

"Building community is to the collective as spiritual practice is to the individual." – Grace Lee Boggs

See you in church!

Rev. Molly

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June 4 – First Sunday Potluck at Noon

Our traditional First Sunday Potluck lunches resumed in February and will continue through the summer and beyond.

Please bring a main dish, side dish or dessert if you are able, and please stay if you can't because there's always plenty of food to go around.

To accommodate those with dietary restrictions, please label your food contribution to indicate whether it contains meat or is vegetarian and whether it contains common allergens such as gluten, dairy, eggs and/or tree nuts.

Also, please help set up the Sanctuary for the potluck and stay after to help clean up and return the Sanctuary to normal order.

Many hands make light work!



Notes from the UUCC Membership Team

Welcome new members!

We warmly welcome Kathy Myers, Jeff White, Maryam Webster, Heidi Shearer, and April Rodeghero who signed our UUCC Membership Book during the May 7 ingathering.

Next membership cycle

Our next membership cycle will be:

7 p.m. Sept. 28 on Zoom – Membership 101 – register at <https://uucc65201.breezechms.com/form/6b0d8d>

Noon Oct. 1 at church – Membership 102 – register at <https://uucc65201.breezechms.com/form/fd042d>

10:30 a.m. Oct. 15 at church – New Member Ingathering during worship

We are all greeters!

Remember, we are all greeters, even if we don't wear a "greeter" name tag. Blue and sticky back name tags indicate a person is a visitor and may benefit from your welcoming words.

In order to facilitate our mission of accessibility and respect, please remember to keep our pathways clear, avoid hanging decorations in doorways, and leave our building cleaner than you found it.

– Patty Daus, UUCC Membership Team

Thanks to all for the Food Pantry contributions

Hunger in our community continues to be a major problem. Kudos to our RE families and everyone else who brought all the food for our barrel before and over the Easter weekend.

Thanks to all of you, 150 lbs. of canned food went to the Central Pantry on April 25.

Please continue to feed our barrel.



Check us out on the
UUCC Facebook page
<https://www.facebook.com/groups/uuchurch>

Annual Meeting results

At the Annual Congregational Meeting on May 7, 2023:

- The operating budget for 2023-24 was approved.
- Luke Daily, Ruth Milledge and Roger Nettleton were elected as new members of the Board of Trustees.
- Rev. Molly delivered her annual report for 2022-23.
- Volunteers were recognized.

Read more here:

<https://uucomo.org/annual-meeting/>

Thanks to workday volunteers

Many thanks to all the volunteers who together accomplished so much inside and outside of our church during the workday on May 6: Dottie Mathews, Rosie Geiser Kevin Fritsche, Jamila Batchelder, Lisa Fritsche, Rev. Molly Housh Gordon, Connie Ordway, Kathy Myers, April Rodeghero, Jeff Ordway, Kathy Nettleton, Roger Nettleton, Vic Myers and Carol Arnold.

They spent several hours moving items large and small, clearing out closets, organizing, disposing of clutter, and clearing invasive honeysuckle and poison ivy. Members also sanded and resealed the wooden benches at the front of the church and brought in mulch for the outdoor play area.

Many thanks for making our space look so beautiful!

Check the Lost and Found bin

Look under the coatrack for the blue bin of lost and found items so see if anything there is yours.

Toward the end of June unclaimed items will be donated.

Weekly Mindfulness Meditation

Mindfulness Meditation takes place at 9 a.m. every Sunday except holidays. Beginners and experienced meditators are welcome. If the outside temperature is 55 degrees or higher and weather permits, meditation will take place at the fire circle behind the church. Otherwise, meditation will be in the Centering Room.

For more information, contact Anna Lingo or Susan Pereira.

Choir rehearsals suspended

There will be no choir rehearsals in June, July and August.

Weekly choir rehearsals will resume in September at 7 p.m. on Wednesdays. All ages and ability levels are welcome and encouraged to join.

Worship Zoom information

Worship services are offered in-person and via Zoom at 10:30 a.m. Sunday.

The Zoom address for our 10:30 a.m. Sunday worship is: <https://zoom.us/j/380411489>

You can also join by phone: 312-626 6799
Webinar ID: 380 411 489

Services are also streamed live to Facebook at:

<https://www.facebook.com/pg/UnitarianUniversalistChurchOfColumbiaMO/videos/>

From the Intern Minister

Practice

Since childhood, I've always carried with me the inherited mantra of "practice makes perfect." When it comes to spiritual practice, which is our summer worship theme, for me it's been something more like practicing imperfection.

I've always admired those who seem to have poured themselves fully into a particular spiritual practice. Perhaps they do yoga, sitting meditation or gardening. Others read poetry or pray. I used to feel some frustration about the fact that I haven't found a single "that's the one!" spiritual practice. The wide variety of spiritual practices available have me feeling like the proverbial kid in a candy store. Why can't I try them all? Call it spiritual practice FOMO.

For now, I've decided to give myself permission to be imperfect, to keep experimenting with new things, to feed my soul a balanced diet, rich with variety: Prayer beads, holy texts, forest bathing, trail running, and our UUCC mindfulness meditation group on many Sunday mornings.

But through it all, I've come to realize that my ultimate spiritual practice is learning, loving and growing as part of a spiritual community. In other words, being in relationship with you is my primary spiritual practice. And for me, that practice feels just perfect.

Love and light,
George

Rev. Molly's office hours

Community Office Hours

10:30 a.m. to noon Tuesdays at Uprise Bakery

Appointments

Every day except Monday (day off) and Wednesday (sermon-writing day). You can meet with Rev. Molly online, by phone or in person at the indoor or outdoor location of your choice.

Make an appointment by using the scheduling app at calendly.com/revmollyhoushgordon. If you can't find a time there, send an email to minister@uucomo.org to see if she can work you in at a different time.

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

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

What is your spiritual practice?

Worship Associates seek volunteers for lay-led summer services

What do you do to feed your spirit? Do you use prayer or meditation? Does music or art fill your soul? Do you find inspiration in writing or reading poetry?

Continuing our long-standing tradition, we will have a number of lay-led services over the summer. We want to make this the summer of spiritual practice and are looking for volunteers to assist us with presenting services exploring the many ways we keep ourselves grounded, inspired and at peace.

You may have an idea for a

whole service, or you may just have a practice you would like to share as part of a larger service. Maybe there is a song that you play, sing or listen to. Perhaps you have a favorite poem or prose piece that you turn to. Or maybe you can describe how working in your garden or walking in the woods connects you to our world. We welcome whatever you are willing to share to help us explore the full range of spiritual experience.

The Worship Associates and ministers will work with all vol-

unteers to assist in structuring a whole service, if that is your choice, or to help you integrate your contribution into a service involving multiple volunteers.

Every contribution is necessary if we are going to fairly reflect the diversity of practice we know lives at UCC. Please contact any of the Worship Associates (Tim Dickerson, Todd Iveson, Iyesatu Kamara-Bush, Gretchen Maune, Jeff Ordway, or Sam Otten), Rev. Molly, or Intern Minister George Grimm-Howell if you are interested in participating.

No Forum programs in June, July and August *On vacation for the summer*

**We will see you
again this fall!**



Life milestones conversations

Intern minister George Grimm-Howell is working on a project that will provide spiritual support and ritual to mark major life passages.

For example, if you are retiring from paid work, or if you're facing "an empty nest" or other large life transitions, please consider reaching out to George to share your thoughts, feelings and experiences.

Email your thoughts to internminister@uucomo.org or schedule a talk on Calendly at <https://calendly.com/grimm-howell>.

Please join George at noon June 18 in the Centering room for a discussion of these issues.

UCC Caring Ministry

The Caring Ministry Team is based on the belief that we are all 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, transportation or other needs. Please consider joining our team and/or helping out periodically. Those needing help should contact the team in a time of need.

**Call the church office at 442-5764
if you need help or want to volunteer**

Sanctuary and Immigrant Justice Team sponsorship update

Following a generous contribution toward the cost of driving lessons from Dottie Mathews and Rosie Geiser, Lilly is getting ready to take her driver's examination. She will be driving her car that was the generous gift of Meredith Donaldson in honor and memory of Joe Donaldson, who had coordinated the transportation for Lilly, Manuel and Lakshmi.

Until Lilly passes her exam and gets her license, which we are hoping will be soon, Ruth Milledge is coordinating the transportation for the family. If you are willing to help with driving, please contact Ruth at ramilledge@gmail.com.

When we agreed to sponsor a single mom with two small children in May 2021, we knew transitioning to independence would be more challenging. Consequently, our sponsorship of the family is continuing in order to provide assistance where needed. You may support or continue to support the work of the Sanctuary and Immigrant Justice Team, which currently includes our sponsorship of the family, by making a tax-deductible donation to the church with Sanctuary Fund in the memo line. If you would like to make a non-tax-deductible donation to the family directly, you can send a check made out to Allie Gassmann at 1700 Princeton Dr., Columbia, MO 65203. This money will go into a joint account from which the family's expenses will be paid directly.

Our loyal and faithful drivers share with us how Lilly sincerely expresses her gratitude every time they drive the family to or from their respective destinations – 6-year-old Manuel at first grade at Parkade Elementary School, 2-year-old Lakshmi at Head Start, and Lilly at work at the University of Missouri.

It is a reminder for us to say thank you to UUCC and everyone who has contributed to the sponsorship of this Guatemalan family seeking asylum in this country. Contributions have been by donating financially; by donating furniture and household items; by driving the family; by translating; by taking Lilly to the store and on other errands; by taking the family to the doctor; by taking Lilly to the hospital; by taking Lakshmi to the hospital twice; by helping to enroll the kids in school and Head Start; by helping in other ways we are forgetting; by donating a car (thank you again Meredith); by providing housing for over a year (thank you Christine Heath); and by UUCC two years ago saying "yes" to sponsoring this family!

With continuing gratitude,

Allie Gassman and Dave Gibbons, Co-Chairs
Sanctuary and Immigrant Justice Team

*If you would like to get involved on
the Team, please contact Dave or Allie:*

Dave – dgibbons@mchsi.com

Allie – alliegassmann@socket.net

Social Action Team announces June FTA recipient

June FTA recipient

The June Faith-to-Action recipient will be Centro Latino. Centro Latino was founded in 2000 to serve the immigrant population of Missouri. Its volunteers work to empower Latino families regardless of national origin, religion or immigration status by providing educational, health and legal services. You will hear more about this worthy organization during Sunday worship service collections. Please donate as you are able in June, either online or the old-fashioned way... in the collection plate!

FTA nominations are open

As of May 15 we had received one nomination for the September 2023-August 2024 FTA year. It is the Center Project, which "offers a safe space, programming, and resources for the LGBTQIAA community in Missouri." The Center Project got its start right here in our church. Thanks to long-time UUCC member and friend Howard Hutton for this nomination, and for his years of support for the Center Project. Radical welcome, people!

SAT makes contributions

At its May meeting, the Social Action Team allocated:

- \$1,000 to the Unitarian Universalist Service Committee (UUSC)
- \$1,000 to Missourians for Alternatives to the Death Penalty (MADP)

Both of these organizations are long-time recipients of our Faith-to-Action program. Because we have changed to a Share-the-Plate model for donations, we have fewer opportunities for FTA recipients. Continuing our financial commitment to UUSC and MADP with direct donations from the SAT budget and reserve funds frees up two months for other FTA recipients.

Marker dedication set June 13

The UUCC-sponsored marker for the African American Heritage Trail will be installed and dedicated at 4 p.m. June 13 at Oak Street and Unity Drive. The Social Action Team invites all church members and friends to attend.

Programs and events

Gentle Yoga with Karen Dwyer

10 to 11:30 a.m.

Tuesdays and Fridays

6 to 7:15 p.m. Mondays and Thursdays (except the first Thursday each month)

Additional information is available from Karen, or contact the church office.

Book Discussion

3:30 p.m. Saturday, June 3 - online and by phone

The date is changed for our group to attend Fran Reynolds' Memorial Service on June 10. The group will meet online and by phone on Saturday, June 3 to briefly discuss books each has read. Info: pspring@socket.net.

Crafting Group

1-3 p.m. every Tuesday

The crafting group has resumed in-person meetings and now meets from 1 to 3 p.m. every Tuesday in the Greeting Area.

The group is recruiting new members and can help with any projects you may have. Beginners are welcome, and there is no hard commitment – come when you can! For more information, contact Bonnie Johnson.

Sanctuary & Immigrant Justice Team

1 p.m. Sunday, June 11 - online

For information contact Allie Gassmann at alliegassmann@socket.net.

Social Action T-Shirts

Your \$20 purchase helps UCC continue our social action projects. Contact Allie Gassmann or Sarah Twaddle-Wolcott.

Kaleidoscope

6 p.m. June 17 - at church

Join the Kaleidoscope pagan group for celebration of Litha, the summer Solstice. The longest day and the shortest night are here. The Sun stands in his glory and full strength. Glory with him, this bringer of warmth, light and hope.

Gather with us at 6 p.m. Saturday, June 17 (note time change) at the church. We will join in ritual, followed by a potluck and friendship. All are welcome, no matter what their personal paths.

Conversations, Etc.

3:30 p.m. Wednesday, June 14 - online and by phone

Conversations, Etc., the UCC senior women's group, meets via Zoom and telephone at 3:30 p.m. on the second Wednesday each month.

We gather together to enjoy the company of women friends.

If you would like to join us, contact Pam Springsteel by email at pspring@socket.net.

Men's Group

8:30 a.m. June 10 and 24 - online

The UCC Men's Group previously met 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, June 5 & 19 - online

The Non-Toxic Masculinity Group meets on the first and third Monday each month. For information email Kevin Fritsche at klfritsche37@gmail.com.

Loaves and Fishes

June 18 this month

The Social Action Team is looking for volunteers to prepare and serve various dishes for the Loaves and Fishes program.

We no longer need to box the dinners. Instead, we have reverted to the original method of serving on plates. We need volunteers to prepare servings of various dishes and other volunteers to serve the meal and clean up afterward. Both the volunteers providing food and those who will serve and clean up are asked to be at Wilkes Boulevard United Methodist Church by 4:30 p.m. Please sign up at:

<https://uucomo.org/sign-up-to-help/>

You can also support this effort by making a donation to the church specifying "Loaves and Fishes Fund." For information, email diane.suhler@gmail.com.

Social Action Team

1 p.m. Sunday, June 4

The team will meet via Zoom at 1 p.m. June 4 after the worship service and First Sunday Potluck. The team meets in person at 1 p.m. on the first Sunday each month.

Living Earth Meditation

9 a.m. Saturdays

Living Earth Meditation is offered at 9 a.m. Saturdays at 1400 Gary St., Columbia. It is a collaborative program of our church, the Columbia Friends Meeting and Show Me Dharma and is facilitated by Peter Holmes, Ph.D., and Tricia Straub.

The format is silent meditation outdoors with an opportunity to share insights and reflection – being at home in nature while building a connection between spiritual practice and ecological awareness.

Reflections

Summer Religious Education: Play!

This summer, our spiritual theme at UUCC will be spiritual practice. And one of the most profound (and also most fun!) spiritual practices is playing together. It builds the deep connections and relationships that are the basis of creating spiritual community. It lets our imaginations roam wild – the same imaginations with which we will imagine and then build a better world. It creates space for joy and laughter and being in the present moment together. I am so looking forward to playing together this summer. We will spend as much time outside as possible, mostly at Shepard Park.



R.E. Volunteer Appreciation Luncheon *Noon Sunday, June 25*

We are blessed to have so many wonderful volunteers in our Religious Education program. We would like to celebrate all you give to our community with a luncheon. RSVP by June 17.



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

Middle school and high school summer D&D Club



We are looking to form a D&D club at UUCC this summer. If you think you might be interested, please let Jamila know and she will get you more information.

Lego donations

In our renovation project, our large Lego collection somehow disappeared. If you have any old Legos you would like to donate to the church, it would be very appreciated.



RE Schedule

June 4: All-Ages Worship
June 11: RE at the Park
June 18: All-Ages Worship
June 24: RE at the Park

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:

Tuesdays 10:30 a.m.-noon at Uprise Bakery

Or by appointment at calendly.com/revmollyhoushgordon

Email: minister@uucomo.org

George Grimm-Howell, Intern Minister

Email: internminister@uucomo.org

April Rodeghero, Church Administrator

Office Hours: Monday-Friday 9 a.m.-2:30 p.m.

Telephone: 573-442-5764

Email: uuchurch@uucomo.org

Jamila Batchelder, Director of Religious Education

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

Email: dre@uucomo.org

Violet Vonder Haar, Director of Music Ministry

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Phylshawn Johnson, Sound Technician

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Unitarian Universalist Church of



Columbia, Missouri

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