

Flame on the Water

Celebrate Diversity



Question with Integrity



Build Justice



May 2025
Imagination

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Imagination

By Frank Rycyk

Imagination is a fascinating gift. We may “see” things intuitively that we might not see logically.

Imagination can inspire. Imagination can lead to stress. It might lead us “off the beaten path”. Some of us might not be comfortable with the “new”.

Imagination just happens. I do not believe that it can be forced.

Let us learn to enjoy the gift of imagination and to utilize it toward the betterment of humankind.

Religious Education, 10:30 am

Children attending are welcome to join RE instructor Dr Samantha Porter for a lesson during the service hour.

A Request from the Divine

by Rich Orloff

As you go through the day
Just give me a nod
An occasional shout out
Even a "Good work, Dude"
Or a "Way to go, Girlfriend"
Will suffice

It's just a request
I have no desire to pressure you
Or to obligate you
(Although I'm always complimented by
awe)

Then continue with your day
I know you have a lot on your plate
It's not about me
(Ego is not part of my identity)

A wink
A smile
Whatever works for you
Any kind of acknowledgement
As long as it adds up to
Yes

May Adult Forums

5/4/25: Marissa Peterson, Aging Best. "Mental Health and Senior Citizens". Marissa will address the many changes which occur over the years, and how to deal with them.

5/11/25: Betty Cooper, "Mother's Peace Day"

5/18/25: Lisa Midweek, "Feel the Fear and Do It Anyway", a book-report forum.

5/25/25: Leah Simpson, The Boys & Girls Club. Holocaust Studies.

If you would like to schedule a forum, please see Frank Rycyk @ 573-636-2135

Lunch - after services-

If you would like to join other members and friends for lunch, watch for postings and announcements, or ask about each week's lunch location. If you have a particular place you'd like to recommend, please let us know.

10 Simple Activities to Boost Your Imagination

Imagination and creativity are two words that we often use as synonyms. Yes, they are closely related, but there is an important difference between them.

Imagination is the gateway to creativity. We cannot do anything creative without engaging our imagination. Have you ever taken on a creative task, like developing a new project or strategy, only to find yourself drawing a blank? It happens to all of us and can lead to stress and anxiety, which makes it even more difficult to be imaginative. Various techniques, such as brainstorming and design thinking, can be useful, but without connecting with your imagination, they simply will not work.

Imagination is something we are all born with, but throughout our lives, it can feel like we become more and more distant from our imaginative selves. Society expects adults to be disciplined and sensible, our school system values rote learning and testing, and, in general, we are stressed and lack the free time necessary to explore our imaginations. On top of that, we are also bombarded with stimulation from technology, the internet, and social media.

But there is a hope for us and our imaginations! There are some tips and tricks that we can use to make tapping into our imaginations easier. In this blog, I look at some of the techniques that can help hone imagination and creativity.

1. Take a walk

Stanford University researchers found that walking stimulates imagination. They examined creativity levels of people while they walked versus while they sat. A person's creative output increased by an average of 60% when walking. Walking in nature, listening to its sounds, and breathing fresh air will boost your free thinking even more.

2. Meditate

Meditating for 15 to 20 minutes can help clear your mind. Meditation calms the brain down and eliminates a lot of the thoughts we fill our heads with every day. It

stimulates the hippocampus, which is the part of the brain responsible for remembering, but is also involved in our ability to imagine the future.

3. Read fiction books

Reading, especially fiction, is like a workout for your imagination. It stimulates your brain to picture everything on the page, rather than having it all shown to you on a screen. Your imagination creates the fictional world you read about and endows it with emotion, feeling, and memories. To your heart and your mind, it is real. This is the power of imagination!

4. Daydreaming and boredom

Try to ensure that even just a small part of your day is free from screens, internet, wi-fi, and mobile devices. Do nothing and allow yourself to daydream! Boredom is often seen as a purely negative thing, but it can also be a way to free your mind. I remember myself as a bored kid. I hated this feeling and would play and explore to occupy myself. Some of the best ideas and games came from boredom.

5. Do simple tasks

In one [2013 study](#), British psychologist Sandi Mann divided subjects into two groups and gave both a creative task of listing different uses for a pair of polystyrene cups. However, with one group, they first gave them the very tedious and boring task of copying numbers from a phone directory for 15 minutes before the creative task. This group that had to first endure boredom outperformed the other group. Overall the study found that "passive boring activities, like reading or perhaps attending meetings, can lead to more creativity". Incorporating simple tasks into your day, even if it's just cleaning, cooking, walking or yoga, can allow your brain to be calm and help to boost your imagination.

6. Tell a story

Your voice is connected to emotions and emotions influence imagination. That is why singing in the shower helps many of us to come up with new ideas. Singing but also sharing thoughts and storytelling stimulates imagination.

7. Doodling

You don't need to be Picasso to draw or paint. You might even be as terrible at this as I am! But using markers, pencils and a piece of paper can awaken your imagination. If you are more creatively inclined, you can also use a sketch pad or download a doodling app on your phone. Just let your imagination run wild and draw whatever comes into your mind. Doodling can reduce stress, enhance the problem-solving centre of your brain, and boost imagination.

8. Find blue

Blue is often called the colour of the mind. Strong blues will evoke clear thoughts while soft blues will help us stay focused and serene at the same time. So, if you need to connect with your imagination wear something blue, look at a blue piece of art, or just stare at the sky.

9. Change your routine

When you choose different ways of doing your daily tasks, you activate your brain to learn and to be more open to the unknown. If you are right-handed, try to use your left hand when brushing your teeth. Choose different routes to routine destinations. Try something new, such as a new recipe or workout. If you usually read fiction, spend 10 minutes reading poetry instead. The possibilities are limitless!

10. Visualise

This is a step up from daydreaming. It is more like giving your imagination a simple but specific task. For example, while you are commuting on public transport, resting, or just find yourself bored one day, try to imagine something in extreme detail. It could be your dream house or a place you would like to visit. Try to see colours, details of decoration, maybe even imagine the smell. If it is a house, you can imagine yourself walking along the corridors and into the bedrooms, sitting on the couch, etc. Let your mind and spirit really experience this journey.

Let's train our imaginations! It is the most precious and unique thing we have as humans.

Annual Meeting May 18, 2025

We will be voting on our board members and a proposed change to our by-laws.

That change would be increasing our board from five members to seven members.

Please plan to attend the meeting.

Chair Yoga with Alberta
Every Tuesday
@ 11 am
by donation

Caring Committee

Contact Lorraine Connelly at:
lauraine329@gmail.com for assistance

**Please submit your Joys & Concerns to
our website:**

<http://uufjc.org/joys--concerns.html> by
noon on Friday or on paper forms for in-
person contributions as early as possible on
Sunday mornings.

Insight Meditation

Thursday evenings at 7 pm, a
meditation group led by Joe
McCormack meets weekly in our
building, when possible. Contact Bob
Antweiler.

**Contact us online on our
homepage:
UUFJC.org
or on Facebook**

Unitarian Universal Fellowship of
Jefferson City
1221 Northeast Dr, Jefferson City,
MO
Email: uufjc1@gmail.com
573-636-0684

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