

Flame on the Water

Celebrate Diversity



Question with Integrity



Build Justice



Wisdom of Insecurity:

July 2025
Awakening

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July Adult Forums

7/6/25 - Brad Germann, Highway Patrol. "Human Trafficking" We will learn about high trafficking rates in Branson, MO.

7/13/25 - Jon Beetem, retired judge. "Plea Bargaining"

7/20/25 - Michelle Brooks, "The History of the Emancipation Proclamation".

7/27/25 - Nicholas Lovell, "Ecumenical Education Behind the Walls"

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

Awakening in Every Moment

By Jack Kornfield

Spiritual life is not about possessing or finding security, but rather it's discovering what Alan Watts called the Wisdom of Insecurity – the capacity to live from freedom and compassion of heart no matter the circumstances. In Buddhism, this is known as Wise Understanding, a willingness to dedicate oneself to awakening in every changing situation.

Wise Understanding tells us that we can dedicate our life to something beautiful.

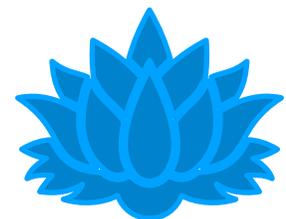
Americans spend \$70 billion a year on security devices, just trying to feel safe. How is that working out? Things are insecure. It's the nature of this world. They are impermanent. Zen master Suzuki Roshi said, "All of Buddhism can be summed up in three words, not always so." Whatever it is will be changing and not graspable. When we look at all the circumstances of our life, they arise a certain way due to conditions, and then they all change.

But change is not random. The law of karma is simply the recognition that things don't happen by accident and that awakening isn't coming by itself. It comes through the sowing of seeds in the heart, seeds of presence and mindfulness, of compassion and loving-kindness. It comes from an understanding that this is possible for you, for each of us. This possibility is really the gift of human life.

Buddha saw that the cause of happiness and the cause of suffering is not so much in life itself, but in the way that we relate to life.

Here's a dharma experiment to try: The next time you are walking into your house, before you enter the door, bow as if it were a temple. You can do this at your software company, or clinic, or wherever you work. You don't have to be weird about it. But before you enter, do a little bow and say to yourself, "This is my place of awakening." You can play from this new perspective, "This is where the Buddha has assigned me. I'm going to become software Buddha!" or whatever your field is.

When you take this sacred pause at the gate of temple just as the Buddha did, just as countless other beings have, you discover a freedom of mind and vastness of heart. You recognize you can indeed see with the eyes of wisdom, you can hold the world in with the heart of compassion. This is your birthright, your timeless and loving Buddha Nature.



“Awakening”

By Frank Rycyk

I see a fascinating Awakening at UUFJC; an awakening of a protest mentality. Many Unitarians love to protest. Some of us do not.

We preach tolerance. Tolerance of many groups. How about a tolerance of those of us who may not want to identify with protests?

How about an awakening toward the “quest for truth”? Let us Awaken, in our minds, the desire to better understand opposing ideas.

Let us Awaken a desire to bring people together.

‘I Am The Dream of Awakening’

by Caroline Mellor

I am the dream of awakening.

I am the returning of the light

I am the tough green shoot pushing up through the pavestones,

I am the first kiss of sunlight on the unfurling petals of the snowdrop.

I am the wind, which whispers the gentle pull of home to the migratory bird.

I am the drop of ice melting on the mountainside with its great dream of the ocean.

I am the sap rising in the blossom tree just before it reveals its sticky buds to the sky; I am the riotous celebration humming away beneath the earth’s mantle of frozen sleep.

I am the rousing of the bee from its winter slumber, and the soft pad of the mother-wolf’s paw on the snow as she prepares to birth her pups.

I am hope, potential, rebirth and promise. I am the kindling breath which transforms the flicker of inspiration in your creative core into a blazing torch.

Give me the silent crescent moon rising over the sea and I will build you a bridge of silver light so you can walk up and lie in it.

Give me the frost-hardened wilderness and I will breathe radiant green life over it.

Give me the healer, the writer, the craftsperson and the storyteller, and I will replenish their essence and make them new again.

I am Brigid, Bast, Inanna and Hestia. I am the fierce protectress of the sacred fire.

Tonight I bestow my gifts of power and courage at the hearth of your soul: power to step out of the shadows of self-doubt and negativity which have held you in darkness for too long, power to

shed all that which no longer serves you, and courage to clear your heart and mind for the dawn that awaits you.

I am the time to honor your unique gifts for their true worth and to protect and nurture your creative self as you would a child.

I am the deep longing of the spirit which refuses to be consumed by a narrative of fear and chooses instead to place itself vivaciously on the side of love.

I am the stirring in your belly, which knows exactly what you are capable of — and that it's time the world found out.

I am the fire within which will not be contained any longer.

I am the quickening, I am the serpent uncoiling, I am Imbolc.

I am the dream of awakening.

Religious Education, 10:30 am

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

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.

Caring Committee

Contact Mary Jo LaCorte at:
uufjc1@gmail.com for assistance

Please submit your Joys & Concerns to our website:

**Frank requests a candle be lit for Al Moayer, an Iranian immigrant who passed away recently. He had been a long time friend.

<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.

Chair Yoga with Alberta
Every Tuesday
@ 11 am
by donation

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

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