



# Flame on the Water

Celebrate Diversity



Question with Integrity



Build Justice

## November 2025 Nurturing Gratitude

Halloween Happening  
Friday, October 31 @ 6:30

Come have some chili with  
your UU friends

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## November Adult Forums

11/2/25: Betty Cooper will explore the fall/  
winter UU World magazine. Bring your copy  
if you have one.

11/9/25: Frank Rycyk, “StarTrek Values/UU  
Values” based on “The Authorized  
Biography of Gene Roddenberry”

11/16/25 Nick Rackers “Free Rotary Youth  
Leadership Training.

11/23/25 Rachel Senzee, Neighborhood  
Services Manager for the City of Jefferson.  
She administers Community Development  
Block Grants.

11/30/25 Greg Frank “The Panama Project”  
Breakfast Rotary has developed an ongoing  
relationship with a Rotary Club in Panama.  
They are working on improvements to their  
school system.

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

*The common understanding of the word “gratitude” simply does not convey the magnitude of gratefulness and all that it offers as a way of being in the world.*

*\*\*Kristi Nelson, Wake Up Grateful*

## ***Gratefulness***

*by James Crews*

Gratitude passes through  
you  
like the clouds of mood,  
like rain turning to sleet  
or gray skies breaking into  
blue.  
It is only gratefulness that  
stays,  
holding your trembling  
hand  
beneath the hospital sheet  
as you count each breath,  
or jumping up and down  
when you hear good news.  
It is the faithful companion  
we have always been  
seeking,  
this feeling of fullness  
that follows us everywhere  
we go, less like a shadow  
trailing the body, and more  
like a glimmer held in the  
heart  
that promises never to leave.

“Gratitude”  
By Frank Rycyk

Expressing gratitude is a normal part of my life. I say,

“I am thankful”.

I do not know to whom or to what I am thankful. I just  
give thanks.

When I am washing dishes I say,  
“I am thankful for the frying pan.”  
“I am thankful for the hot water”.  
“I am thankful for the soap”.  
“I am thankful”.  
“I am thankful”.  
“I am thankful”.

I believe that being thankful is good for my spiritual  
development. I don’t know how to prove this, I just believe  
this. It helps me to feel better.

You might want to try this. You might like it.

“I am thankful”.



## The Power of Gratitude

From the Editorial Team of [calm.com](https://www.calm.com)

When we talk about gratitude, we're not just saying thanks for the big things in life. We're also appreciating the little moments that sprinkle joy throughout our day. Being grateful might seem simple, but, although it's simple in nature, its impact can be quite powerful.

By adding more gratitude to your day, you're setting yourself up for a happier and healthier life. And the best part? It's free and accessible to everyone, everywhere, at any time.

### **Gratitude reminds us what's important**

With so much happening around us, we sometimes forget what really matters. Gratitude acts like a gentle nudge, reminding us to value our loved ones, our health, and even simple pleasures like a tasty meal.

### **Gratitude encourages you to live in the present moment**

Expressing gratitude grounds you in the present moment. When you're grateful, you're not ruminating in the past or worrying about the future — you're genuinely appreciating what's taking place now. Being present is about enjoying that cup of coffee while it's still warm or listening to a friend's story without thinking of what to say next.

### **Gratitude reduces comparison**

Living a life of gratitude helps lessen the urge to compare yourself to others constantly. When you're thankful for what you have, you're less likely to feel the need to have what other people possess. This practice can lead to increased self-esteem and it helps to reduce negative self-talk.

### **Find your why**

Before anything else, ask yourself why you want to be more grateful. It might be for overall mental health benefits, or you might be looking to have stronger bonds with your friends and family. Whatever your reasoning, knowing why you want to add more gratitude into your life will keep you motivated.

### **Start small**

If you're new to the practice, start by identifying one thing you're thankful for each day. Enjoying a sunny day, the taste of your favorite ice cream, or a message from a friend can all spark that feeling of gratitude. By noticing these small moments, you'll train your brain to naturally spot them more often.

### **Be kind to yourself**

Some days, it may be difficult to find gratitude, and that's perfectly normal. However, cultivating a gratitude practice requires consistent effort. Just be gentle with yourself on the challenging days.

Embracing gratitude doesn't mean ignoring life's challenges. It means choosing to focus more attention on the positives than the negatives. This, in turn, brings more abundance into your daily life.

### **What does a life of gratitude look like?**

**A life of gratitude is filled with moments of appreciation and thankfulness. It might look like thanking someone for holding the door, writing down things you're grateful for, or simply stopping to enjoy a beautiful sunset. It's about recognizing the good in every day and taking time to pause and say, "I appreciate this moment."**

## **Greetings from the Inn!**

Some new information and a couple of reminders below.

### **Get your JCRATI swag!**

We have an [online store](#) selling JCRATI t-shirts and sweatshirts again this year. The store is open until October 26 and we should be able to deliver them at the Volunteer Orientation.

Profits from the sale of the shirts goes back into the work we do at the shelter.

### **Lunch & Learn at FBC**

As part of their ongoing series, join us in the First Baptist Church fellowship hall (just up the hill from the Inn...look for the awning) **tomorrow** (October 14) at 12:15pm to hear from Officer Martika Hitt of the JCPD.

### **Open Houses**

We'll be hosting a couple of open houses at the Inn for those who are JCRATI-curious. Stop by to say hello and bring a friend or neighbor to see what we're about! Two opportunities: Thursday, October 23 from 6-7:30pm and Saturday, October 25 from 9-10:30am.

We're getting closer to Opening Day and I can't wait to see our guests and our volunteers again!

Peace  
Sarah Hamilton  
JCRATI Chair

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

**Thanks all those who helped with the highway clean-up. 6 large garbage bags of trash and 3 1/2 grocery bags of aluminum cans were collected.**

<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.

### **Caring Committee**

Contact Mary Jo LaCorte at: [uufjc1@gmail.com](mailto:uufjc1@gmail.com) for assistance.

Meditation group  
meets every  
Wednesday at 7 pm

Drum Circle  
will meet the 2nd  
Monday of the month  
from 7-8 pm  
Next meeting is  
November 10.

Chair Yoga with Alberta  
Every Tuesday  
@ 11 am  
by donation

Our next Intergenerational Classic Read  
is

## **Coffee Will Make You Black**

by April Sinclair

Book discussion will be on

Sunday, February 8, 2026 at 2pm

**Contact us online on our  
homepage:  
[UUFJC.org](http://UUFJC.org)  
or on Facebook**

Unitarian Universal Fellowship of  
Jefferson City  
1221 Northeast Dr, Jefferson City,  
MO

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