

# Flame on the Water

Celebrate Diversity



Question with Integrity



Build Justice



## October 2025 Cultivating Compassion

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## October Adult Forums

10/5/25-Our own, Betty Cooper, on “A House of Hope”, a book recommended by Rev Tom Bozeman. 1st chapter will be discussed.

10/12/25-Dr Brian Norris, Lincoln University. “Improving the lives of rural people in Mozambique & Colombia.”.

10/19/25-Joan Kurtzeborn, Social Action Committee. Joan will share ideas about her work with the groups, “Respect Missouri Voters” and “We Stand United Missouri” and their ideas about “social justice”.

10/26/25-Michelle Brooks, local author will discuss the history of the Emancipation Proclamation.

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

**Taken from the article: *The Nature of Compassion* by Sharon Salzberg**

So what is compassion? What is this mysterious force that is not anger, not aversion, not guilt, not grief?

The traditional understanding of compassion is the trembling or the quivering of the heart in response to pain. It's a movement, almost a sense of agitation, but not a restless agitation. It's trembling, it's quivering, it's open, it's tender. The courage of compassion is said to come from equanimity. Because we feel compassion in response to seeing pain we need equanimity to be able to open to the pain. In order to not deny it or pretend it's not there, or repackage it so it sounds better or looks better, we need to actually see it for what it is. We need equanimity, we need courage, we need wisdom to be able to open to pain. And then the compassion can come forth.

If we are striking out against what's happening, if we're utterly protesting, if we're lost in anger, if we're lost in guilt, suddenly there's no room for compassion to come because all of our energies are involved in these other states.

There's another element to this rather precise sense of compassion which is mirrored in the *metta* practice. *Metta*, or loving kindness, means friendship. What happens when we practice *metta* is the establishment of a sense of equality between ourselves and others. We don't sacrifice love for ourselves in order to feel love for others. And we don't focus exclusively on ourselves... there's a true equality. Thus, we are developing the art of friendship for ourselves and all others.

One of the things that nourishes compassion, according to the teachings, is when it has a stability. This stability is different than shallow martyrdom where we are only thinking of others and we are never caring about ourselves. And it's different from what might be thought of as a conventional kind of self-caring, which only cares about ourselves and doesn't care about others. The Buddha said at one point that if we truly love ourselves we would never harm another, because if we harm another it is in some way diminishing who we are; it is taking away from ourselves rather than adding to ourselves.

“My message is the practice of compassion, love and kindness. These things are very useful in our daily life, and also for the whole of human society these practices can be very important.”  
- Dalai Lama

## October

By [Robert Frost](#)

O hushed October morning mild,  
Thy leaves have ripened to the fall;  
Tomorrow's wind, if it be wild,  
Should waste them all.

The crows above the forest call;  
Tomorrow they may form and go.  
O hushed October morning mild,  
Begin the hours of this day slow.  
Make the day seem to us less brief.  
Hearts not averse to being beguiled,  
Beguile us in the way you know.  
Release one leaf at break of day;  
At noon release another leaf;  
One from our trees, one far away.  
Retard the sun with gentle mist;  
Enchant the land with amethyst.  
Slow, slow!

For the grapes' sake, if they were all,  
Whose leaves already are burnt with frost,  
Whose clustered fruit must else be lost—  
For the grapes' sake along the wall.

Our next fellowship get together will be on Friday, October 31. Chili will be served so bring your favorite toppings, games, puzzles, etc.

Our biannual highway litter pick-up for Rt B/179 is scheduled for Saturday 10/25/25 at 9am. Meet at at parking lot of Freshwater Church on Lorenzo Greene Drive (just past Veit's restaurant). Official MODOT trash bags and safety vests will be provided. Bring work gloves and wear appropriate footwear and sunscreen. Any questions contact Barb Koenig: [bkoenig21905waltz@yahoo.com](mailto:bkoenig21905waltz@yahoo.com) or text 573-462-9837. If you plan on coming, a text or email would be appreciated.

**How to Care Deeply Without Burning Out from the article: How to Be More Compassionate: A Mindful Guide to Compassion by [mindful.org](https://www.mindful.org) staff**

Reining in over-empathy requires emotional intelligence; its underlying skill is self-awareness. You always need to be prepared to explore and meet your own needs. Whenever your empathy is aroused, regard it as a signal to turn a spotlight on your own feelings. Pause to check in with yourself: What am I feeling right now? What do I need now?

- **Know the difference between empathy and compassion.** Empathy is our natural resonance with the emotions of others, where we sense the difficulty someone might be feeling. Compassion is one of the many responses to empathy.
- **Realize when you're feeling overwhelmed.** It's inevitable that we will all experience burnout. What's important is recognizing what's happening and moving toward balance. Compassion implies a [stability of attention](#) and caring in a wise and balanced way—caring about yourself and others.
- **Recognize that you can't change others.** Compassion also implies a wisdom and intelligence to know that it's not up to you to fix the world for others. You can't function if you're just taking in others' pain all the time. There's a balance that's crucial: You can acknowledge the pain, you can want to help, but you have to recognize that you can't change other people's experience of the world. That's the [letting go](#). Dan Harris puts it this way: “My father says the hardest thing about having kids is letting them make their own mistakes. That's compassion with equanimity.”

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

**JOY- Diane Vitello gave birth to a baby girl. Her name is Mary Josephine and they are planning to call her May.**

**Concern - Former fellowship member, Lawrence Dwight "Larry" Seneker, age 54, of Jefferson City, Missouri, passed away on Wednesday, September 24, 2025.**

**<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.

Rita Dockery and Brian Wekamp are planning to attend UU Sunday service & Pride celebrations in Columbia, MO this Sunday, October 5. Columbia's UU will have a booth and Rita has room for more friends in her car if anyone would like to join them!! Call or text Rita @ 573-291-6263

**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.

Meditation group  
meets every  
Wednesday at 7 pm

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

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

**Drum Circle  
will meet the 2nd  
Monday of the month  
from 7-8 pm  
Next meeting is  
October 13.**

**Chair Yoga with Alberta  
Every Tuesday  
@ 11 am  
by donation**

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