

November 8, 2025

Dear Friends,

Thinking about becoming a UU Fellowship Member but didn't know where to begin? It's easy! Just let one of your board members know and we will walk you through the process.

**This week's forum:** Frank Rycyk, "StarTrek Values/UU Values" based on "The Authorized Biography of Gene Roddenberry".

**Next week's forum:** Nick Rackers "Free Rotary Youth Leadership Training."

**This week's Sermon-** "On Gratitude" by Rev. Jamie Hinson-Rieger  
Gratitude is a foundational spiritual practice that connects us to joy and is associated with resilience. However, gratitude can be complicated too--it can be accompanied by guilt, or serve as a form of denial, or veer into toxic positivity. This Sunday we will explore all the facets of gratitude before returning to where we started--that it is good to be grateful.

<https://www.youtube.com/watch?v=d8v6NmNhwvI&t=194s>

**UU Moment -** Gratitude by Rev Jimmie Lee Omar

<https://www.youtube.com/watch?v=BjP5J4F9j5M&t=1993s>

Children attending in-person are welcome to join RE Instructor Dr Samantha Porter for a lesson during the service hour. October's theme: Nurturing Gratitude.



**Lunch After Services**- Please join us for lunch after the service. This weeks lunch will be at Ria's.

**This Week's Joys & Concerns:**

\*Rick Andris shares a Joy: My daughter's church took up a collection for the hurricane victims in Jamaica. (Cuba was not mentioned.) Could we do that as well? If for Cuba, wouldn't that be a great way to show we aren't always the bully del norte?

\*Judy Jones shares a concern for her daughter-in-law, Shannon Jones. She is scheduled to have a thyroidectomy (Thursday, November 6); results of an earlier biopsy showed cancer. Thanks in advance for thoughts and prayers.

If you have a joy or concern that you would like to have read during a service or shared in our weekly email, please submit it by noon on the Friday before through our website: <http://uufjc.org/joys--concerns.html>

We will also have paper forms available Sunday morning for submissions. Submissions made after noon on Friday may not be read or shared until the following week.

Our **Social Justice Committee** has spent much effort on current national and state issues. But at this time, we have a country of people who for the first time are accessing our food pantries. Also, there is a decrease in federal funding for food. It is "a perfect storm".

Therefore, we are having a food drive to last until Sunday, 11/16. We will need drivers to transport the food, and Carol Bontempo has volunteered.

Although our focus now is on Thanksgiving items, any non perishable food is welcome.

Joan Kurtzeborn

The UUFJC meditation group meets every Wednesday at 7 pm

Chair Yoga with Alberta  
Every Tuesday  
@ 11 am  
by donation

C.U.P.P.S.  
Covenant of UU Pagans  
Meets every 3rd Tuesday of the month  
@ the Fellowship  
Contact Kurt Groner for more information  
573-636-0648

From Missouri Faith Voices

The last several meetings we have talked about the unhoused population in Jefferson City and coming up with ideas how to help.

The other big issue is concern for how ICE is dealing with Immigrants and how they are being detained and treated.

These are the two main issues we are dealing with at the time but with the upcoming State Legislative session more issues might come before us.

Brian Wekamp

Blessings Always,  
*Mary Jo LaCorte*  
Administrator

If you are NOT receiving emails that contain information, newsletters & bulletins about the fellowship and would like to, please let Mary Jo LaCorte, fellowship administrator, know @ [uufjc1@gmail.com](mailto:uufjc1@gmail.com).

Caring Committee

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

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

**UUFJC Board of Directors**

President: Rich Burdge  
Vice President: Lisa Sanning  
Secretary: Amanda Landrum  
Treasurer: Bob Antweiler  
Director of Religious Education: Dr Samantha Porter  
Administrator/Membership/Caring: Mary Jo LaCorte  
Social Action: Joan Kurtzeborn

For more events, see our online calendars:

[UUFJC Events](#)

[Community Events](#)

[Virtual Gatherings.](#)

[Religious Education](#)

[Building Use \(other\)](#)

[And visit us online at http://uufjc.org/](http://uufjc.org/)

[Affiliated Events](#)

**UUFJC now has Venmo!**

**You can now make a payment through our Venmo app**

