



# *Flame on the Water*

Celebrate Diversity - Question with Integrity - Resistance Build Justice

## **February 2026 Embodying Resilience**

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### UUFJC February 2026 Forums

2/1/26 - Scott Faughn, the new owner of the Jefferson City News Tribune

2/8/26 - Amanda Landrum, Cole County Assistant Prosecutor, "Grand Juries", How they work and their place in the legal system.

2/15/26 - Betty Cooper, "Re-imagining the World as it Could Be."

2/22/26 - Dr Christine Boston, Forensic Anthropology

"It is really wonderful how much resilience there is in human nature. Let any obstructing cause, no matter what, be removed in any way, even by death, and we fly back to first principles of hope and enjoyment."  
— Bram Stoker, Dracula

Dear UUFJC Members and Friends,

Part of the defined duties of the Board President is to write a message of some kind to include in our monthly newsletter, and I plan to do a better job of that. I see the main purpose of this message as being to reflect on recent events in our Fellowship and to share news on upcoming events and efforts, and to a certain extent to reflect on how events in our larger community and world affect our Fellowship.

First of all, on behalf of the whole congregation, I want to extend a heartfelt thanks to Joan Kurtzeborn for leading the Social Action Committee since last May. After a long period of dormancy, Joan has done a lot to get the SAC off the ground again during times that are challenging, to say the least. Under her leadership, the SAC has been a presence at several peaceful rallies at the Capitol, and gathered a great deal of food for donation during a time of uncertainty for SNAP, just for example. Unfortunately, Joan is stepping down as SAC chair for health reasons, but she assures me that she will remain an active member of UUFJC, and if possible, of the SAC.

I am working with our current Nominating Committee (Katharine Connor, Kim Connor, Betty Cooper) to find a replacement. Since the SAC Chair is now a Board member, they will require election by the congregation as a whole to be seated. It is possible that someone may serve just in an interim capacity until the Annual Meeting in May. (The regular Board elections are scheduled for March 22.)

Also, we are looking into the possibility of offering Our Whole Lives (OWL) classes to our young students. This is the sexuality education curriculum offered by UUA, and a sorely needed resource in our community. Interest among our parents is very strong, which is very encouraging. However, I've discovered that most of our potential students fall neatly into an age gap in the curriculum. So it looks as though we will take a year or so to get acquainted with the curriculum, identify and train our facilitators, and generally plan things out. By that time, our students should fit more comfortably into the intended age range for the curriculum. Because OWL was jointly developed by UUA and the United Church of Christ, we are also exploring the possibility of collaboration with the local Oasis UCC. We would only want to do this in a way that is completely comfortable for everyone concerned, and there appears to be no reason that we couldn't go forward with classes on our own if necessary.

I'm sure that's enough for now. Stay warm and safe. Take care of yourselves and each other.

Rich Burdge  
UUFJC Board President

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## 10 Resilience Skills

1. **Problem-solving**  
Problem-solving is the ability to identify, analyze, and break down problems and generate potential solutions. The most effective ones are then chosen and implemented.
2. **Goal setting**  
Goal setting involves setting well-defined and achievable goals and then taking small steps toward achieving them. Working toward goals builds confidence and a sense of accomplishment, which can contribute to resilience.
3. **Effective communication**  
This involves learning to express needs and feelings clearly and assertively and actively listening to others.
4. **Emotional regulation and stress management**  
Since emotional regulation is the ability to control and manage one's emotions in a healthy way, specific approaches can manage emotions and stress.  
These include practicing relaxation techniques (including mindfulness and deep breathing), cognitively reframing challenges and pressures as opportunities, and engaging in physical activity.
5. **Building a social support network**  
This involves developing and maintaining a solid network of supportive relationships with friends, family, and other trusted individuals.
6. **Practicing self-care**  
Self-care activities should promote physical, emotional, and mental wellbeing, including getting adequate sleep, eating a healthy diet, exercising regularly, and finding time for relaxation and hobbies.
7. **Developing meaning and purpose in life**  
This involves finding purpose and meaning in life, whether in work, relationships, or other personally fulfilling activities.

## 8. Adopting a positive outlook

Cultivating a positive outlook and a growth mindset might include practicing gratitude, focusing on the good things in life, reframing negative thoughts, and seeing setbacks as opportunities for learning and growth, while maintaining a hopeful outlook. Improving self-awareness

## 9. Developing self-awareness includes learning to understand thoughts, emotions, and behaviors to improve responses to stress and adversity and recognizing when to seek support.

## 10. Adopting effective coping strategies

Healthy coping mechanisms might include positive self-talk, visualization, exercise, goal focus, social support, mindfulness, and relaxation techniques.

### “Welcoming”? By Frank Rycyk

Do we want to be a “welcoming congregation”?

- Different people have different ideas.
- Present UUA guidelines specify a certain group.
- How about we try to be welcoming to everybody?
- It is our job to expand the concept of “welcoming”.
- It is our job to guide UUA.

Chair Yoga  
Every Tuesday  
@ 11 am  
by donation

**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.

If you are thinking about becoming a member of UUFJC, understand that it's a very simple and painless process. See a board member to witness you signing the book on the altar and pledge an amount you think you can give. See Bob Antweiler for pledge information.

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

#### SOCIAL JUSTICE CALENDAR

This is a calendar of February Jefferson City Social Justice events in Jefferson City

\*February 1, Sunday, 1-2pm, 253 Monroe Street.

A Silent March of Remembrance and Solidarity

\* February 3, Tuesday, 12-12:45, across from the JC Post Office  
We Stand United

\* February 10, Tuesday, 12-12:45, across from JC Post Office  
We Stand United

\* February 17, Tuesday, 12-12:45, across from JC Post Office  
We Stand United

\* February 24, Tuesday, 12-12:45, across from JC Post Office.  
We Stand United

\* February 27, Friday, 4-6pm, Salvation Army to serve dinner.  
\*\*\*\*. Please notify me if you are willing and able to help.

Save the date for March 28, NO KINGS III. More to come later.

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

Drum Circle  
will meet the 2nd  
Monday of the month  
from 7-8 pm  
Next meeting is  
February 9.

Chinese New Year @ UUFJC  
By Evening Rotary  
Tuesday, February 17, 2026  
5:30 pm

Following a short business meeting, Kit  
Freudenberg will present on "Chinese New  
Year"

Freudenberg has served as director at the Wing  
Lake Asian Museum in Seattle, WA.

February 17 is also the first night of Ramadan  
and Mardi Gras Tuesday.

All are invited!

### **Lunch - after services-**

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

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

**Unitarian Universal Fellowship of  
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MO**

### **UUFJC Board of Directors**

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Treasurer: Bob Antweiler

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