



Flame on the Water

Celebrate Diversity - Question with Integrity - Resistance Build Justice

March 2026 Paying Attention

Page 1 - March Forums

Page 2 - A message from our
President, Rich Burdge

Page 3 - Annual Meeting
Announcement

Page 4 - Poetry on Attention

Page 5 - The Process of Paying
Attention

Page 6 - Announcements

UUFJC March 2026 Forums

3/1/26 - Michelle Brooks - "Historical
Hotels in the City of Jefferson"

3/8/26 - Raji Garikapati - "Arranged
Marriages in India." Rotarian Raji did not
meet her husband until a couple of days
before their wedding.

3/15/26 - Jan Harcourt - "Somatic
Experiencing", Mind-body interactions.

3/22/26 - Nicholas Lovell, "Prison
Education"

3/29/26 - Joan Kurtzeborn - "Social
Justice"

Dear UUFJC Members and Friends,

I hope the beginning of spring finds you all well, and doing your best to hold onto hope and spread love wherever you can. I know it is not always easy.

The UUFJC Board is currently considering whether to renew Rev. Tom Bozeman's contract for an additional year. We welcome your feedback on how you think his ministry is going so far. Please keep in mind that he is under contract for 1/8 of full time, and his duties are proportionate to that level of service. Please respond privately to myself or Lisa Sanning, our Worship Chair.

Also, we are planning an initiative to seek out more live local speakers for our Sunday services. I may be contacting some people to see if they wish to participate in this effort, but if you have an interest in this, please contact me. It would probably take the form of a small temporary committee that would spend a month or two building up a roster of reliable, compatible speakers.

Also, I am very pleased to report that we will be having a new member ceremony this Sunday, March 1! Mark and Cindy Johnson and Jack Eastman are already valued members of our community, and we will be very happy to welcome them formally. If you are considering becoming an official Member, please speak to Mary Jo LaCorte, our Membership Chair.

I appreciate everything you do to make UUFJC the warm and welcoming community that it is.

Rich Burdge
President, UUFJC Board of Trustees

UUFJC Annual Meeting

Sunday, May 31

Voting (by members)

will take place to elect our
2026-27

Board of Directors

Becoming a member of UUFJC,
is a very simple and painless
process. See a board member
to witness you signing the book
on the altar and see Bob
Antweiler for pledge information.

“I don’t know exactly what a prayer is. I do know how to pay attention, how to fall down into the grass, how to kneel down in the grass, how to be idle and blessed, how to stroll through the fields, which is what I’ve been doing all day. Tell me, what else should I have done?” -Mary Oliver “The Summer Day”

Just this.
Just this,
this room where we are.
Pay attention
to that.
Pay attention to who’s there.
Pay attention to what is known
there.
Pay attention to what
everyone
is thinking or feeling; what
you’re doing there.
Pay attention.
Pay attention.

W.S. Merwin

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

**[http://uufjc.org/joys--
concerns.html](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.

The Process of Paying Attention

by Ben Worrall

So how do we step away from our thought patterns and get back to seeing what's there?

Nowadays, I would say the biggest problem is the overload of stimulation from all sides. Especially online media content which is never-ending and keeps us programmed with narratives about the world at the expense of coming to our own conclusions through observation. One way I'm trying to fight this tendency is by being more conscious about what I watch, read and the ideas I consume. I'm also gradually increasing the amount of time I **spend in nature**.

Imagine an entire day sitting in nature, without distractions, simply observing. How do the leaves move in the wind? What patterns emerge in the way a spider builds its web? Does the ambience reveal anything when you look and listen? Any one of these could occupy a full day of study, leading to unknown revelations that may change our entire outlook on life — we don't give ourselves a chance at this type of growth because we spend so little time truly looking.

Even those people who do get out and engage with the world often are likely so lost in their internal dramas that they never see the intricacies right before their eyes.

What the process of paying attention comes down to is trusting life to be your ultimate teacher. For most of my adult years, I've been attempting to improve myself through study and intellectualization. But I'm starting to realize that real change happens through vulnerability — a willingness to be knocked down. Through facing whatever life has in store rather than relying on the subtly defensive ploy of over-analyzing everything.

In a way, you could think of this as an acceptance, or even a submission, to reality. It's a bowing down to the lack of control that we ultimately have and enjoying the ride anyway. Things start to shift when you're sat firmly on the rollercoaster, wind blowing into your face, and you give in to the thrills and pains of the ride. This is when the doors of perception begin to creak open. Finally, you're paying enough attention to notice the horizon beyond. And with every turn of the track emerges a new version of you — exactly the way it was intended.

Intergenerational Book Club
The Satanic Verses
by Salman Rushdie

March 8, 2026 at 2 pm

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

Chair Yoga
Tuesdays @ 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

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

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

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