

UUFJC Weekly News - March 7, 2026

This week's forum: - Jan Harcourt - "Somatic Experiencing", Mind-body interactions.

Next week's forum: - Nicholas Lovell, "Prison Education"

This week's Sermon - The Work of Attention with Rev. Steve Sieck
March 8th, 2026, First Unitarian Church of Des Moines

We are drowning in input to compete for our attention. How do we navigate the constant distractions of contemporary life to steward our attention where we want it to go?

<https://www.youtube.com/watch?v=TwF0cl1s3QY&t=3785s>

This week's UU Moment - Living the Questions by Rev. David Schwartz 3-9-25, Unitarian Universalist Church of Boulder.

<https://www.youtube.com/watch?v=9O8mk9jb8BA&t=4102s>

Children attending in-person are welcome to join RE Instructor Dr Samantha Porter for a lesson during the service hour. March's Theme: Paying Attention

Lunch After Services- Please join us for lunch after the service this week at Bandana's.

This Week's Joys & Concerns:

Wayne states that Alicia is getting better everyday!

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.

Calling all Singers

A UUFJC Chorus is forming!

You are invited to take part.

Please let us know if you are interested.

Please see Judy Jones or Mary Jo LaCorte

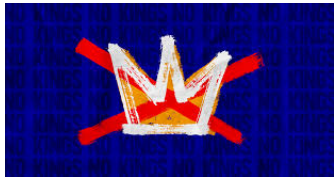
Meditation Group
Meets
Every Wednesday
7 pm

Chair Yoga
Tuesdays - 11 AM
By Donation

Intergenerational Book Club
The Diary of Anne Frank
by Anne Frank

Join us for stimulating conversation

April 12, 2026 at 2 pm



NO KINGS RALLY
March 28 at 12 - 2 pm

The Next
UU Board of Directors
Meeting is today after the
service. All are welcome.

UUUFC Annual Meeting

Sunday, May 31

Voting (by members)

will take place to elect our
2026-27

Board of Directors

Yoga every
Tuesday @ 11 am
By donation

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

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

Caring Committee

Contact Mary Jo LaCorte at: uufjc1@gmail.com for assistance.

Blessings Always,

Mary Jo LaCorte
UUFJC Administrator

For more events, see our online calendars:

[UUFJC Events](#)

[Community Events](#)

[Virtual Gatherings.](#)

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

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

[Affiliated Events](#)

[Religious Education](#)

UUFJC now has Venmo!

You can now make a payment through our Venmo app

