

March 7, 2026

This week's forum: - Raji Garikapati - "Arranged Marriages in India." Rotarian Raji did not meet her husband until a couple of days before their wedding.

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

This week's Sermon - The Gift of Attention, with Rev. Steve Sieck
March 1st, 2026: What we choose to attend to is where we direct our time, energy, and love. How can we be good stewards of the resource of our attention? Rev Sieck is the minister at First Unitarian Universalist Church of Des Moines. Steve is an avid runner and reader who loves the storytelling of stand-up comedy and podcasts. His spiritual practices include sitting meditation, journaling, and hiking. Steve shares the journey with his wife, Anne, a special education birth-3 specialist, and their five children.

<https://www.youtube.com/watch?v=RwIX78JMJ4o>

This week's UU Moment -The World Outside Our Windows, UU Church of Berkeley October 22, 2023. What is our mission? What do we have to offer others, and what is the world calling us to become?

Rev. Marcus Liefert serves as minister of the Unitarian Universalist Church of Berkeley, CA. He's a lifelong UU whose ministry was shaped by growing up at First Unitarian in Oakland, squandering his teenage years as a leader in Young Religious Unitarian Universalists, and studying at Starr King School. What is our mission? What do we have to offer others, and what is the world calling us to become?

<https://www.youtube.com/watch?v=15ZQrGqc32M>

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 Colton's.

Dear UUFJC Members and Friends,

We have scheduled our annual Election of Officers for March 22, and our congregation's Annual Business Meeting for May 31, both during our normal service time. Although they may seem mundane, these are both opportunities for all of our members to learn about and be involved in issues facing our Fellowship. Members can even raise issues for discussion that they feel are important. However, the biggest item, as always, will be the introduction, discussion, and approval of the next year's budget.

I mention this not just for its own sake, but because according to UUFJC's by-laws, only members in good standing who have been such for at least 70 days may cast votes in either the Election of Officers or the Annual Meeting. Clearly it is already less than 70 days until March 22, but it happens that it is 70 days from March 22 to May 31. It does seem that we have several friends and visitors who have been attending somewhat regularly and participating in the life of the congregation, but have not yet officially become members. Joining is a very personal decision based on one's stage of spiritual growth and comfort level with the fellowship as a spiritual community, but I hope that anyone considering joining will also consider the opportunity, and responsibility, that full voting participation affords. In the past, I know that some have hesitated to officially join because our congregational dues to UUA were based on membership numbers, and joining would only increase them. This is no longer the case. Our UUA dues are now calculated based on certain portions of our budget, and are unaffected by small fluctuations in our membership.

If you are interested, becoming a member is simple. Just speak to a Board member expressing your wish to become a member. They will arrange for you to sign our membership book. This can be done publicly, during a service, but if this is not what you wish, it is absolutely not necessary. You will also need to speak to our Treasurer, Bob Antweiler, to discuss a pledge plan.

I have been very pleased to see so many newcomers at UUFJC recently, and I look forward to seeing more of you and your contributions in the future, whether as Members or Friends.

Rich Burdge
UUFJC Board President

SOCIAL JUSTICE

Our country has had two events this week that seem to be on opposing sides the Social Justice spectrum. First, our country has joined a war in the Middle East that has taken many, many lives. The death toll includes civilians, military personnel, and those of unconfirmed status. Mass Graves have buried others who have “disappeared”.

Secondly, We grieve the passing of Jessie Jackson. He leaves a legacy of social justice work and of HOPE.

Our National UUA writes “Now is the time to lean in. To reach for one another. To ignite solidarity and to reimagine democracy. This is a difficult time for our country. But each of us can imagine hope by sharing love. Some ways, but not all, are to write Letters to the Editor, write or contact our representatives or protest for justice.

This coming week:

March 10, 2026. From 10am - noon. At the State Supreme Court, arguments will be heard, Luther vs Hoskins regarding the illegal redistricting in a non census year. We are gathering at the Court Building.

March 10, 2026 and all other Tuesdays. Protest in front of the Post Office, across the street from the Capitol

Please remember that the next NO KINGS RALLY will be March 28 at 10am.

Peace and hope be with you,

Joan K



This Week's Joys & Concerns:

Concerns:

Carol Bontempo fell several times last week and is now in ICU at St Mary's for an infection.

Kurt Groner's nephew is on a Navy ship in the middle east.

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

Yoga every
Tuesday @ 11 am
By donation

Board of Directors

Next Meeting

March 15

After the service

All Are Welcome

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

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

Intergenerational Book Club
The Satanic Verses
by Salman Rushdie

Join us for stimulating conversation

March 8, 2026 at 2 pm

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

