



# *Flame on the Water*

Celebrate Diversity - Question with Integrity - Build Justice

**April 2026**

**Embracing Possibility**

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## UUFJC APRIL FORUMS

4/5/26 - Evan Wood, publisher, Missouri Life Magazine. Wood will share the story of how he brought the magazine book after a temporary closing.

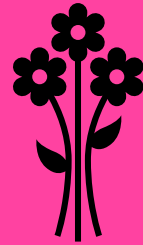
4/12/26 - Dr. Marlene Bricker, "Embracing Possibility"

4/18 - Betty Cooper, Earth Day & Arbor Day

4/26/26 - Dr Gabriel Delong, licensed psychologist. "Communication Skills".

This Sunday, April 5 is Flower Communion!

Bring flowers from your yard if you have some!



### To See Beyond

I do not see Unitarian Universalism as an end in itself. I see UU as a step toward a higher good.

I see wisdom in UU. I see wisdom in other beliefs. Again, I see this as a step toward a higher level of wisdom.

Is identifying with groups good for the mental evolution on humankind? Again. Let us strive toward higher goals.

Let us learn to see beyond:

-Identifying with groups

This world is a beautiful place. Let us learn to see the beauty in the many manifestations of our evolving thought patterns.

-Most things are beyond our control

-Let us, at least, try to control our thoughts.

-More later.....

Enjoy!  
Frank Rycyk

On Sunday, April 12, we will have a guest speaker for the forum and she will also give the sermon that day.

Dr Marlene Bricker, from the St Louis area, has a long history of teaching, sales, and entrepreneurship. She holds a Masters of Ed in Guidance & Counseling. When she found the world of Metaphysics, her life changed. She began studying many different philosophies to find her own truth and beliefs.

Her only desire is to leave the world just a bit better. She is here to counsel, pray and assist humanity to seek their own truth and thus live a life of freedom, peace, and love.

Her favorite quote is by Ralph Waldo Emerson who says: "Who I am speaks so loudly, I cannot hear a word you are saying."

## UUFJC Annual Meeting Sunday, May 31

Voting (by members)  
will take place to elect our  
2026-27  
Board of Directors

We will also vote to change the  
wording of our Affirmation of  
Covenant from Love is the doctrine  
of this (**Church**)

To

Love is the doctrine of this **Community**

### Women's Weekend 2026

To all UU members and friends who identify at the female end of the spectrum--You are cordially invited to attend Eliot UU Chapel's (St. Louis, MO) Women's Weekend 2026! Please join us on May 15, 16 & 17 at Toddhall Retreat Center in Columbia, Illinois, to retreat, relax, and find community among other women.

Workshops include personal labyrinths, A Course in Miracles, stained glass tee shirts, meditation, and beginning tap dancing! There will also be a nature walk, a percussion circle, other art activities, a bonfire, massage therapists, and a whole lot of community! Choose to attend Saturday only, Friday evening through Saturday, or Friday evening through early Sunday morning.

Registration is open now through April 12, 2026. Visit us online at [eliotwomensweekend.com](http://eliotwomensweekend.com). Questions? Please email [womensweekend@eliotchapel.org](mailto:womensweekend@eliotchapel.org). We'd love to see you there!

## Transforming Uncertainty Into Possibility

By Rebecca Zucker

If knowledge is power, the absence of knowledge can feel like powerlessness. Not knowing—or uncertainty—can be a source of anxiety, confusion, and overwhelm.

But we can't know everything that's coming in our professional or personal lives, so we have a choice. We can live with the excess anxiety that uncertainty creates or take steps to avoid having the uncertainty overwhelm us. The fact is that dealing with uncertainty effectively can be a hard one to truly master – at least right away.

### **Reframe:**

Mindset is incredibly important when it comes to approaching uncertainty. It can be best to think of uncertainty through a more glass-half-full lens: as possibility.

“Uncertainty and possibility really are two sides of the same coin,” says Nathan. Even that small shift in perspective can have an incredible effect—focusing on the potential downsides can preemptively sap your energy and keep you from moving forward.

### **Prime:**

When you have a refreshed mindset, uncertainty can start to look a little more manageable. Priming can take time, but it's the step before the main show (action) and it's an important one: preparing for change.

Take stock of what you'll need, what resources are at hand, and what you'll do when wading into uncertainty starts creating discomfort. And to be clear, discomfort is always there. It's only when you're accepting of discomfort's inevitability that you are primed to act.

### **Do:**

It takes willingness to learn—and if necessary, to fail—to move forward, the pair says. It takes action. And not just doing things to get them done, to achieve goals—it takes acting with purpose. Traversing the unknown this way will always be worthwhile because it removes ambiguity and helps you move past uncertainty. After all, experiencing a failure is beneficial because you can see firsthand that the worst-case scenario probably didn't happen, and the fears you had before were to at least, to some degree, unfounded.

### **Sustain:**

Things will go differently than we planned, even in the best of times. Just as the food and drink we consume keep our bodies operating, a willingness to take these detours and setbacks as part of the journey can provide fuel for you to get back on the road. Various de-stressing exercises and coping mechanisms can help you bear the difficulty of venturing into the unknown and strengthen you for what comes next.

Transforming Uncertainty Into Possibility, continued

A lack of uncertainty—a stable, certain, life with few things left to chance—can be uninspiring and boring. Someone who prefers that kind of life is someone with what would be considered a low possibility quotient. Meanwhile, those who have more comfort with uncertainty have a higher quotient and a willingness to take risks that could pay off—or at least keep them from regretting *not* going for it.

By shifting your mindset, taking action, and continuing to forge ahead—like in the steps outlined above—you can start increasing your tolerance for risk, which opens many more doors in your personal *and* professional life. You can also keep situations with many unknowns from overwhelming you and keeping you from being at your best.

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

**Litter Pickup**

Saturday, April 18, 2026 9 AM @ Parking  
Lot of Freshwater Church  
2500 Tanner Bridge Place  
Bring gloves & sun hat

Please contact Barb Koenig if you  
plan to attend @

[bkoenig21905waltz@yahoo.com](mailto:bkoenig21905waltz@yahoo.com)

Or

573-462-9837

(Weather makeup 4/25/26)

**C.U.P.P.S.**

Covenant of UU Pagans  
Meets every 3rd Tuesday of the  
month

@ the Fellowship

Contact Kurt Groner for more  
information

573-469-8240

Chair Yoga  
Tuesdays @ 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.

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

Unitarian Universal Fellowship of  
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MO

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