

# Flame on the Water

*Celebrate Diversity - Question with Integrity - Build Justice*



July 2026  
Spiritual Awakening

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Rich Burdge

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## July Forums

7/5 -Nathan Elwood, legislative  
librarian, "Walthall Moore,  
Missouri's first Black legislator."

7/12 - The Rev Chelsey Hillyer,  
First United Methodist Church

7/19 - Tammy Chute, Scholastic,  
"Opportunities for the  
Underserved."

7/26 - TBA

Dear UUFJC Members and Friends,

I am happy to report that the UUFJC Board of Trustees has unanimously voted to renew Rev. Tom Bozeman's contract for the 2026-27 church year! His contract will continue to be at a 1/8 time ministry, but there will be significant adjustments. The Worship Ministry Evolution Team that meets virtually on a near-weekly basis has produced several positive results for our worship services and our fellowship in general, but several members have voiced understandable concerns that Rev. Bozeman's ministry over the past year has not done enough to directly involve the entire congregation. To this end, the plan for the coming year includes a series of three full-day workshops spaced out over the year that Rev. Bozeman will lead in person, which all members are strongly encouraged to participate in. In addition, there will be a series of seven small groups, or "cohorts" of 3-6 members meeting for five weeks each. All members are strongly encouraged to participate in one of these groups. This should be a much more manageable commitment than this year's WMET, and the small group size will allow for focus on the concerns of the particular members involved. But in general, here are the topics that Rev. Bozeman describes covering:

- Tending to the relational fabric of the congregation by fostering connection and understanding with each other (by practicing curiosity, humility, care, stamina, discernment, courage, consent, resilience, and wisdom) - and attending to whatever underlying tensions and unresolved issues are likely to be exposed in the process.
- Inquiring into the ways we could be stuck by stepping back from our opinions, expectations, personal narratives, and desires to observe what is going on in relation to our own thoughts, emotions, and physical sensations - so that we might have more choice.
- Releasing patterns of thought and behavior in order to engage with life in ways that better affirm connection, compassion, and accountability.
- Participating in life as a process of co-inquiry with more humility, openness, and a sense of wonder.
- Cultivating our collective capacity to face the complexities within us with more clarity, resilience, nuance, perspective, depth, and grace so that we can hold space for the complexities around us in the same way - and to compost what feels difficult and painful.

- Welcoming the resistance, paradoxes, complexities, doubts, and contradictions that are all very normal parts of the process.
- Finding answers that we aren't expecting - but, rather, change our relationship with parts of ourselves or the world around us.

That ought to keep us busy for five weeks at a time, and then some! I hope you are looking forward to this exciting and challenging year. Please stay tuned as we get things organized, and remember that Rev. Bozeman will be here from July 26-Aug. 2 for his final visit of his current contract year.

And in other major news, please join me again in thanking Joan Kurtzeborn for her tireless service as chair of the Social Action Committee for the past 2+ years. She is stepping down due to personal commitments, but has agreed to stay on no later than July 31, and has emphasized how willing she is to show a new chair the ropes, and share the valuable contacts she has gained in the social justice community. She hopes to remain an active member of the SAC for a long time to come. Anyone who is interested in being the new Chair of the SAC, which would also be a member of the Board of Trustees, can please contact either Joan or myself.

Have a peaceful summer!

Rich Burdge  
President, UUFJC Board of Trustees

Our part-time minister, Rev Tom Bozeman, will be with us again from Sunday, July 26 - Sunday, August 2. He will have a workshop for the entire congregation on Saturday, August 1, from 9-1 pm. All are welcome to attend this workshop. He will also be available for 1 on 1 discussion by appointment.

### Spiritual Awakening

Spiritual awakening is a stage of a view of the reality that we are currently living in. In other words and in different cultures it can be called such as; “enlightenment”, “bliss”, “nirvana”, “spiritual rebirth”, “religious experience”, “regeneration of the spirit” and plenty other terms that are associate with spiritual awakening.

#### What are the signs?

- You may feel disconnected or detached. It may seem overpowering or confusing at first.
  - You’ve reevaluated your beliefs. You begin to see how many of your views, attitudes, and values are influenced by others or acquired from your society. You’re becoming more self-aware.
  - Your dreams may be more vivid. A spiritual awakening can make your waking life more vivid, but it can also make your dream life more vibrant. The meanings of your dreams and how they relate to your path may also become clearer.
- You may experience more synchronicities and deja vu. If you’re constantly seeing angel numbers or have synchronicities, such as thinking about someone and then unexpectedly running into them the next day. You begin to notice the countless signals and omens that life sends your way. With you, life becomes much more responsive and engaging.
  - Your relationships begin to shift. You may feel as though your loved ones and close friends don’t understand you anymore. Ask loved ones to appreciate what you’re going through and remind them that they don’t have to share your enlightenment.
  - You feel spirituality is becoming an important part of your life. You will find yourself searching to find purpose and fulfillment in your faith.
  - You’re more intuitive and you start listening to the calm voice inside. You allow it to dictate your judgments, and your unconscious mind may send you covert signals.

- You can sense inauthenticity and somebody deceives you, you will also feel any inauthentic or manipulative conduct.
- You realized everyone is on their own pathway. It doesn't matter so much now, such as winning discussions or persuading others to think. There emerge unending questions regarding your identity and existence, such as, "Who am I?" "Why did I come to life?" "Here I am to do what?" "What is my life's purpose?"
- You feel alone and lost. It's isolating to make your entire life turn upside down, particularly if others are not on the same wave in your life.
- You feel more connected to the natural world and nature and less to family and friends. Your innate empathy is aroused and the depth of your sentiments may be difficult for you. Life is no longer overlooked — it's recognized as fantastic, wonderful and lovely.

- You may have more bodily sensations along with enhanced awareness and sensibility.
- You feel stronger than ever before the energy of others, the grief of your loved ones and the challenges in life. At the same time, you sense a beautifully strengthened relationship with nature and animals.
- Many symptoms, including tiredness and mental fog, can also lead to spiritual awakenings. It may come in the form of depression or anxiety.
- You may suddenly, you feel that your life has to be simplified. It might entail ridding toxic individuals, re-assessing your routines, throwing away the old stuff, moving to a new job or area, or even giving away most of your possessions.
- You suddenly want to have more time alone. You spend a lot of time looking into the stillness and appreciating it. You strive to reduce social interaction at any cost

## Potluck!

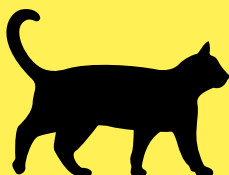
After the August 26 service.  
Please bring something to share  
and stay to get to know each other  
better!!

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

Intergenerational Book Club's  
Next read

*Look Who's Back*  
By Timur Vermes  
Book discussion on  
July 14, 2026 at 2 pm

Our Fellowship children will be making treat bags for  
animals in the shelter. If you are able, please bring in some  
treats for cats or dogs during the month of July to help the  
children with this project.



Meditation Group  
Meets  
Every Wednesday  
7 pm

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**

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