



Flame on the Water

Celebrate Diversity - Question with Integrity - Build Justice

August Theme - Being Mindful

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August Forums

8/2/26 - Bob Priddy: "Homelessness & Poverty in Mid-Missouri"

8/9/26 - Gary Kowaluk: "Second Opportunity Program" Norwegian prison honor dormitories.

8/16/26: Betty Cooper: "Unitarian Universalists as life-long learners."

8/23/26: Raylene Duckworth: Rise-Up Foundation "Healthy teen relationships"

8/30/26: Dr Egidio Chaimite, Fulbright Scholar "Mozambique political science."

Religious Education, 10:30 am

Children attending are welcome to join RE instructor Dr Samantha Porter for a lesson during the service hour.

Noticing & Mindfulness Exercises:

- **Noticing Body Scan:** Begin or end your day with a body scan, which involves slowly moving your attention through various parts of your body and simply noticing. Notice any sensations, tension, or discomfort without trying to change anything. This practice can help you develop a keen awareness of bodily sensations and aid in relaxation. This is very grounding and great for anxiety.
- **Deep Breathing:** Incorporate deep breathing exercises into your routine. Focus on breathing deeply for three minutes, using your breath as an anchor whenever you find your mind wandering. This can be a quick and effective method to center yourself and combat stress. Try to commit to a set number of deep breaths, morning and night. Started with 3. Three deep breaths in the morning, three at night. You'll be amazed how this can adjust your mind speed.

Social Action Committee

Several members of our congregation participated in the Good Trouble rally and march this past week. It was in celebration and memory of Senator John Lewis.

I spotted four folks wearing their Stand with Love shirts!

Mark Johnson and I did the Ring the Bell this past week to raise money for the Salvation Army. Our team delivered and served dinner to the Salvation Army residents this past Friday.

This has been a wonderful experience to serve as chairperson for the Social Action Committee. Thank you for your generous support.

Submitted in love and peace

Joan

There is only one mistake
you are making:
you take the inner for the
outer and outer for the inner.
What is in you, you take to
be outside you
and what is outside, you take
to be in you.
The mind and feelings are
external,
but you take them to be
intimate.
You believe the world to be
objective,
while it is entirely a projection
of your psyche.
That is the basic confusion . .

By: Sri Nisargadatta Maharaj

"It's the simple things in your
life that make up the bulk of it.
The mundane is where we live
and we end up missing most of
it. We find it again in the silence
and in attention of everyday
life." — Eric Overby

How to Engage in Mindfulness

The next time you find yourself alone,
maybe waiting for a friend to meet you at
the restaurant, for example, is your
temptation to take out your phone to
combat the anxiety? That's true for most of
us, so you're not alone.

Why is being alone with yourself so
uncomfortable?

The next time you find yourself in this
scenario, just sit there and be mindful,
staying present. You may find that the
anxiety, discomfort, and unease is intense.
Simply let it be. Notice it, breath through it.
Let it subside on it's own.

Because most of us are not used to
doing this, it takes practice. Each time we
engaged in a mindful moment, there will be
less anxiety than the previous time.

The thing about being present and
really paying attention is that we learn
things about ourselves and our world that
we might have been avoiding, perhaps with
good reason. But we can deal with these
thoughts and feelings once they come into
the light. Because mindfulness can help us
better uncover and get at the causes, it can
be a more effective way to increase
happiness, if done correctly. And taking this
more social, cultural approach to
addressing our issue is often more
rewarding because it helps us move
forward while simultaneously helping others
move forward as well.

Intergenerational Book Club's
Next read

***Do Androids Dream of
Electric Sheep?***

By Philip Dick

Book discussion on
August 9, 2026 at 2 pm

**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.

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 August to help the children with this project.

They will also be making essential bags for the Salvation Army guests. They could use deodorant, feminine hygiene products, shampoo, bar soaps, etc.

Meditation Group
Meets
Every Wednesday
7 pm

Chair Yoga
Tuesdays @ 11 AM
By donation

Drum Circle
will meet the 2nd
Monday of the
month from 7-8 pm
Next meeting is
August 10.

Our next UUFJC Board
meeting will be on Sunday,
August 23, after the
service. All are welcome to
attend.

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

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