

Flame on the Water



Celebrate Diversity

Build Justice

Question with Integrity

October's Theme - COURAGE

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October Forums

10/4 - Tammy Chute - "Scholastic Serving the Community"

10/11 - Chief Eric Wilde, JCPD, Flock Cameras, Crime-Fighting Success Stories.

10/18 - Rachel Sense, City of Jefferson, New Federal Law improving housing possibilities in JCMO.

10/25 - Dr Hannah Bowling, LU, "Sorcery & Scandals," early & modern crime & punishment.

UUFJC Litter Pick-Up
Saturday, October 24, 2026.

Meet at 9 am in the parking lot of
Freshwater Church located at [2500 Tanner
Bridge Place](#) (off Lorenzo Greene Drive just
past Viet's Pub).

Bring gloves and sun hat. Please let Barb
Koenig know if you plan to help out.

Contact Barb at:

bkoenig21905waltz@yahoo.com or
[573-462-9837](tel:573-462-9837).

CUUPS

Covenant of Unitarian Universalist Pagans

Meets on the 3rd Tuesday of the month @ 6 pm

Contact Kurt Groner for more information @ 573-469-8240

Our next UUFJC Board
meeting will be on Sunday,
October 18, after the service.
All are welcome to attend.

“If there is ever a
time crying out
for courageous
leadership, it’s
now.” –

Bill Hybels

"Still I Rise" by Maya Angelou

You may write me down in history
With your bitter, twisted lies,
You may tread me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.

Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like
teardrops.
Weakened by my soulful cries.

Does my haughtiness offend you?
Don't you take it awful hard
'Cause I laugh like I've got gold
mines
Diggin' in my own back yard.

You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your
hatefulness,
But still, like air, I'll rise.

Does my sexiness upset you?
Does it come as a surprise
That I dance like I've got
diamonds
At the meeting of my thighs?

Out of the huts of history's
shame
I rise
Up from a past that's rooted in
pain
I rise
I'm a black ocean, leaping and
wide,
Welling and swelling I bear in
the tide.
Leaving behind nights of terror
and fear
I rise
Into a daybreak that's
wondrously clear
I rise
Bringing the gifts that my
ancestors gave,
I am the dream and the hope of
the slave.

I rise
I rise
I rise

Drum Circle

Monday, October 12
from 7-8 pm

Will be held at Catalpa
Wellness
1802 W Main St

**Thinking about becoming a member of UUFJC but didn't
know where to start?**

*See a board member to sign the book on the altar.

* See Bob Antweiler for a pledge form.

Intergenerational Book Club's

A Clockwork Orange

by Anthony Burgess

Discussion will be on

October 11, at 2 pm

Chair Yoga
Tuesdays @ 11 AM
By donation

Meditation Group
Meets
Every Wednesday
7 pm

Please keep the following friends in your thoughts:

****Dabe Berry and Shay Ochoa:** Dabe is recovering at home from major surgery.

****Carol Bontempo:** as she recovers at Jefferson City Manor.

UUFJC Board of Directors

President: Rich Burdge
Vice President: Lisa Sanning
Secretary: Amanda Landrum
Treasurer: Bob Antweiler
Director of Religious Education: Dr Samantha Porter
Administrator/Membership/Caring: Mary Jo

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

Unitarian Universal Fellowship of
Jefferson City
1221 Northeast Dr, Jefferson City,
MO

The 7 Common Types of Courage

Physical Courage: Acting despite the fear of harm or death.

Moral Courage: Doing the right thing even though it might be uncomfortable or unpopular.

Emotional Courage: Willingness to feel and process painful or difficult emotions—such as vulnerability, grief, or anger—without running away or shutting down.

Intellectual Courage: The openness to learn, unlearn, and relearn. It involves questioning your own deeply held assumptions and risking being proven wrong.

Social Courage: Being yourself and standing up in the face of potential embarrassment, rejection, or social exclusion.

Spiritual Courage: Facing existential pain, suffering, or uncertainty with faith and dignity while seeking a deeper sense of purpose and meaning in life.

Creative Courage: Venturing into new, unproven ideas and expressing yourself without fearing judgment or the risk of failure.

Religious Education, 10:30 am

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

5 week sessions
with Rev Tom Bozeman
will be going on through out the year.

If you are interested in signing up for a session,
please see the sign up sheet in the office or
talk to a Board Member.

Caring Committee - for assistance, please
contact Mary Jo LaCorte by email at
uufcl@gmail.com or text/call at
573-680-9853.

