

AS A MEMBER CONGREGATION OF THE UNITARIAN UNIVERSALIST
ASSOCIATION, WE COVENANT TO AFFIRM AND PROMOTE:

The inherent worth and dignity of every person

Justice, equity, and compassion in human relations

Acceptance of one another and encouragement of spiritual growth in our congregations

A free and responsible search for truth and meaning

The right of conscience and the use of the democratic process with our
congregations and in society at large

The goal of world community with peace, liberty,
and justice for all

Respect for the interdependent web of all existence
of which we are a part.



THE LIVING TRADITION WE SHARE DRAWS FROM MANY SOURCES

Direct experience of that transcending mystery and wonder affirmed in all cultures,
which moves us to a renewal of the spirit and an openness to the forces which
create and uphold life

Words and deeds of prophetic women and men which challenge us to confront
powers and structures of evil with justice, compassion, and the transforming
power of love

Wisdom from the world's religions which inspires us in our ethical and spiritual life

Jewish and Christian teachings which call us to respond to God's love by loving our
neighbors as ourselves

Humanist teachings which counsel us to heed the guidance of reason and the
results of science, and warn us against idolatries of the mind and spirit

Spiritual teachings of Earth-centered traditions which celebrate the sacred circle of
life and instruct us to live in harmony with the rhythms of nature



Rev. Sarah Oglesby-Dunegan **Worship Service 10:30 a.m. Sundays**

The UUFT is proud to be a Welcoming Congregation, dedicated
to the spiritual, political, and social well-being of all who are
confronting oppression as lesbians, gay men, bisexuals,
transgender people, and heterosexual allies.



4775 SW 21st Street

785-272-9233

www.uuft.org



Our monthly themes focus us on a spiritual value that our UU faith has historically honored and emphasized. This is why each monthly theme is framed by a question: *What does it mean to be a community of **Embodiment**?*

“I spend most time wondering if I should be somewhere else. Instead, I’m learning to shape the words “thank you” with my first breath each morning. My last breath each night. So when the very last breath comes, at least I will know I was grateful for all the places I was so sure I was not supposed to be.”

- Sarah Kay, Poet, from The Paradox

Our Covenant Together

As a Community of Love, Justice and Spirit, we Covenant together:

To open our minds and hearts to the diversity of religious journey

To care for one another in thought, word and action

To model our Principles in the world around us

To celebrate life in all its variety and

To live and Love



Ongoing Opportunities and Calendar of Events

For more details please see uuff.org or see the media screen in the Coffee Bar Gathering Space

Sunday Book Group: Meets Sundays at 9 am in the Dr. Emily Stowe Room.

Contact Ken Kerle ken.kerle@cox.net

Wednesday Book Group: Meeting the second and fourth Wednesdays at 1 p.m. in Fahs Chapel Contact Nancy Heitzig. nmheitzig@gmail.com

Hatha Yoga: Meets Thursdays at 5:30-6:20 pm in Scanland Hall.

Allan Foster facilitates (2nd & 4th) & Bill Lucero (1st & 3rd)

Let’s Help Volunteering: 2nd Friday of each month.

Contact Ann Barr at 231-9927.

Harvester’s Work Day: 1st Saturday 9 a.m. of each month.

Report to 2nd & Quincy. Contact Bill Lucero-lucero1b@cox.net.

TNH (Thich Nhat Hanh) Meditation

Group—Meets every Wednesday evening 7-8:30 pm. Contact Chuck Fantz at cfantz@gmail.com.

Intergenerational Green Team—Meeting Sunday afternoons in March.

Contact revsarah@uuff.org or Chris Hamilton at chris.hamilton@washburn.edu or FB page.

Beacon Youth Group—a welcoming environment for queer youth ages 12-18 to engage in socialization, education, exploration, and activism. Meetings Mondays from 5:30—7:30 pm.

<http://beaconyouthgroup.org>

One Hour Choir—a group that sings once a month on 3rd Sundays. We practice and sing 1 hour before the service. Everyone is welcomed.

Janine Silsby contact janinesilsby@gmail.com



May 14, 2017

What does it mean to be a community of embodiment? What does our community embody?

GATHERING

Prelude “The Fort” By Second Child
Ingathering Songs #188, #38,
Opening Readings.....Martha Graham , Walt Whiteman, Anon
Welcome Rev. Sarah Oglesby-Dunegan
Chalice Lighting and CovenantRev. Sarah and WA

CONNECTING

Offering..... Cap City Equality Center, Stephanie Mott
For you I receive, to you a I give; together we share, and from this we live
Story For all Ages “What Do You Do With An Idea?”
Children’s Recessional Congregation
*Go Now In Peace, Go Now In Peace
May the Spirit of Love surround you
Everywhere, Everywhere...you may go!*

Hymn #346 Come Sing a Song With Me
Joys and Sorrows..... #123 Spirit of Life
Anthem Song of the Soul, Cris Williamson
ReadingFrom Courtney Martin
ReflectionRev. Sarah
Congregational ReflectionHow are you “UU?”
Closing Songs (#108, #311, #170 depending on time!)

Sundays in May:

What does it mean to be a community of Embodiment?

May 14 Spirit In Action: Embodying Unitarian Universalism: How Do You Live Like a Unitarian Universalist? From what we eat, to where we live, to what we give our time and money to, our pass-times and passions, to how we raise our kids and engage in lifelong learning--how we each are living out our core values and principles and purposes. Rev. Sarah **Offertory: Cap City Equality Center**

May 21 It Takes a Community to Empower Youth: Lynnlee and the Youth RE program will celebrate graduating/bridging seniors We will also honor volunteers, and share the stories of our youth and their spiritual journeys in Unitarian Universalism from Sprit Play to the UU-UNO and beyond! **Offertory: UUFT RE**

May 28 Faith In Action - Embodiment. Universalists have been at the forefront of every significant social change in our nation's history. Now, more than ever, we need to work with partners to have an impact in our cities, states, and country. MidAmerica Regional Conference explored a multitude of ways that we can embody our faith. **Barb Gutsch from Salina Offertory: UUSC**

ANNOUNCEMENTS:

UUFT Annual Mtg.—June 4th, after service to vote on slate of officers and the budget

TODAY—Mother’s Day after service, the Social Justice Committee is sponsoring a meal with donations collected going to Kansas Interfaith Action.

Contacts:

Minister Rev. Sarah Oglesby-Dunegan revsarah@uuft.org 720-339-6779

Director of Religious Exploration/Youth Lynnlee Lee uufdre@gmail.com

Administrative Assistant Suzy Loy office@uuft.org 785-554-7782

Membership Co-Chairs: Vicki George vickigeorge8084@gmail.com & Tracy Metcalf tbm26@yahoo.com

Board President Kathy Menzie kathy.menzie@washburn.edu 785-221-7360

Stewardship Chair Don Chronister don_chronister99@gmail.com

Birthdays: 5/15 Juliet Fehrenbacher; 5/16 Jack Waggoner; 5/17 Beth Foerster, Aidan Maize, Mason Shields; 5/18 Ashanti Spears, Tricia Waggoner.