

MARCH UU NEWS

Newsletter of the Unitarian Universalist Fellowship of Salina

<http://www.uusalina.org>

<http://www.uua.org>

also "Like" us (Salina UU Fellowship) on facebook

YOU ARE INVITED AND WELCOME to join us for conversation

with coffee and treats...the SERVICE BEGINS at 10:30 am



Sunday Forum on March 1st at 9:15 am

The American Car: A Love Story. Cruising, romance, vacations, a drive-thru, loud exhaust! What's not to love? Facilitated by Glen Lakes.



Sunday Service on March 1st at 10:30 am

Carrying Justice into the Digital Age of Higher Education. Early in Dr. Taryn Gilbert Howard's post-PhD academic career, she filed a lawsuit regarding sex discrimination and retaliation, which shaped how she understands academic institutions, power, and justice. She will explore what education really means and how our values must guide both learning and the technologies that shape our universities. Dr. Taryn Gilbert Howard is an English professor at Kansas State University Salina (formally at Kansas Wesleyan University). She earned her doctorate in English from Texas Tech University, focusing on gender, culture, and American literature, and has taught literature, creative writing, and composition at the college level for the last 15 years.



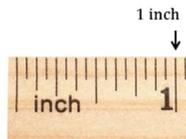
Sunday Forum on March 8th at 9:15 am

The New Food Pyramid. Steak is at the top of the new food pyramid – if you can afford it! It's all about the food, stupid! Facilitated by Glen Lakes.



Sunday Service on March 8th at 10:30 am

Attending to the Little Things. "Imagine how our lives might be if everyone had even a bit more of the wisdom that comes from seeing swirls around us, calling for our distracting us from our own by a text, email, or phone call? Or a or Facebook post? Today, Lay Leader and how to redirect our attention to that which feeds our soul. We will also discuss Carrie Newcomer's practice of taking "One Inch Photos" as an example.



Sunday Forum on March 15th at 9:15 am

Open Forum. This is your opportunity to talk about spiritual, religious, political, humanitarian or even subjects that are quaint. Facilitated by Glen Lakes.



Sunday Service on March 15th at 10:30 am

Metanoia. Metanoia is a Greek term representing a transformative change of heart and mind. Mark Saville will explore how times of crisis can lead to a profound shift in perspective.



Sunday Forum on March 22nd at 9:15 am

Do You Want a National School Curriculum? If so, what would you include? A Kansas bill calls for communism class and a civics test amid claims of “anti-Americanism” in schools. Are we in a national crisis that warrants this requirement nationwide? Facilitated by Glen Lakes.



Sunday Service on March 22nd at 10:30 am

A Spiritual Odyssey. Father Kerry Ninemire plans to outline how he came to have an ecumenical outreach and social justice conscience. His story begins with coming from a more conservative western Kansas farm family to a new awareness in his college days and beginning ministry. During his years of ministry, he has been blessed with friends and associates in each community who helped “stretch” him beyond his comfort zone. He sees this slow journey being paralleled in his own church. Rev. Ninemire was born in Norton County and spent his first thirteen years on a family farm/ranch. He went to a Seminary High School in Victoria, KS, followed by college in St. Mary, KY, and theology in St. Louis. Most of his years of ministry have been in Salina, Junction City and Manhattan. In every town, he has enjoyed being a member of the Ministerial Association as well as being involved in many service organizations assisting those on the margin.



Sunday Forum on March 29th at 9:15 am

Consolation. Please console me if I can't express this title properly! How do you say something that makes a person feel less sad or disappointment? Facilitated by Glen Lakes.



Sunday Service on March 29th at 10:30 am

Jesus and Justice: A Palm Sunday Sermon. The life of the historical Jesus can be gleaned with the help of scholars such as John Dominic Crossan, whose latest book describes a man you would want to know. In our times, the faith movement that formed around Jesus has become corrupted into White Christian Nationalism. Jesus led a movement of non-violent resistance to the armed soldiers who were enforcing Roman policies in Jewish communities, against the powerful rich leaders who were squeezing the lives of the people. When Jesus went to Jerusalem for Passover his followers cut palm branches and waved them. When I was in frozen Minnesota in January there were no palm branches, but there were



whistles and honking and marching. I was reminded of that ancient resistance story when I saw people organized to welcome the stranger, to protect their neighbors, to counter the lies of the Imperial forces of our time. Diane Miller is Minister *emerita* of The First Church in Belmont (MA). She retired after 40 years in ministry and moved to Salina to relish being a grandmother. She is a friend of the Fellowship.



IMPORTANT DATES AND EVENTS TO PUT ON YOUR CALENDAR THAT REFLECT THE LIFE AND GROWTH OF OUR SALINA UU FELLOWSHIP IN OUR COMMUNITY

The UU Fellowship of Salina Board of Directors

President: John Kingsley

Vice President: Renee Martin

Secretary: Karin Cumming

Treasurer: Kim Morey

Member at Large: David Norlin

Member at Large: Rodrigo Carrizales

Member at Large: Russ Carter

Member at Large: Dave Corl

Past President: David Hanson

The fellowship board meets once a month on the third Sunday after the service to discuss important items pertaining to our faith community. All members and friends are welcome to attend these meetings. Members are able to vote on issues that come to a vote during the meeting. Your voice and your vote are important to us! The **March board meeting will be on the 15th**.

Interested in Becoming an Official Member of UUFS? Lay Leader Barb Gutsch will be presenting a "new member Sunday service" before the summer to welcome any new members. Possible dates for New Member Sunday include April 5, May 3, or May 17. If you are interested in becoming a member of UU, let Barb know which Sunday might work best for you? Prior to that service, Barb will meet with potential new members to talk about UUFS membership and answer any questions you might have.

Keeping the Dream Alive: Small Group Gatherings with Barb Gutsch. In February, Barb hosted two small groups to discuss what drew them to UU and what keeps them coming back, how we could improve UUFS, and what they might like to see in the future of UUFS. If you missed them, don't worry, there is more to come. Join Barb to socialize with others in a small group setting and talk about our dreams for UUFS. Sign up on the clipboard on Sundays, go to <https://doodle.com/sign-up-sheet/participate/b355bfb2-b7d5-44e9-8527-3edd88391e4b/select>, or contact Barb directly. Upcoming meetings are scheduled at Barb's house for Sunday, March 1st @ 6:00 PM, Monday, March 2nd @ 6:00 PM, Wednesday, March 4th @ 2:00 PM, and Thursday March 5th @ 6:00 PM. On Sunday, March 8th, we will meet at UUFS immediately following the service.



Make Your Pledge Online, go to <https://uusalina.org/pledge-drive-2026-27>



Soul Matters Sharing Circles

Soul Matters groups back to meeting in 2026. Let Barb Gutsch (bjgutsch@cox.net) know if you are willing to step up and facilitate a new group. Also let Barb know if you are wanting to join up with a Soul Matter sharing circle. The topic for March is "Paying Attention".

Find out more by following these links.

<https://www.soulmatterssharingcircle.com/>

Find musical inspiration on each theme by following our monthly Spotify lists:

<https://www.soulmatterssharingcircle.com/spotify-lists.html>

Get daily inspiration on the monthly theme by liking our Soul Matters Facebook Inspiration Page:

<https://www.facebook.com/soulmatterssharingcircle/>



BioSpiritual Focusing in Four Sessions. As a way of exploring March's theme of Paying Attention in more depth, Soul Matters is thrilled to offer a four-week class in [BioSpiritual Focusing](#). The class will be run by UU and trained BioSpiritual Focusing teacher, Nancy Benben. Learn more about Nancy [here](#) and on our [Team Page](#). BioSpiritual Focusing is a contemplative awareness practice that taps into the body's wisdom to deepen spiritual awareness in a way that leads to personal growth and healing. Participants will not only experience this process but will learn how to make it a part of their personal on-going spiritual practice routine. This 4-part series will introduce participants to the basic concepts of BioSpiritual Focusing and how it complements other contemplative practices. Here are the topics that will be covered:

- Psychological and spiritual foundations of BioSpiritual Focusing
- Learning the practice of "clearing of the space" – opening your awareness to your body's wisdom
- Learning how to notice a "felt-sense" and "felt-shifts"
- Working with your inner critic using "process skipping"
- Learning to do BioSpiritual Focusing with in a group of fellow practitioners
- Using BioSpiritual Focusing as a regular personal discernment practice

DATES: The class will meet on March 2, 9, 16 & 23 from 6:30 - 8:30pm Eastern time

COST: The 4-session class costs \$110 per person

TO REGISTER & PAY: Click on the button below. (If the cost is a challenge for you, don't hesitate to reach out to Susan Arnold, our Membership Director, about a reduced fee.)

[BioSpiritual Focusing: Four sessions, March - \\$110](#)

Match Madness 2026! Give a gift to The UU Fellowship of Salina Foundation and the Greater Salina Community Foundation matches up to \$300,000 of donations taken in that day with an instant cash grant back to the organizations to use for immediate needs. Your gift is stretched, and our UU Foundation will support the long, long, long presence of Unitarian Universalism in Salina.

* What: Match Madness

* Where: Salina Fieldhouse, 140 North 5th Street

* Day: Thursday, March 12

* Time: 7:00 am to 6:00 pm Central

* You can donate:

* In Person at the Salina Fieldhouse from 7 am to 6 pm (This is a happy place to visit. Do come!)

* Online from midnight to 11:59 pm on March 13 only at

<<https://www.matchmadnessgscf.org/>> www.matchmadnessgscf.org

* Via mail, so long as the envelope is postmarked by March 13, 2025. Match Madness 2026!

We need help to person our booth for Match Madness at the Salina Fieldhouse, 140 North 5th Street on Thursday, March 12 from 7:00 am to 6:00 pm. Russ says "I don't have time slots set yet. I was wanting to see if and when anyone would consider any time between the hours for that day. Then I could schedule folks as to their availability. Diana Tarver hopefully will have some sort of scheduled time slots on a signup sheet Sunday morning...but in the meantime any volunteers at any time for an hour or two even with some overlap would be great." Please contact him at joybroth@gmail.com



UUFS Compassion Fund. If you know of a Fellowship member or friend (person who attends) who might be in need of the Fellowship's support with a food card, cash, or through connections with a local agency, please contact one of our compassion fund team, Teri Harrington, Mona Hargrave, Dianne Neustrom and Barb Gutsch. We want the Fund to be active - with funds and other help coming in and going out. The purpose of the Fund is to show that we care and take care of each other.

Cards for Fellowship Celebrations and Concerns.

Please let Teri Harrington know if there is someone that you believe could benefit from receiving a card from our Fellowship. She can be contacted by email at teriyaki315@hotmail.com or by cell phone at 785-342-4817.

How Can You Help Out? – Needs at our Fellowship.

Please look for opportunities to help out our fellowship and contact a board member about the area that you'd like to help out or see a need...you can find a way to express your talents and creativity! Contact David Hanson (dchanson46@att.net) if you can help out on the **grounds**. Interested in becoming a **convener** for Sunday services? Want to know more about how a UUFS service is created? Contact Barb Gutsch (bjgutsch@cox.net) to find out more about our UU services.

Religious Education. Thanks to all who are giving their time to provide RE for the kids on Sunday mornings. Please check the schedule for your dates. We are still in need of leaders for April 5th, 12th, 19th and May 10th, 17th and 24th. If you would like to join the RE team, please contact Barb Gutsch (bjgutsch@cox.net or 785-829-1821).

Podcasts: Have you missed a service that you really wanted to attend? You can listen to a podcast of the service by going to the webpage at <http://uusalina.org/> and clicking on the Contact Us link. Let us know which service you would like to listen to and someone will get back to you with a resource for connecting to the service.



NEWSLETTER SECTION FOR OUTREACH OPPORTUNITIES

UU World Launches Digital Newsletter

Want to stay updated on the latest from UU World? You can now sign up for the magazine's free twice-a-month emailed newsletter, Wayfinder, which launches in October. As a Wayfinder subscriber, you will get the latest news and storytelling from UU World to help you chart a course that aligns with the Shared Values of Unitarian Universalism. Expect moments of insight, inspiration, joy, spiritual nourishment, and more! Sign up at the UU World website.

Expand your Knowledge: Take a class at the **UU Institute** (<http://uuinstitute.org>), a service of the Unitarian Universalist Association (UUA) and is administered by UUA Staff, underwritten by congregations' gifts to the UUA's Annual Program Fund. The UU Institute is an online learning community offering trainings and other learning experiences that support members, leaders and

professionals in Unitarian Universalist communities. The UU Institute's trainings and other learning experiences include readings and video presentations that you can access online at your own pace, paired with discussion questions and activities you can share with others in "real time". Read and/or sign up to receive the MidAmerica Region newsletter: <https://www.uua.org/midamerica/news>

Sermon of the Month. Each quarter an email will be received with the video links and a link to the PDF for each service for that quarter. Each video comes with elements listed in their PDF of the transcript as well being listed and linked in the description of each video on Vimeo. You will also continue to have access to the video and the video with captions on screen. You can use them in any order and at any time. Also you can always access all the videos at our [showcase](#) using the password **sermon2025**.

Our new UUA virtual hymnal, [Sing Out Love](#), is taking shape in beautiful ways and is available for purchase! Over 235 congregations have subscribed to *Sing Out Love*, and hundreds more attended our seven guided tours of the virtual hymnal (a recording is [available on Vimeo](#)). Our Song Selection Team continues to invite new music for *Sing Out Love*. If you—or someone you know—is a songwriter, please consider [submitting a song or two](#) to the hymnal. Ask Nyla for more information.

If you haven't visited [WorshipLab](#) recently, please check out its growing resources. (WorshipWeb's [Words for Worship search page](#) is filled with thousands of pieces of worship content, whereas WorshipLab is a spacious warehouse for worship collections, blog posts, and inspirational ideas for holidays like [Earth Day](#) and the [Flower Ceremony](#). [WorshipWeb](#) invites you to explore and celebrate the following:

Addiction & Recovery

In collaboration with the UU Addictions & Recovery Ministry Team, WorshipWeb has published [new resources related to addiction and recovery](#). We hope these offerings bring comfort, healing, and strength to all whose lives have been touched by addiction.

Upcoming Braver/Wiser series

Braver/Wiser will offer a 3-part series by Rev. Rina Shere about trauma, moral injury, and healing among military service members. ([You can subscribe here](#), if you don't already receive our Wednesday dose of courage + compassion.) As Braver/Wiser's Editor, I (Erika) am grateful for the opportunity to invite compassion and curiosity about how our UU theology responds to this form of pain.

[Abolition, Transformation, and Faith Formation](#) was selected as the 2025-2028 Congregational Study Action Issue (CSAI). [Read the entire CSAI](#).

The [MidAmerica Region of the UUA](#) provides congregational services in 13 states to 185 congregations and 9 covenanting communities. As President of the [Board of the MidAmerica Region](#), it is my pleasure to work with staff on the MidAmerica Regional team, while we as a Board provide fiduciary accountability, coordinate work with other Regional committees, and offer programs that dismantle white supremacy culture. In this capacity I invite you to contribute to the fall campaign of Friends of MidAmerica. The Region now offers two grants to MidAmerica congregations. The BIPOC Leadership Grant provides up to \$1000 per grant to support BIPOC congregational leaders in Unitarian Universalism to attend Leadership Development and Governance events and programming, both digital and in-person. The Congregational Dismantling White Supremacy Culture Grant provides grants of between \$1000 and \$3000 to support congregational projects to dismantle white supremacy culture in congregations and Communities. Along with these grants are innumerable Regional services to congregational Boards, members, youth, children, religious professionals, administrators, and staff teams through various [programs](#) and many individual services.

VISUAL VOICES GALLERY

First Friday Art Rush

Exhibiting Artist is Steve Hoffman

WHEN: Friday, March 6, 2026, from 4:30-6 PM

WHERE: Visual Voices Gallery at UUFS (Unitarian Universalist Fellowship of Salina), 901 Beatrice St, Salina, KS

Refreshments & treats will be served.

FOR MORE INFO: mneu@twinvalley.net

Exhibitions at Art at UU – Visual Voices are determined by a committee, and change every two months. Artists interested in showing their two-dimensional work at Art at UU – Visual Voices can receive an application; please send an email to uusalina@gmail.com. Anyone can make an appointment to see the current exhibition by emailing same address as above. The work is also on view Sunday mornings during the Forum discussion group at 9:15am and the UU service which begins at 10:30am. All are welcome.



The land is the real teacher. All we need as students is mindfulness. Paying attention is a form of reciprocity with the living world, receiving its gifts with open eyes and open heart.

[Robin Wall Kimmerer](#)



The mission of the Unitarian Universalist Fellowship of Salina:
To provide a place for personal spiritual growth within an open and affirming community, actively promoting peace, reason, and the transformation of our world.