



OCTOBER UU NEWS

Newsletter of the Unitarian Universalist Fellowship of Salina

<https://uusalina.org/> <http://www.uua.org>

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YOU ARE INVITED AND WELCOME to join us on Zoom for online services or in person at the Fellowship building at 901 Beatrice...the SERVICES begin at 10:30 am

Please go to our website, www.uusalina.org to find the link for joining the Forum or the Service via Zoom.

Sunday Forum on October 5th at 9:15 am

First Amendment is Congress Shall Make No Law Abridging the Freedom of Speech. The devil is in the details! For instance, can I paint the "F" word on my coat and walk over to the Cozy Inn for a hamburger? Is it true that "One man's vulgarity is another's lyric."? Nayel wears long hair pursuant to his Native American religious beliefs. A restaurant manager informs Nayel that if offered the position as server in a restaurant, he will have to cut his hair. Does this violate his free speech? Is political free speech an oxymoron? Facilitated by Glen Lakes.



Sunday Service on October 5th at 10:30 am

Immigration Sabbath. Join Lay Leader Barb Gutsch and Kansas Interfaith Action (KIFA) in proclaiming our love for and support of those in our communities impacted by unjust immigration enforcement. "You shall not oppress a hired worker who is poor and needy, whether he is one of your brothers or one of the sojourners who are in your land within your towns." (Deuteronomy 24:14) In this Soul Matters month of compassion, Martin Luther King Jr. reminds us that "True compassion is more than flinging a coin to a beggar; it understands that an edifice that produces beggars needs restructuring," as does an edifice that produces so much hate.



Sunday Forum on October 12th at 9:15 am

Do Good Intentions Count? Good intentions don't count. You can sit around all day thinking about who you want to be or imagining the changes you want to make. And do you even remember your New Year's resolutions? Facilitated by Glen Lakes.

Sunday Service on October 12th at 10:30 am

Building Community through Biking and Walking. Janet Hanson will be talking about how working toward a more walkable and bikeable community can be good for communities and provide cohesiveness and sustainability within the community.

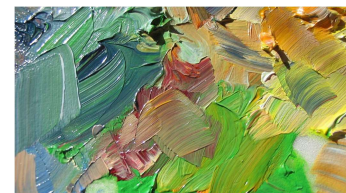


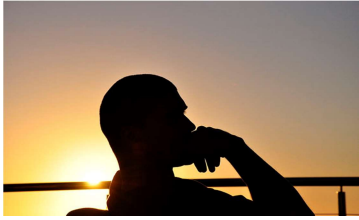
Sunday Forum on October 19th at 9:15 am

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

Sunday Service on October 19th at 10:30 am

Visual Voices Artist. Cary Brinegar will share on his process as an artist. Originally from Howard, Kansas, Cary Brinegar has been a Salina resident since 1973. Cary took up art after he retired as Principal of USD 305's Special Education Center. For the past 20 years Cary has produced artwork using ink drawings, watercolor, photography and most recently, oil painting.





Sunday Forum on October 26th at 9:15 am

Reflecting on our Balance between the 'Spiritual' and the 'Political'. The question: What percentage of your time and attention do you spend seeking a deeper inner core that keeps you centered and vital? Facilitated by David Norlin.

Sunday Service on October 26th at 10:30 am

What is a Death Café? At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death. Our objective is *'to increase awareness of death with a view to helping people make the most of their (finite) lives'*. A Death Cafe is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session.



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

The UU Fellowship of Salina Board of Directors is:

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: Tamara Von Fange
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 **October board meeting will be on the 12th**.

Drum Circle meets on **Saturdays, October 11th and 25th** at 2:30 pm

This is an invite to all, please come and share in the drumming and the music. We are a welcoming group! If you have questions about the drum circle, contact Rodrigo at carrizales.rodrigo@gmail.com

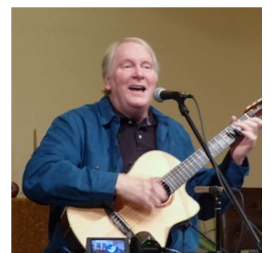


UU Craft Fair will take place on **Saturday, October 18th**. Come check out local crafters and pick up some things for the upcoming holiday season! Questions, ask Teri Harrington at teriyaki315@hotmail.com



No Kings Protest on **Saturday, October 18th** at Magnolia and 9th all day from 9 am to 9 pm. Come join with people across the nation in a full day of action and resistance.

After the Art Opening on **Friday, October 3rd** at 7 pm is an opportunity to experience **"The Year to Save the Earth" - A Multimedia Experience** by **Jim Scott**. Mixing powerful songs and hundreds of beautiful PowerPoint projected images, Jim Scott's lyrical melodies and outspoken poetry take us from grieving to celebration, and from protest to positive vision for the planet. As well as hard reality, the program's message is one of optimism with many invitations to join in the singing.





Join **Smoky Hill Equality Coalition** for a **Pancake Breakfast** on **October 25th** from **8:30 am to 12 pm** as we come together to support a fantastic cause! All funds raised will contribute to making the 2026 Salina Pride celebration an unforgettable experience. Be a part of creating a positive impact in our community! Get your tickets now at Link below for advanced payment <https://buy.stripe.com/4gm7sE7Djaz20C28GV5ZC04>.

Soul Matters Sharing Circles

Soul Matters groups are beginning again for the fall and are currently full, unless someone would like to step up and facilitate a new group.

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/>



Soul Matters Theme for October is **Cultivating Compassion**.

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 on the **grounds**. Interested in services? Want to know more Contact Barb Gutsch our UU services.



(dchanson46@att.net) if you can help out becoming a **convener** for Sunday about how a UUFS service is created? (bigutsch@cox.net) to find out more about

Thursday mornings at 8:30 am

through early fall. Please come whenever you are able. If you have questions, contact LaNay (lanaym@hotmail.com). If there is a cancellation due to weather, watch for an email from Glen (glendon50@gmail.com).

the **yard crew** will be working now

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 an 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

Starting on October 22nd, 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.



VISUAL VOICES GALLERY

First Friday Art Rush

Cary Brinegar

October 3, 2025 4:30-6 PM

For more information, contact heikesneva@gmail.com

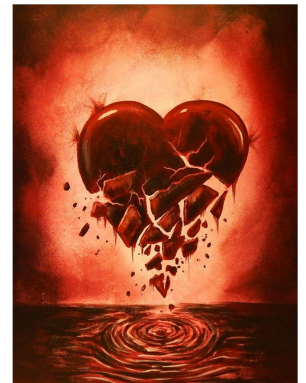
Originally from Howard, Kansas, Cary Brinegar has been a Salina resident since 1973. Cary took up art after he retired as Principal of USD 305's Special Education Center. For the past 20 years Cary has produced artwork using ink drawings, watercolor, photography and most recently, oil painting. His artwork has been on exhibit in Lincoln, Lindsborg, Manhattan and Salina. He serves on the Board for the Birger Sandzen Memorial Gallery. He is currently displaying his abstract oil paintings. He will speak about his exhibit at 5:00 pm. Refreshments will be served. BRING A FRIEND!

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

Exhibitions at the Visual Voices Art Gallery at UU *Visual Voices exhibitions are determined by a committee, and will remain in the gallery space for 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@cox.net. All are welcome.*

We were all broken from the same nameless heart, and every living thing wakes with a piece of that original heart aching its way into blossom. This is why we know each other below our strangeness, why when we fall, we lift each other, or when in pain, we hold each other, why when sudden with joy, we dance together. Life is the many pieces of that great heart loving itself back together.

- Words of Mark Nepo



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.