



# UU Laramie news matters October, 2023

Unitarian-Universalist Fellowship of Laramie, 1402 Gibbon, Laramie, WY. 82072. 307 745-8874

## Services for October:

**October 1, 10 am, “Sometimes people aren’t people and sometimes things aren’t things”** – Lou Farley (spiritual director at Hospice) will provide one guy’s experience of insubstantial yet pervasive influences. Zoomers, make sure you have a pocket rock available. Lou will bring rocks for us all.

**October 8th, 10 am, “Spirituality and Stories”** – Barbara Bogart. When we speak of spiritual experiences, we most often rely on story to express the ineffable. While cognitive science has described how our brains construct narratives, it has yet to capture the sense of mystery that lies at the heart of our felt experiences.

**October 15th, 10 am, “The Spirituality of Quitting”** – Jeff Lockwood. Flourishing requires that we come to know why, when and how to resign, give up, throw in the towel, raise the white flag, tip over the king, break-up with a lover, or renounce an addiction. Although perseverance and tenacity are generally taken to be virtues, a complete life involves masterful quitting as this is among our most important, even momentous decisions. Jeff will explore the ways in which our identities, and our very lives, are shaped by quitting.

**October 22nd, 10 am, Rev. Kee will lead the service**

**October 29<sup>th</sup>, 10 am, “Joker’s Sunday”** – Linda Meeker. Come celebrate the gift of laughter and explore the spiritual dimensions of shared humor and tell our favorite jokes and funny stories. (Costumes and props are not required but present a great option for physical comedy). Be prepared to chuckle, guffaw, chortle, and groan---while we enjoy the fellowship of fun!

## Calendar for October:

The Board meets October 4th at 5 pm, live and zoom at the Fellowship building. Program Committee meets October 18<sup>th</sup>, 5:00 pm at the Fellowship building. Contemplative Yarns meets Saturdays, 1pm at Harbon Park, under the big tree.

## Bulletin Board

*The current Board officers are: Linda Meeker, Chair; Robin Chestek, Secretary, David Perry, Treasurer. Members at large are Sara Saulcy and Jeff Lockwood.*

*As of September, we are 25% into our fiscal year—our expenses are 14% of budgeted, income is 23% of anticipated. Expenses will go up with winter heating costs.*

*The Board approved payment of a student musician, Isabela Araujo, for 2 Sundays a month for the calendar year. The Board voted to reallocate \$1000 from the original budget for a bookkeeper to a music budget under the Program Committee. We will not be hiring a bookkeeper.*

*The two meeting rooms now have LED’s in place of fluorescent fixtures. There are 25-30 “lightly” used fluorescent tubes available for the taking. Any that are not gone by mid-October will be taken to the landfill.*

Minister: Rev. Leslie Kee  
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UUFL Board:  
Linda Meeker, Chair  
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Member: Jeff Lockwood  
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Member: Sara Saulcy  
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Laramie Zoom Room:  
Meeting ID: 2907005294  
No passcode needed

## CALL US

Grant us this day  
Bruising the make of us.

At times over half of our bodies  
Are not our own.

Our persons made vessel  
For non-human cells.

To them we are  
A boat of a being.

Essential.  
A country,

A continent,  
A planet.

A human  
Microbiome is all the writhing forms on

& inside this body  
Drafted under our life.

We are not me—  
We are we

Call us  
What we carry.

.....Amanda Gorman

To reserve the UU Building: Contact David Perry, 307 760-7879, [dperry@uwyo.edu](mailto:dperry@uwyo.edu). See the current event calendar on the UU website.

Covid Info: Please wear a mask if you are ill or have not been vaccinated; masks are suggested but not required. See UU covid policy on the UUFL website.

Please contact us if you would like to receive the **news matters** newsletter: check out the UU Laramie website, [uularamie.org](http://uularamie.org), and our **UUFL Facebook** page.

Robin Chestek and Ken Chestek (460-9139) maintain the Membership database; please contact Ken if you have changed your address or phone number.

If you have an item that Caring Committee should be aware of, please contact Jim Erdelyi (Chair) at 307 760-8274. Other Caring members, Ralph Garrett, Robin Chestek, Sara Saulcy, Rev. Leslie Kee are also available.

