



UU Laramie news matters October, 2024

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

Services for October

October 6th, 10 am, “How I Got Here” led by Barbara Bogart.

For those who weren't born into Unitarian Universalism, landing here involved a spiritual journey. In this service, we'll hear the stories of three people who have taken that journey, followed by a larger conversation about our own stories.

October 13th, 10 am, “Weathering the Storm” led by Jennifer Wade.

How do we find our way through the current social, political, and environmental uncertainties? What strategies can we use to handle stress and build resilience? How can our values serve as a ground for this process?

Guided meditation at 3 pm led by Catie Ballard.

October 20th, 10 am, “Soapbox Sunday: Revisiting Old Gripes” led by Sara Saulcy and Catie Ballard.

We miss our old gripes!! Soapbox Sunday, beyond politics, offers us a chance to literally stand on a soapbox and espouse comments about any number of topics!! There will be a gong and a timer and lots of room for voices, encouragement, politics, life in general. Come join in the fun!!

October 27th, **This is a late afternoon service, beginning at 4:30 pm followed by a potluck******

“Putting on a Costume: Spooky, Scary Society” led by Maya Gilmore. In keeping with the season, let's consider what dressing up as someone else can reveal about our everyday identities.

Guided meditation at 3 pm led by Catie Ballard.



Members and friends who would like to offer words/prayers of support for Ethan Lockwood, please go to the Caring Bridge website and sign up to share your messages with Ethan, Jeff and Nancy. Ethan is now home and continuing to heal.

Contemplative Yarns meets on Saturdays at 1:15 p.m. at the Fellowship. Please contact Sara Saulcy at s.saulcy@gmail.com for more information. When the weather is nice, we meet at the same time at Harbon Park kitty-corner from the Fellowship.

Calendar for October:

The next Board meeting is on October 2nd, 5pm at the Fellowship. The next Program Committee meeting will be on October 17th at 5:15 pm, live/zoom.

Bulletin Board

Update from the Board of Trustees and the Committee on Ministry: In September, one of our formal services and one roundtable discussion were devoted to the future of UUFL's ministry. We also began inviting members and guests to submit comments in writing on each Sunday's program. Our next step will likely be a broader effort to gather suggestions and ideas, perhaps through a membership-wide survey. As always, your thoughts are welcome!

Please feel free to talk to the Committee on Ministry (Dan Elliott and Rich Barrans) or email Dan at peak14259@gmail.com or Rich at Rich.Barrans@gmail.com.

UUFL Board:

Linda Meeker, Chair
ldangrous1@gmail.com
David Perry, Treasurer
dperry@uwyo.edu
Robin Chestek, Secretary
rchestek@gmail.com
Member: Jeff Lockwood
lockwood@uwyo.edu
Member: Sara Saulcy
s.saulcy@gmail.com

Laramie Zoom Room:
Meeting ID: 2907005294
No passcode needed

To reserve the UUFL Building: Contact David Perry, 307 760-7879, dperry@uwyo.edu. See the current event calendar on the UUFL website. Covid Info: Please wear a mask if you are ill or have not been vaccinated; masks are suggested but not required. See UUFL 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, **uularamic.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 can be contacted.