



# CONNECTIONS

Unitarian Universalist Fellowship of Southwest Utah

JANUARY 2026

## UUFSU Programs



### SNACK SUNDAY!

For a variety of reasons, we are stopping snacks at our Sunday services except for once a month. On the first Sunday of every month (Intergenerational Gathering), we invite everyone who would like to bring a few servings of some sort of snack. There will be no sign-ups or planning, no pressure, just bring what you want. It will always be a surprise! *Beverages will be available at every service.*

**Jan 4th INTERGENERATIONAL GATHERING (12:45 pm): "Longer Tables."** In this all-ages service, we explore **Justice** through the inspiring work of Chef José Andrés and World Central Kitchen. Through story, video, and song, we'll discover how a simple meal can become an act of courage, compassion, and community. Adults will reflect on real-world food justice, while children enjoy hands-on activities about sharing, comfort, and care.

[Join us as we ask: What does it mean to help—right now, with what we have?](#)

**Jan 11<sup>th</sup> SERVICE (12:45 pm): "Act Locally."** A video titled "Act Locally" will be shown where Reverend J Sylvan discusses our need to not expect the government to do all the work to support our values. She urges us as Unitarian Universalist to be involved and support the programs that carry our values. We should do what we can do.  
*Child care is offered during this service (see Page 6 for details).*

**Jan 18<sup>th</sup> SERVICE (12:45 pm): "Nonviolence and Compassion"** inspired by Mahatma Gandhi and Martin Luther King Jr.; Sarah Thomas will speak to us about "Manos Amigos," the organization that supports immigrants in ICE custody and protecting immigrant rights.  
Separate/concurrent children/youth SPECIAL programming: Kids 3-9 will delve into the concept of **Justice** through Civil Rights stories, fairness-themed games, and a creative "I Have a Dream" craft imagining a more just world. Youth will discuss JUSTICE.

**Jan 25<sup>th</sup> SERVICE (12:45 pm): "The Divergent Factors Shaping Biblical-vs-Secular Justice."** Terry Gillespie presents another thoughtful program based on the brilliant work of Tim Keller, analyzing secular and biblical justice and the complex factors that led to their differences. *Child care is offered during this service (see Page 6 for details).*

## 4th PRINCIPLE OF UNITARIAN UNIVERSALISM

*"A free and responsible search for truth and meaning"*

CONNECTIONS is a periodic publication of the Unitarian Universalist Fellowship of Southwest Utah (UUFSU).  
P.O. Box 3142  
St. George, UT 84771

## Reflections on the Fourth Principle

“As responsible religious seekers, we recognize that we are privileged to be free, to have resources to pursue life beyond mere survival, to continually search for truth and meaning, to exist beyond bonds of dogma and oppression, and to wrestle freely with truth and meaning as they evolve.”

“This privilege calls us not to be isolated and self-centered, believing that our single perspective trumps all others, but rather to be humble, to be open to the great mysteries of truth and meaning that life offers. And those mysteries may speak to us through our own intuition and experience—but also through tradition, community, conflict, nature, and relationships.”

“As a faith tradition, Unitarian Universalism makes sacred the right and responsibility to engage in this free and responsible quest as an act of religious devotion. Institutionally, we have left open the questions of what truth and meaning are, acknowledging that mindful people will, in every age, discover new insights.”

—*Rev. Paige Getty, UU Congregation of Columbia, Maryland (read more from Paige in The Seven Principles in Word and Worship, ed. Ellen Brandenburg)*—

## ACTIVITIES - UPCOMING

**Sunday, January 11th (4 to 6:30 pm): NEW MEMBER INFORMATION & ORIENTATION** will be held at the Bourke/Foster residence. A light supper and child care will be provided. Please register early as information materials will be assembled. Contact Ann Foster, [shdwker@gmail.com](mailto:shdwker@gmail.com) to register and receive directions.



Current UUFSU members and friends, who would like a “refresher” on UU history and UUFSU, are also welcome to attend. Please RSVP by January 7<sup>th</sup>.

**Saturday, January 17<sup>th</sup> (6:30 to 8 pm): UNDER THE MILKY WAY** star “party” at Snow Canyon State Park, Upper Galoot Picnic Area. Bring a blanket and chair; hot chocolate will be provided. *Bring the family! Note: dogs on leash are allowed in the state park.*

## DISCUSSION GROUPS on Zoom



### OPEN MINDS (OM) GROUP (Zoom on Wednesdays at 7pm)

The Open Minds Book club will be taking a break during January and February since the majority of the participants will be traveling. The group will reconvene on February 18<sup>th</sup> and begin discussion of ***All the Beauty in the World*** by Patrick Bringley. To learn more about the group, which is open to all interested readers, and receive the Zoom link, contact Susan Mullins at [susan141@gmail.com](mailto:susan141@gmail.com).





### MOVIE CLUB GROUP (*Zoom on January 4<sup>th</sup> at 4pm*)

The Group will be discussing Ken Burns' documentary **The American Revolution** by Ken Burns and Sarah Botstein. You can still view this incredible story that will overturn most of what you learned in history classes of the past, as a PBS passport member. If you missed the documentary, we suggest the panel discussion covering the essential themes: **"A More Perfect Union: Inspiring Civic & Civil Conversations Across America."** It is a PBS special that explores the enduring relevance of America's founding principles. It features discussions among experts like Ken Burns, Jeffrey Rosen, and Melody Barnes, focusing on themes such as liberty, equality, and democracy. The program aims to engage viewers in meaningful conversations about governance and civic engagement, highlighting how the ideas articulated 250 years ago still resonate today. Link to discussion can be found [HERE](#). To receive the Zoom link, contact Barb Gillespie at [nanabarb6472@gmail.com](mailto:nanabarb6472@gmail.com).

## BOARD OF TRUSTEES

The next Board Meeting will be held **January 23<sup>rd</sup> at 1pm** at Grace Episcopal Church. The meeting is open to all members. To place anything on the agenda, contact [president@uufs.org](mailto:president@uufs.org) at least 5 days prior to the meeting.

#### Officers:

**President**, Linda Mihalik  
**Vice President**, Bill Bohling  
**Treasurer**, Brinton Bohling  
**Secretary**, Cameron Ferguson



#### Members-at-Large:

Teri Koenig  
Kay Ross

## SAVE THE DATE

Our Annual Meeting is just a few months away! We will be voting on new board members, the 2026-27 budget, and a few changes to the by-laws **after the service on March 22**. This is an important meeting for members.

## LOCATION

UUFSU meets at [Grace Episcopal Church, 1072 E 900 S, St. George](#) and the Sunday program time is **12:45 pm** followed by beverages, light refreshments, and discussion. The facility offers plenty of space for Fellowship growth including two rooms for child/youth programs, a large kitchen, safe parking and an outdoor area for activities.



## COMMUNITY SUPPORT/SOCIAL JUSTICE

### LOOKING FOR WAYS TO GET INVOLVED IN TAKING ACTION WITH OTHERS?



**TOGETHERWORKS SOUTHERN UTAH** is a non-partisan 501c (4) non-profit corporation; a coalition of Independents, Democrats and disillusioned Republicans – and newly awakened citizens – bound not by labels but by shared purpose. See [www.togetherworks.net](http://www.togetherworks.net).

Receive a weekly email with tangible ways to take action on current social justice issues (<https://heywhatcanido.com>). The emails make it easy to focus one's energy on steps you can take to counter some of the egregious actions of the current Administration and also includes positive news showing where our collective action is having an impact.

**Manos Amigas Utah** is a new community group of “helping hands” working to support detained and deported immigrants and their families (our neighbors) in southern Utah. Fundraising is ongoing for donations so that they can call their families and connecting them with legal resources when available. To learn more about the group, contact <https://share.google/1Q3GFqDz1h4gqfOIX>

## ENVIRONMENTAL/CLIMATE AWARENESS & ACTIONS YOU CAN TAKE

### Citizens Climate Lobby 2026 meetings [citizensclimatelobby.org](http://citizensclimatelobby.org)

We live in discouraging times with the Trump administration rolling back protections for clean air and promoting the fossil fuel industry that is the main contributor to climate change. Washington County Utah is experiencing rising temperatures, flash floods, wildfires and dramatic increases to homeowners' insurance rates. **Come to CCL to be part of the solution (Thursdays 5-6 pm at Utah Tech Science, Engineering and technology room 420).**

**January 15: “Motivational Interviewing: The Communication Tool for All Occasions”** Dr. Dave Christian, psychologist, will show how to effectively communicate on controversial topics with an emphasis on our changing climate.

**February 12: Utah Tech Communications and Public Relations student** Rainey Facer will talk about the Citizens' Climate Lobby & John Murray will talk about his ICL Climate class

**March 19: “How to recognize and counter disinformation about climate”** by Sue Jelus

**April 9: How to celebrate Earth Day in these challenging times**



## Beef's heavy environmental toll

As two of the world's biggest meat companies began marketing their beef as "climate smart" and "net zero," climate and food industry experts thought it sounded too good to be true. The NY attorney general's office and the Environmental Working Group filed lawsuits against JBS Foods U.S.A. and Tyson Foods, accusing the companies of "greenwashing. "Due to the immense amount of land required to grow cattle feed, beef has some of the highest environmental costs of any food. Cows also belch methane, a highly potent greenhouse gas responsible for up to a third of global warming.

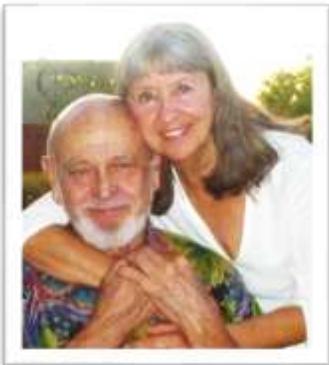


When Tyson Foods began marketing "climate-friendly" beef and advertising plans to stop adding greenhouse gases to the atmosphere, achieving net-zero emissions by 2050, experts were skeptical.

JBS's promise to reach its own net-zero milestone raised even more eyebrows. New York's Attorney General sued the company's U.S. subsidiary, arguing that the company's statements were misleading consumers.

American's consumption of high cholesterol beef continues to rise. If you want to continue eating meat, chicken, pork and turkey are far healthier options, both for you and for our planet.

## MEMBER NEWS



Long time UUFSU members, **Lisa Rutherford and Paul Van Dam**, delight in sharing music with others and offer two YouTube music videos for your enjoyment. These were originally made for presentation at the VA in Ivins.

Oct 2023: <https://youtu.be/bRDDz88503k>

July 2023: <https://youtu.be/KHXcev5Wq-I>

For all of their videos, see their YouTube channel at:

<https://www.youtube.com/@paulvandam642/videos>

## INFORMATION /INSPIRATION

**UUA Bookstore:** Books for all ages, pamphlets and many other UU related items (i.e. tee shirts, hats, jewelry, gifts, etc.) are available on the UUA bookstore website, [uuabookstore.org](http://uuabookstore.org). New books and other items are frequently updated. You are encouraged to periodically check the website.

**WANTED: Chorister** (song leader) !! The Program Committee is looking for someone who can carry a tune and is willing to be our chorister. This year's programming will include both hymns and popular music. We are seeking someone willing to stand up in front of us and help us sing. Contact Bill Bohling for details at [williambbohling@gmail.com](mailto:williambbohling@gmail.com).



## Fellowship Volunteers Needed!

You are needed! We are an entirely volunteer-run (lay-led) organization, so it takes all of us to make it work. Please lend a hand to lighten the load by joining one of these committees (time commitments vary, ask the chair for more info). *It's a wonderful way to strengthen our UUFSU community!!*



- **Membership:** Linda Mihalik
- **Programs/Worship:** Bill Bohling
- **WeCare/Welcome:** Diane Richardson/Barbara Gillespie
- **Audio/Visual:** Chris Bourke
- **Marketing:** Linda Mihalik
- **Finance:** Brinton Bohling
- **Children/Youth:** Sara Bohling/Ann Foster— [Click here](#) for the online sign-up sheet

## KIDS CORNER

At UUFSU, we joyfully embrace children and families as an essential part of our beloved community. Our children's programming is designed to be engaging, inclusive, and fun—a place where young minds can explore, grow, and connect while learning the values that define Unitarian Universalism, including the UUA's Shared Values and Seven Principles.

Intergenerational gatherings are held the 1st Sunday of each month and incorporate stories, music, videos, and activities that are interesting and engaging for ALL ages. On the 3rd Sunday of every month, we offer separate programming for children (ages 3 to 9) and youth (ages 10+) concurrent with the adult programming.

**In January, our Religious Education (RE) program will focus on the shared value of Justice.**

- **Jan 4: INTERGENERATIONAL GATHERING**

We'll learn about how chef José Andrés helps feed people around the world. Younger kids will also dive into the theme of food justice through hands-on fun—packing pretend meals in a relay game, creating "comfort soup" collages, and imagining their own food truck of kindness.



- **Jan 18: KIDS' SPECIAL SUNDAY**

Children aged 3-9 will learn about key figures in the Civil Rights Movement and explore Justice by playing popular games like Red Light/Green Light and Musical Chairs--but with a special twist! Kids will also create "I Have a Dream" cloud crafts to imagine a more just world. Youth (10+) will share stories and explore the meaning of **JUSTICE**.



We also offer **child care on the 2nd and 4th Sundays** of every month. On these days, parents are welcome to drop their child(ren) off in the kids' room starting at 12:45 pm, where they can engage in supervised free play for the length of the service. If using the child care room, we recommend that parents arrive early to get their children settled before the start of the service. Youth (10+) are encouraged to attend the adult programs on these days.

## UUFSU WeCare/WeShare Support

**WeCare Program:** Are you recovering from an illness, injury, or surgery? Or for another reason, do you need a temporary helping hand? WeCare will do its best to meet the needs of our UUFSU Community with things like:



- Homemade or catered meals
- Rides to doctors' and PT appointments
- Other requests? Let's talk about what is possible.



**WeShare Program:** Do you temporarily need tools? Medical or yard equipment? A stroller, highchair, crib? Something else? Contact us to see if anyone in our Fellowship Community may be able to loan you what you need.



For both WeCare and WeShare requests, email [UUFSUWeCare@gmail.com](mailto:UUFSUWeCare@gmail.com) or call (435) 414-1230 (#12).

## FROM THE UU-VERSE

### Unitarian Universalist Views of Prayer

Prayer is one word for the alignment of our full attention with our desire to connect with That Which Is Larger Than Us. It can take many forms, from the quiet cultivation of stillness to the deliberate naming of all that we're grateful for, which Rev. Tom Schade calls "naming the goodness."

Whatever its form, prayer also creates an internal shift. As renowned theologian Reinhold Neibuhr noted, "Prayer does not change things; prayer changes people, and people change things—Prayer is not hearing voices; prayer is acquiring a voice."

When it comes to prayer and meditation, *how* it works is less important than its practice. Prayer is a way to connect and reconnect to ourselves and to that which is life-giving; the mechanics don't matter as much as the intention: remembering ourselves as magnificent, fragile vessels of love, sometimes with intimates and sometimes with strangers, and affirming our choice to remain connected so that we're not lost in the vastness of space and time.

—**Rev. Erika Hewitt, Editor**—You can find more UUA spiritual views [HERE](#)



## BUT WAIT, THERE'S MORE!

**Newsletter submissions** are due by the 15th of the month for publication in the CONNECTION the following month. Please send your cartoons, nonpolitical items, and articles to Sue McCloskey, [suemccloskey@gmail.com](mailto:suemccloskey@gmail.com).



January 19, 2026



January 27, 2026

