



All Peoples Church Unitarian Universalist *Courier*

We are a liberal religious community of diverse individuals. We nurture spiritual growth, encourage lifelong education, work for social justice, serve the larger community, and celebrate life's gifts together through meaningful worship. We welcome and support others in their expression of religious freedom.

November 1, 2025

Fort Worth, TX

Number 467

Spirit Matters

Lori King-Nelson, M.Div

Gratitude is often celebrated as a simple act of saying "thank you," a polite response to kindness or good fortune. However, beneath its surface lies a profound spiritual dimension that has been recognized by philosophers, mystics, and spiritual traditions around the world. The spiritual nature of gratitude extends far beyond social etiquette, offering a transformative path toward deeper connection, inner peace, and a greater sense of purpose.

Many spiritual traditions encourage the cultivation of gratitude as a core practice. In Buddhism, for example, mindfulness and appreciation for the present moment are foundational. Christianity and Judaism both emphasize giving thanks to the Divine as a way of aligning one's heart with a higher will. Similarly, Indigenous cultures often begin gatherings with expressions of gratitude for the earth, ancestors, and the interconnected web of life.

These practices are not mere rituals; they are pathways to spiritual awakening. By consciously acknowledging the gifts we receive—both big and small—we open ourselves to the sacredness of life. Gratitude shifts our focus from what is lacking to what is abundant, fostering humility and reverence.

On a spiritual level, gratitude is more than just an emotion—it is an orientation of the soul. When we practice gratitude, we move beyond self-centeredness and recognize our place within a larger whole. This shift can lead to profound inner transformation:

- **Connection:** Gratitude fosters a sense of unity with others, nature, and the Divine. It dissolves barriers and nurtures compassion.

- **Humility:** By acknowledging that much of what we receive is unearned, we cultivate humility and let go of entitlement.

- **Presence:** Gratitude grounds us in the present moment, helping us to appreciate the richness of life as it unfolds.

- **Resilience:** Spiritually, gratitude acts as a source of strength, allowing us to find meaning and hope even in difficult times.

The spiritual nature of gratitude is closely linked to inner peace. When we focus on what we have rather than what we lack, a sense of contentment arises. This does not mean ignoring struggles or pain, but rather acknowledging them while also recognizing the blessings that persist. Many spiritual teachers suggest keeping a gratitude journal or taking time each day for reflection as powerful tools for cultivating peace and joy.

In many traditions, gratitude is seen as an offering—not just to other people, but to life itself or to the Divine. Through prayer, meditation, or simple acts of kindness, we express our thankfulness. This act of giving thanks is itself a sacred ritual, one that can transform both the giver and the receiver. It is a form of worship, a way of honoring the mystery and generosity of existence.

The spiritual nature of gratitude invites us to live with open hearts. It teaches us to see the sacred in everyday moments and to approach life with humility, presence, and awe. In embracing gratitude, we embark on a spiritual journey that enriches our souls and deepens our connection with all that is.

*Peace,
Lori*

This month, a month that emphasizes gratitude in all we do, I am considering life-saving Narcan as a divine and spiritual way to show gratitude. Narcan has saved

hundreds of thousands of lives from opioid overdose—lives as divine as yours and mine. I have placed Narcan at the front visitors desk and on the shelf in my office and I ask that you familiarize yourself with its location and use.



Worship With Us This Month!



Soul Matters

All Peoples subscribes to Soul Matters Sharing Circle, a network of Unitarian Universalist congregations who follow the same monthly themes so we can more easily share resources. The worship materials provided each month include liturgy, music and readings on our monthly themes. We also receive spiritual exercises and questions that encourage reflection on daily living and recommended resources that support us as we weave the theme into our daily lives.

The resources supporting this theme can be accessed by click: https://www.soulmatterssharingcircle.com/uploads/9/4/5/0/94501751/sm_2025-11_sg_nurturing_gratitude.docx

November 2

Weaponized Gratitude

Lori King-Nelson M Div

Gratitude is often seen as a gentle, personal emotion—a quiet “thank you”, a moment of reflection, or a simple note of appreciation. However, when thoughtfully practiced and strategically applied, gratitude can become a powerful tool for fostering positive change in individuals, organizations, and communities. This concept, sometimes referred to as “weaponizing gratitude for good,” involves intentionally leveraging the power of gratitude to achieve constructive and meaningful outcomes.

November 9

The Wild Life

Lori King-Nelson, M Div

Domesticated animals—whether dogs, cats, birds, or small mammals—bring joy, comfort, and unconditional love to our homes. Their presence can ease loneliness, reduce stress, and inspire laughter with their unique personalities and quirks. Many animals also offer support as service or therapy animals, providing vital assistance and emotional healing to those in need. It's important to acknowledge their loyalty and cherish the bonds we share with them.

November 16

All Life Is a Gift

The Reverend Lora Brandis

The words of the hymn “For All That Is Our Life” remind us that “all life is a gift which we are called to use.” Many of us are especially focused on gratitude during the month of November, some of us practicing by acknowledging one gratitude per day. This hymn wants us to do more than just be grateful for life's gifts. We are called to use the gifts to, in the words of the hymn, “build the common good and make our own days glad.”

Reverend Lora Brandis is a Unitarian Universalist community minister who provides preaching to mostly local congregations and serves as an on-call hospital chaplain. She is also a certified spiritual director. Two days a week she and her husband Frank take care of twin grandchildren Rose and James. Lora previously served congregations in Utah, Idaho, California, and Texas.

November 23

Check Your Weekly Email for Updates

November 30

The Advent of Peace

Lori King-Nelson, M Div

The need for belonging is universal. Belonging enables us to feel confident showing up as our authentic selves while empowering us to access our full range of skills, abilities and potential. We feel a sense of belonging when we feel connected to others, and when we feel that our presence and contributions are valued. And it can come from anywhere — from friends and family, coworkers, members of a community and even through social media. But how is belonging defined by experts? According to Cornell University, the definition of belonging is “the feeling of security and support when there is a sense of acceptance, inclusion, and identity for a member of a certain group.”

All are invited to share memories of our loved ones

The Sudbury School has once again created an Ofrenda in the foyer and they have asked us to join them in placing photos and mementos of loved ones who have transitioned from this life to the next. It will be up from through November 3. This is a beautiful way to remind us of the eternal nature of love.

Please bring any photos or items you would like to share in remembrance tomorrow.



President's message

November in Texas is a time of transition. Fall keeps its hold on the land even as winter winds begin to blow. It is a time for contemplation, a time of planning for the upcoming Holiday season. We anticipate greater hardships for people in our communities this Winter as government subsidies are delayed and withheld. But don't let worldly issues get you down. Bring your fears, hopes, and suggestions for what All peoples church should be doing in the upcoming year to make the world a better place. Together, our community can do something to keep joy alive in this time of change.

Hope to see you Sunday.



**2025
Service
Auction**

Masquerade Ball
Saturday, November 8, 2025

6pm
Silent Auction

7pm
Dinner

8pm
Live Auction

Our annual Service Auction is Saturday, Nov 8th. This is a fun get-together. At 6pm the silent auction starts. Beer and wine will be available. At 7pm is dinner with barbecue or vegetarian lasagna and dessert. At 8p is the live auction.

We need more donations, so please be creative in thinking of things that can be auctioned (items and services) and help if you can

If you can donate an item or event, we'll have donation forms Sunday. If you have an item to donate, bring it in Sunday.

There will be a Trivia contest after dinner.

Let's have some fun!

Call Dan Sexton 817 845 9762 if you have a question.



It's a Maskmaking Fun-for-All!

Sunday after potluck, join us to make masks to wear at the Service Auction. If you don't want to make one yourself, the extra masks will be sold as fundraisers.



Sunday is Potluck Sunday so please remember that your contributions of food are what makes it happen...

...and since it's time to set our clocks back, it's the perfect time to stay up late or get up early making something delicious to share for lunch!



Daylight Saving Time ends Sunday morning.
Please remember to adjust all time keeping devices that need adjusting.

01:00 ← 02:00

Religious Education News

We are lifelong learners

Adult Religious Exploration News

The Adult Religious Exploration (ARE) Committee is delighted to report that our schedule for the 2025-26 Church year is set, with a full complement of classes, starting with our Inquirers series, beginning **THIS Sunday, September 7**, immediately following worship—or as soon as you’ve grabbed your lunch, which you can then take with you into Jaggars Parlor.

Inquirers—Q & A With the Minister

Following the service, join the Inquirers Group in Jaggars parlor. Inquirers will start at 12:25pm, and since it will be Potluck Sunday, everyone will be encouraged to bring their food and drink with them.

This is not a session to be missed, hope to see all inquirers there!

The *Inquirers* series is designed to introduce Unitarian Universalism, and the workings of this congregation. It is meant for newcomers, as well as folks who may have been around a while and are looking for deeper connection and understanding. We are super psyched to have Alex Runnels leading this group. Alex is a long time UU, who has attended churches across the continent. You will probably recognize them as one of the voices in our fine choir.

For future weeks you can look forward to the following line-up:

First Sundays:

(No AM programming); *Inquirers* 12:25PM Jaggars Parlor

Second Sundays:

Spiritual Practices 9:45AM Jaggars Parlor; *Inquirers* 12:25PM Jaggars Parlor

Third Sundays:

UUA's Meet the Moment 9:45AM Jaggars Parlor; (no PM programming)

Fourth Sundays:

Journeys 9:45AM Jaggars Parlor; *Trans Inclusion in Congregations* 12:30PM Jaggars Parlor

As each week approaches, we will publish a little more about the classes. ~Julia Sexton

Child and Youth Religious Education (CYRE)

Youth RE is for those 13-18 and will be after service starting at 12:15 and going until 1:15. We will be going through the Coming of Age program. This involves them walking through what it is they believe, how to practice what they believe, and how that fits within the context of Unitarian Universalism and within the congregation in particular. Due to the time, the youth are welcome to bring a lunch!

If you're interested in having a child in the program, please catch one of our volunteers or a member of the RE committee to sign them up Sunday morning.

We are only able to hold our RE programming because of our amazing volunteers' willingness to give their time and energy. If we don't have two volunteers every class, then class will be canceled for the day. We appreciate your patience as we do our best to follow child safety policies and keep our program running at the highest standard we can. If you're interested in volunteering, please reach out to any member of the RE committee.

Nursery

Our nursery is open during worship for children under 8 and during the RE hour for children not participating in scheduled curriculum.

Everyone is Welcome in Our Groups!

Book Discussion Group

All Peoples Book Discussion Group meets the 4th Thursday of the month via Zoom. We love reading all types of books. We welcome new members and/or suggestions of books to read. For information, contact Ana Evans 817-939-2763.

Upcoming Titles:

Thursday, Dec 4 at 7:00PM (CST) via Zoom—*Lovely One: A memoir* by Ketanji Brown Jackson [nonfiction]

Thursday, Jan 22 at 7:00PM (CST) via Zoom—*The Frozen River* by Ariel Lawhon [fiction]

Thursday, Feb 26 at 7:00PM (CST) via Zoom—*Revenge of the Tipping Point: Overstories, Superspreaders, and the Rise of Social Engineering* by Malcolm Gladwell [nonfiction]

Women's Alliance

Women's Alliance will meet on Tuesday, November 11th, at the church at noon. Bring your own lunch and join us for connection and conversation.

Crafters Group Welcomes All

Do you draw? Knit? Crochet? Paint? Jewelcraft? Write? Or any other craft that can be carried with you and done anywhere? Then bring your supply bring your supplies to All Peoples on the on Saturdays and join our social crafting group. Newcomers are always welcome. We meet on the every Saturday in Jaggars Parlor from 12:30PM until 2:30PM.

IN THIS CONGREGATION, WE BELIEVE:

LOVE IS LOVE

BLACK LIVES MATTER

CLIMATE CHANGE IS REAL

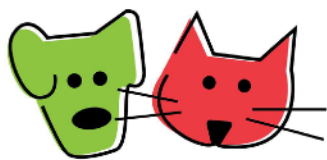
NO HUMAN BEING IS ILLEGAL

ALL GENDERS ARE WHOLE, HOLY & GOOD

WOMEN HAVE AGENCY OVER THEIR BODIES

CUUPs News

Picnic with the Pagans Join after the Crafters Meeting on the second Saturday of each month for a potluck lunch. Bring a dish to share and enjoy food and fellowship.



Don't Forget to Feed Me

PET FOOD BANK, Inc.

Don't Forget to Feed Me

Thank you for your generous ongoing support of this program! With the current spike in food bank needs, your support is appreciated more than ever.

Your donations make a significant impact by enabling us to purchase pet food and provide support. Together, we can ensure that no pet goes hungry. See Jo Burnham or Karl Thibodeaux for more information on how to help.

LGBTQ SAVES News

Hello friends!

We are excited to invite you to join us for our annual Friendsgiving Dinner on Saturday, November 15 from 7–9 PM at Celebrations Church. This gathering brings together our youth and families before the holidays and we would love for our community partners to join us.

We are grateful to PFLAG for providing the entrées and to Celebrations Church for opening their doors and hosting us. While PFLAG will cover the turkey and ham, we are asking our attendees to bring a side or dessert. However, you are not required to bring anything to participate in our meal.

If you'd like to participate, please make sure to RSVP.

RSVP: <https://www.zeffy.com/en-US/ticketing/friendsgiving--2025-6>

Sign up to bring a side or dessert: <https://www.signupgenius.com/go/10C094BABAE2FA2F9C52-59970061-friendsgiving#/>

Volunteer (setup 6–7 PM or cleanup 9–10 PM): <https://dash.pointapp.org/events/449025?token=50aa0e80-d5b2-4760-9baf-173867497673>

We hope that you can join us so that we can enjoy an evening with our entire community before we break for the holidays.

*With appreciation,
The LGBTQ SAVES Team*

Spectrum Chamber Music Society Presents: November Nocturne

Monday November 10, 2025 At 7:30Pm

Did you know Spectrum Chamber Music Society began with a performance at All Peoples (then First Jefferson) in 1986, and has performed here multiple times every year since?

Join us on Monday, November 10 at 7:30pm for November Nocturne — the first All Peoples concert of Spectrum's landmark 40th season!

The program opens with the charming Pastorales de Noël for flute, bassoon, and harp by French composer André Jolivet. (If stores can start putting out Christmas decorations in October, Spectrum can certainly bring you holiday music in November!)

For a completely different flavor, Spectrum musicians perform works by the award-winning Danish String Quartet — not the Quartet themselves, but their brilliant arrangements, where Nordic folk traditions mingle with jazz and other fresh influences.

The evening concludes with one of the crown jewels of the chamber music repertoire: Robert Schumann's Piano Quintet in E-flat Major, featuring internationally recognized Mexican pianist Astrid Morales Torres. Definitely in the chamber music "Top 40", and for good reason.

Admission is free; freewill donations are appreciated (suggested: \$25 adults, \$15 students/seniors). Meet the musicians at the free post-concert reception.



Courier #467 November 2025

All Peoples Church Unitarian Universalist
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Next Courier, Issue #468

Submission Date

Tuesday, December 2, 2025 10AM

Send articles to
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