Courier

October 1, 2026 Number 475

ALL PEOPLES CHURCH
Unitarian Universalist

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.

Spirit Matters

"Summer has come and passed. The innocent can never last. Wake me up when September ends." I've been playing this verse in my head for days, but today I traded it for another verse: "Here comes the rain again. Falling from the stars. Drenched in my pain again. Becoming who we are."

October is here, and while it is a month filled with fun and spooky events and thins the veil between this world and the other, it is also a month that moves us closer to midterm elections and the onslaught of negativity across television and social media, not to mention the constant demands for money from every PAC ever created. How do we keep our mind and heart out of that negative space? I don't think we can completely, but there are things we can do that can redirect our thoughts and help us cope.

We don't want to become lost in our anxiety because all of those negative thoughts impact our outlook, our physical and mental health, our relationships, and even our work and volunteer activities. We have to be able to pull ourselves up for air—even if only momentarily. When we feel ourselves becoming tense or anxious we should acknowledge the anxiety and tension, take three slow deep breaths, focus on something in our field of vision and breath in—holding that moment—let everything else go. Once we feel ready, we can return to our day.

We may not always have control of events around us but we do have control over how we respond. Let's make a point of taking care of our mental, physical, and emotional health and share with others who may need these tools as well. The rain won't last forever, literally and metaphorically, and these storms will pass. There is nothing more spiritually loving than caring for yourself and others. **I'll see you and a guest on Sunday.**

Peace and grace,
Lori

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 theme for October is ***Courage.***

This month's Soul Matters materials can be found here: October Soul Matters

Worship With Us This Month

October 4, 2026
Lori King-Nelson, M Div
The Power of Standing Alone

Sometimes a single act of conscience during times of crisis can come with a high cost—but abandoning our values is costlier.

October 11, 2026
Lori King-Nelson, M Div
Drowning While Everyone Around Us Can Breathe

We can find ourselves so alone amidst a crowd of family and friends. We wonder why we are the only ones struggling to keep our heads above a rising tide of problems, and ask why no one can see our need.

October 18, 2026
Kendra Weddle, PhD
The Velveteen Rabbit: Fake vs Real

How do we summon the courage to be all we are created to be? How do we overcome the relentless pressure to just put on a mask and hide behind it? Let's talk about what it means to be real in a world that too often values fake.

October 25, 2026
Lori King-Nelson, M Div
Spiritual Growth in Chaotic Times

Spiritual growth during chaotic times happens not by avoiding disruption, but by using disorientation as a catalyst for deeper reordering, reliance, and inner transformation.

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President's message

Today, I watched a small school homecoming parade. Little kids and youth sat on trailers pulled behind trucks and threw candy to me. I smiled. It reminded me that tradition and acts of kindness can ground us and help us connect with others and the world. I wished there could be a chance for me to give candy back to some kids.Then I realized that such an opportunity is coming up!

Halloween is just at the end of this month! But children rarely trick or treat on my street, which is why it is so wonderful that our church is hosting a Community Halloween Festival and Trunk or Treat. This is a chance to come together and be generous while celebrating the change of seasons. I will be baking two cakes and bringing candy. We'd love to have volunteers to help set up and clean up, and people to give away candy, help with crafts, or just to hang out. The event is Friday Night, October 30. If you are interested, please sign up on Sunday and help us keep traditions and kindness alive. Talk to Rosalyn, Karl, or AnaMarie if you are interested, and enjoy the autumn!

See you there,
~Rosalyn Hunter, Board President

Religious Exploration

Join us on Sunday mornings before church at 9:45 during the RE hour to connect with our community through a variety of meaningful small groups. ***Here is our monthly lineup:***

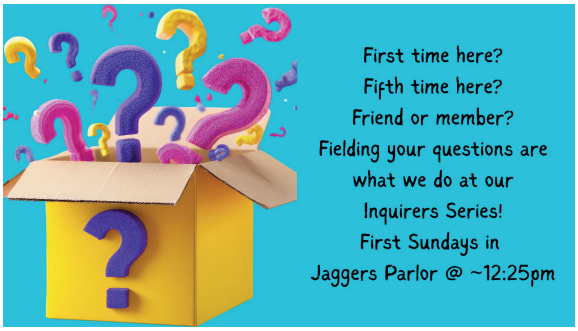
First Sundays: The Inquirers Series will be returning this year, led by Alex Runnels. A 9-part series, Inquirers is designed as an introduction to Unitarian Universalism and the workings of this congregation. This class will be running at 12:25pm in Jaggers Parlor on the first Sunday of the month, following worship and Potluck.

Second Sundays: Explore Walking in Spiritual Love with Stephanie Ryburn and focus on meditation and spiritual practices in Jaggers Parlor at 9:45.

Third Sundays: Join Insights, a discussion group led by Julia Sexton. Together, we will watch and discuss Reverend Lori King-Nelson's mid-week videos to share our thoughts and ideas in Jaggers Parlor at 9;45.

Fourth Sundays: Join Laurie Mikitka for Journeys. This small group ministry is designed to foster closeness and deep connection among our members as we share personal experiences and reflect on the month's Soul Matters theme in Jaggers Parlor at 9:45.

Come connect, reflect, and grow with us!



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 at acevans1216@gmail.com or 817-939-2763.

Thursday, October 29 at 7:00 pm (CST) via Zoom—*Midnight at the Pera Palace: The Birth of Modern Istanbul* by Charles King

Thursday, December 3 at 7:00 pm (CST) via Zoom—*Kin* by Tayari Jones

Thursday, January 28 at 7:00 pm (CST) via Zoom—*Moscow Nights: The Van Cliburn Story* by Nigel Cliff

Women's Alliance

The Women's Alliance meets monthly on the second Tuesday of the month at noon. For more information, please contact Laurie Mikitka @ 817-688-6062. Join us for conversation and community. The Women's Alliance will be meeting for a brown bag lunch on Tuesday, October 13, at the church at noon. Please join us for conversation and community.

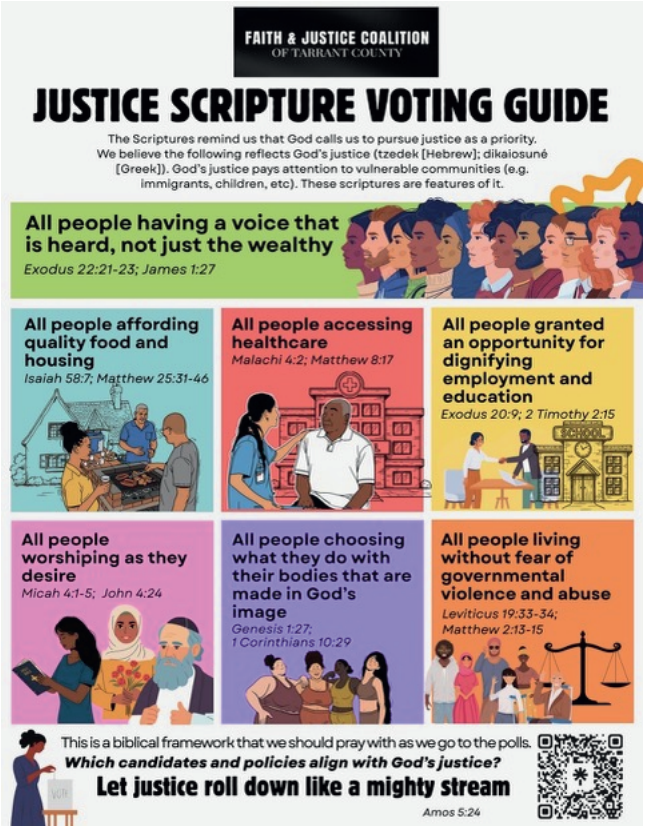
Social Justice Committee Invites You to Join Us!

Social justice meetings will take place the first Monday of every month at 4pm. Our focus for the next 3 months will be on gender violence and feminist issues relating to sexual assault in organizing.

Looking forward to seeing you all soon!

Unscripted

The Paradox of Modern Life: Comedian George Carlin famously wrote in his George Carlin Essay that we have bigger houses but smaller families, more knowledge but less judgment, and taller buildings but shorter tempers. People often reflect on simple ironies, such as why we try to carry all grocery bags in one trip instead of making two. Meaningful reflection helps people examine whether they are truly happy with their work, daily habits, and relationships. What are things you ponder?



UU the VOTE

Service Auction will be Held November 14

This year's theme is Candyland, so let's make this one a special treat! If anyone has creative and fun ideas for decorations and/or fun activities, please see any board member or staff person.

Our yearly Service Auction will be Saturday, Nov 14th at 6pm. Mark it on your calendar. This is our once a year party and fund raiser. Everybody should come. It's always big fun and a celebration of our church community.

Consider what you could donate for the auction. Can you put on a dinner for folks? Host other social events (Bowling Night?). Offer other services like yard work, handyman, sewing, Tarot reading, ride to the airport.

Auction donation forms will be available soon and dinner tickets will be for sale for $25 each. New members get free tickets.

All Peoples Calendar

Sat Oct 10, 2026
10am Youth Pride Festival (Church Wide)
12:30pm Crafters Group (Jaggers Parlor)
3pm Picnic With the Pagans (Coleman Hall)

Sun Oct 11, 2026
9:45am Walking in Spiritual Love (Jaggers Parlor)
11am Worship Service (Sanctuary)
12:15pm Safety Committee Meeting (Coleman Hall)
12:40pm Paganism 101 (Jaggers Parlor)
1pm Church Council Meeting (Coleman Hall)
3pm DFW Support Group (Library)

Mon Oct 12, 2026
FWSS Closed

Tue Oct 13, 2026
12pm Women's Alliance (Library)

Wed Oct 14, 2026
7pm Choir Rehearsal (Choir Room)

Sat Oct 17, 2026
12:30pm Crafters Group (Jaggers Parlor)
6pm PCAO (Ana Maria, Jaggers Parlor)

Sun Oct 18, 2026
9:45am Insights (Jaggers Parlor)
11am Worship Service (Sanctuary)
1pm Board of Trustees Meeting (Jaggers Parlor)
3pm DFW Support Group (Library)

Wed Oct 21, 2026
7pm Choir Rehearsal (Choir Room)

Sat Oct 24, 2026
Congregational Meeting Agenda Deadline
12:30pm Crafters Group (Jaggers Parlor)

Sun Oct 25, 2026
9:45am Journeys (Jaggers Parlor)
11am Worship Service (Sanctuary)
1pm CUUPs Meeting (John Adams Room)
1:40pm Trans Inclusion (Jaggers Parlor)
3pm DFW Support Group (Library)

Wed Oct 28, 2026
7pm Choir Rehearsal (Choir Room)
Fri Oct 30, 2026
4pm Community Halloween Event (Trunk or Treat, Cakewalk, Fair)

Sat Oct 31, 2026
12:30pm Crafters Group (Jaggers Parlor)

Sun Nov 1, 2026
Daylight Saving Time ends
11am Worship Service (Sanctuary)
12:15pm Potluck Lunch (Coleman Hall)
12:45pm Inquirers Series (Jaggers Parlor)
2pm Baby Shower Christine Collins-Davis (Coleman Hall)
3pm DFW Support Group (Library)

Tue Nov 3, 2026
Election Day
FWSS Closed