

The Unitarian Church of Underwood is a welcoming community of diverse people where our celebration of life and common search for meaning bind us together.

Unitarian Church of Underwood

206 North Main Street

Underwood

Phone: 218/826-6553

Website: www.ucofu.org

www.facebook.com/www.ucofu.org

Services

Worship 10:00 a.m.

Beginning June 4

August 6 - Bob Worner

*August 13 - Dave
Hage*

*August 20 - Athena
Kildegaard*

*August 27 - Roger
Parks*



***August 2017
Newsletter***

**Services Begin at 10:00
a.m. year- round**

August 2017						
◀ July					September ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Green Team	3	4	5
6 Bob Worner "Tyranny and Daily Life"	7 AA 7 pm	8	9 Executive Committee Speakers Committee 3:30 pm	10	11	12
13 Dave Hage "Paging Galileo"	14 AA 7 pm	15	16 Board of Directors 5:30 pm	17	18	19
20 Athena Kildegaard "How Does a Poem Start?: Mindfulness Sitting 8:30 am	21 AA 7 pm	22	23 Membership Committee 5 pm Fall Area Workshop Task Force 6:15 pm	24	25	26
27 Roger Parks "The Trinity – a Cosmic Dance" U Group Facilitators Planning & Logistics following service	28 AA 7 pm	29	30	31		

Upcoming August Speakers

August 6 – Bob Worner, “Tyranny and Daily Life,” UU Principle 7 – “justice, equity and compassion in human relations.”

August 13 – Dave Hage, “Paging Galileo.” The internet allows us to tailor our consumption of news and information so thoroughly that American society is losing the ability to reach decisions based on a shared reality. What happens next?

Dave Hage has worked in journalism for 35 years as a reporter, editorial writer, editor and author. He has been a staff writer at the Star Tribune and U.S. News & World Report, and has written or co-written three books, most recently as ghost writer for Walter F. Mondale’s memoir, “The Good Fight.” He and his wife, Therese, have a lake cottage outside Fergus Falls, where their kids have become the fifth generation to think that Swan Lake is the center of the universe.

August 20 – Athena Kildegaard, “How Does a Poem Start?” UU Principle #7

After many decades of writing poetry, Athena Kildegaard will wrestle with the question of where the creative spark comes from. It’s not a breath from the muse, she’s sure of that. And it’s not sheer luck or magic. So, how does a poet get started on writing a poem? Part of the answer does with paying attention – to one’s self, to others, to the felt world around us, and to the unsaid and unseen.

Athena Kildegaard is the author of three books of poetry, most recently *Venriloquy*. She’s been a recipient of grants from the Lake Region Arts Council and the Minnesota State Arts Board. Her poems have been read by Garrison Keillor, set to music by the McKnight Artist of the Year, Libby Larsen, and nominated for the Pushcart Prize. She teaches at the University of Minnesota, Morris.

August 27: Rev. Roger Parks, "The Trinity--A Cosmic Dance." UU Principle #7

This is the 3rd in the series of talks from Roger.

U Group Facilitators will meet following services for the purposes of planning and logistics for the U Groups resuming in September.

Notes from July Speakers

July 2 - Chris Hyslop, former Peace Corp volunteer and now working for the past 20 years in Humanitarian Assistance with the UN, spoke on **“Humanity and Placement: People on the Move.”** Over 65 million people are now displaced mainly because of conflict. One in every 138 people are displaced. Isaak Dinesen says in her book, *Out of Africa*, “I’m in a Place that I ought to be.” Displaced people are no longer “of the place” they ought/want to be. People have too often been torn away from their homes because of violent conflicts and are disoriented with their loss. Armies now fight where people are and people are moved out on purpose.

1. The *event* occurs: at night, violent, disorienting, deadly. People are shoved out with no return.
2. They run –they are *in transit*: they have lost everything, fearful, separated, vulnerable, exploited.
3. They *arrive* – stuffed into camps, dependent, vulnerable, feared by others and fearful for themselves.

Who are they? The poorest and most vulnerable in society – they are running because they had no choice. Why are they attacked? This is an organized strategy and manipulation for gain by others. Who is gaining? Follow the money. Reasons may be political, economic, technology, tools, resources, security.

What do they want? 1) Want to go home – to “the place I ought to be”: 2) their children to be educated; 3) and to have a dignified livelihood.

To counter this inhumanity, we must engage in humanity – empathy and compassion grows in fertile soil.

Responses to audience questions: If people are displaced through natural disasters, the communities take care of themselves. With man-made violent confrontations, the community is lost.

The average length of time is 17 years for a person to be displaced

Why displace? It is a short-term strategy for short-term gain of resources – they “gobble” it up quickly and violently.

Book, *War Among People* - overwhelming versus under-whelming forces – the strategy is to bring war to where the people are – people are usually gathered where the resources are and the resources are wanted by others.

Buddhist principles of compassion apply. Get back to morality, compassion, “one-ness.” We act as “units of actions” beginning with the individual to the family to the community. We counter the belief that “if I share, I get less.”

Attendance: 57

July 9 - Bob Worner spoke on “**At One Ment**” as related to the 4th principle: “A free and responsible search for truth and meaning.” Bob admitted that he doesn’t usually like to talk theology but he was inspired by Spong’s writings as studied this year in his adult religious education classes. Spong maintains that the Bible was not written to be interpreted literally but rather as allegorical/metaphorical teachings.

Judaism taught that Adam and Eve left the Garden of Eden to become adults and assume responsibility. The celebration of Yom Kippur, the day of atonement- is to be “at one with each other to become one with God,” a time to confess our faults to each other and to grow closer to – not be alienated from God. This was early Christian belief until Augustine when Christian teachings began concentrating on our separation from God leading to the concept of “original sin” and Jesus dying on the cross as the substitute for our personal responsibility of “at one ment.” Many people have died for “my sins.” Slaves, soldiers, the poor, the hungry, toxic-wasters, violent nations to allow me to continue “my indifference, my way of life.”

We need a healing and reconciling force to heal this nation – to learn to be “AT ONE.”

- 1) Learn a new language. We have abandoned religious language but not replaced it by infusing it with new meaning. Engage politically – began by healing family divisions, finding points of agreement. We need to find common ground – we may agree “differently” but everyone wants many/most of the same things.
- 2) We need patience – gentleness, respect, ability to laugh at own self.
- 3) We need to Celebrate small victories, beginning with an assignment from Bob: call a loved one, say nice things and words of appreciation, and listen – restore “At One Ness.”

Attendance: 37

July 16 - Dr. Jody Janati was the speaker. She has taught communication, conflict, negotiation, and conversation for 21 years in the U of MN system. For 5 years, she has conducted classes for staff and for inmates in prisons. Her message to students is that there is more strength in vulnerability than in the fist.

A few take-aways:

- We need to treat people first as human beings, and then react to their behaviors.
- Most people are good people (only 1-3% are sociopathic). Often, we are not aware of the motives and impacts of our behavior. Most behavior/communication is intended to solicit attention, love, energy, power.
- First step to improve communication is to eliminate words such as should, shouldn't, you need to, ought to, don't.
- Neuro-linguistically, our brains don't correctly process statements of “don't.” If told “don't touch” our reaction is to want to touch.
- We are born with only 2 fears – of loud noises and of falling.
- There are many ways/strategies of responding to everyday communication we find threatening/challenging that don't escalate the situation, such as “I am glad that you are upset; it shows that you care” or “I would prefer.”
- Understanding allows for acceptance and forgiveness (of others and ourselves).
- Important to recognize reality; what cannot be changed; and impasses. Sometimes the reality is “whatta you do?!” (the person, situation is unlikely to change).
- When asked, Mother Teresa declined to participate in an Anti-Viet Nam War march. She said, “Call me when you have a March for Peace.”

Much more was shared. Jody has written several books. Her website is www.communicationinnovation.vpweb.com

Attendance: 25

July 23 – Roger Parks, in his 2nd of three scheduled talks spoke about “**Non-Dual Reality**,” referring to Principle #7. Our reality is in how we perceive the world, the framework for our views. Roger has been influenced by Bishop Richard Rohr who specifies 2 categories: 1) those who look for **certitudes** - faith, experience of the sacred, static rather than dynamic or flowing) or 2) **understanding/evolving** - reality is from within, wholistic, not restricting, there is commonality in the whole, not an either/or, right/wrong but the whole together.

The **whole** pattern is one of love and compassion. Putting mind together with heart. Love, mercy, compassion leads to grace. The mystical - to think beyond just that “I count, I deserve, I am entitled.”

With non-dualism, everything is one – there are no distinctions. God, Jesus is accessible to all of us. Roger then paused us for a period of centering prayer concentrating on “God loves me and all that is.” Don’t waste time dividing – think of commonality as the whole. Whole pattern is one of love and compassion.

Thoughts shared: Think of God not as an entity but rather as force, LOVE, influence. There is no separation – God, Love, Reality, Heart/Mind. Reminded of Buddhist philosophy. Dualism has pluses in that it can show contrasts, tensions, Ying/Yang – put space around so not caught up in either/or. A child only knows inside – not what is outside until later - maturation, uniting it all.

Attendance: 62

July 30 – Ella Kingsbury, “If I’m Not Doing Anything, Then Who Am I?”

Stewardship/Giving

Note: April, May, June (1st quarter of 2017 fiscal year) total \$8410. That is 75% of the \$11,250 quarterly collections needed to meet the annual budget of \$45,000. We are confident through your generous giving that over the next months, we will catch up and meet our budgeted needs. Thank you!!

For your gift giving to UCU, please consider direct debit. Your gifts support and sustain the mission of UCU through Program, Facility and Community Outreach. Thank you!!

Thank You!!

Facilities Committee (Susan Groff, Katy Olson & Kris Warhol) for arranging the installation of the crash door in the lower level, for a new church sign and for the landscaping. All look great!!

Thank you, Speakers Committee (Betsy Wells, Sandy Barnhouse, Diane Johnson, JoAnn Larson, Kris Warhol) for your work in bringing us such outstanding Sunday programs!!

2017 Fall U Groups

Stan Carignan & Luke Anderson have stepped up to lead the U Group Facilitators for the coming year. Thank you!

Battle Lake/Underwood U Group studies continue 2nd Tuesday 3 p.m. at Joanne Cress' in Battle Lake.

The U Group Facilitators plan to meet August 27 following service for planning and logistics for U Group meeting resumption in September. If interested in facilitating or joining a U Group, please contact: Stan Carignan @ Stanley.a.carignan@gmail.com or 218/841-2657 or Luke Anderson @ lukeandersonb37@outlook.com or 218/209-7809..

The Alexandria U Group numbering 12 met June and July in member homes and look forward with enthusiasm to continuing the 2nd Tuesday of each month beginning in September.

Current U Groups meet in host homes in the vicinities of Perham, Underwood-Battle Lake, Alexandria and Fergus Falls.

Newsletter Submissions

Please submit your ideas, articles and photos to: maryanderson8380@msn.com.

Editing: Stephanie Sanderson

Emailing/mailing: Ellen Eastby and JoAnn Larson. Paintings: Mickie Edmonds

Note: The www.ucofu.org website is updated regularly to include the monthly newsletters and other current items of interest.

Facebook Page & Newsletter Standards:

- Content shall primarily promote activities occurring at the Unitarian Church of Underwood, activities that members of UCU are participating in and events in the greater Otter Tail county area that are recognized by UCU that meet the UU Principles and Living Traditions.
- Other content may include personal comments, authorized use, non-copyright photos related to UCU, Unitarian Universalism, social and environmental actions participated in by UCU members/friends.

"Like" UCU on Facebook: see www.facebook.com/www.ucofu.org

Wi-fi Now Available at UCU
See Bulletin Board or Bulletins for Password

Save the Dates!!

Underwood Harvest Festival

Saturday 1-3 p.m.
September 2, 2017
Join UCU in Parade
Standing on the Side of Love
Wear a SSL t-shirt
Walk the route
Shout for Love

STANDING ON THE SIDE OF LOVE IS
A PUBLIC ADVOCACY CAMPAIGN THAT
SEEKS TO HARNESS LOVE'S POWER TO
STOP OPPRESSION. IT IS SPONSORED BY
THE UNITARIAN UNIVERSALIST
ASSOCIATION AND ALL ARE WELCOME
TO JOIN.

<https://www.standingonthesideoflove.org/>



Friends, Music Lovers!

Cindy Johnson and Carole Mitchell offer another summer of SATURDAY CONCERTS in their amphitheater, 33928 County Hwy. 27, Erhard.

August 5 **Bowmanville** from Chicago, Swing ("Hot Club") Jazz. Another concert you must not miss!!
August 12 **Oscar-Helen**, Dave Johnson & Jon Nordman: *The Band to Irishman*
Foy Vance; Kristopherson to Mayer, plus some originals.....



Ride for
Refugees

30 Mile Ride to Glendalough
September 30, 1-4 pm
Sponsor a rider to sponsor a child with the
Shan Schools



Area UU

Workshop

Many Volunteers will be Needed!!

October 20-21, 2017



The membership committee always appreciates sending get well cards, thinking of your cards, etc. to our fellowship! We also enjoy making phone calls and arranging for visits. If you have an idea for a card, hear that someone is undergoing special care or see a way to support our fellowship in a time of need or change, please contact Mary Anderson, maryanderson8380@msn.com, 218-346-6638, or JoAnn Larson, redswilds@gmail.com, [218-405-0752](tel:218-405-0752)."



Greeters and Treaters always needed!!

Please consider the example of Donn & Marlys Siems – they have committed to greeting on the 3rd Sunday of every month. If you can commit to one Sunday a month it makes it easy for you to remember and easier for JoAnn to fill the other slots. To sign up for greeting, contact JoAnn Larson at: redswilds@gmail.com or 218/405-0752.

Sign-up sheets on kitchen counter for treats or see Cathy or Tina Stone. Reminder that bringing treats can also involve making coffee and setting out plates, etc. Not so hard once you've done it once.



Invitation to Join UCU

As a Voting Member

Welcoming October 1 - During Sunday Service

To become a voting member of the Unitarian Universalist Church of Underwood, you indicate your wish by signing the "silver" membership book. We invite you to participate in the welcoming new member ceremony that is held twice a year, **the next planned for October 1, 2017**. Plans are underway for new member UU orientation/refreshment session(s). Watch for the date(s) to be announced. Please see JoAnn Larson for further details.

The UCU Policy Statement #2 Article II Definitions B. states that: "A voting member is one who has signed the membership book and completed any of the following: has participated in an activity of the congregation in the past year, has made a recorded financial contribution since the beginning of the fiscal year, or expresses verbally, or in writing, a desire to remain a member."

We, like other UU Fellowships, have voting members; others who though not voting members, attend regularly or come for our featured speakers or other offerings; some who consider themselves members but are unable to participate; and some who come sometimes as visitors. We welcome everyone: "no single belief includes us here, no disbelief excludes us."

Grab a little red card from the tables for "What do Unitarian Universalists believe?" Or check out: ucofu.org.

"Forest Bathing"



Invitation from Joan Vorderbruggen

Forest Bathing (also called Shinrin Yoku) is a mindful, slow-paced walk through a natural landscape, where one is gently guided to immerse him/herself in a present-centered relationship with the natural world. This type of intentional, focused (yet sometimes playful!) connection can bring healing, relieve stress, and increase one's overall sense of well-being – to a greater degree than would simply going for a walk or a hike.

After attending a week of Forest Therapy Guide training in California this past April, Joan Vorderbruggen is currently completing the 6-month practicum to become certified as a guide for Forest Bathing by the end of October. Recently (July 17), NPR featured a spot pertaining to Forest Bathing, interviewing a woman who is certified through the same organization Jos is training with: <http://www.npr.org/sections/health-shots/2017/07/17/536676954/forest-bathing-a-retreat-to-nature-can-boost-immunity-and-mood>

Though Joan is not yet certified, she is now qualified to guide Forest Bathing walks, having done so in both Glendalough and Buffalo River State Parks this summer. Joan has already enjoyed witnessing how those she has guided have benefited from this close connection to Nature, and she looks forward to bringing more of you on a Shinrin Yoku walk. There is no formal fee

structure until Joan is certified, but she can receive a free-will donation. The walks are non-strenuous and may take a little over 2 hours, yet cover less than a mile.

To get on Joan's mailing list for notification of when she is guiding a walk, contact her at: jofarch@gmail.com.

Working Land



Country Contentment by Jon Solinger

Check out newcomer, Jon Solingers photographs on "Working Land" @ <http://www.jonsolinger.com/galleries/workingland/>. The exhibit will be at the Henning Landmark Center, August 2-31 with Jon speaking about his photos and process there, Tuesday, August 22 at 7:00 p.m. These photos and narrative are available in Jon's beautiful book also entitled, "Working Land." Impressive!



**Received From:
Standing Rock Sioux Tribe**

June 1, 2017
Unitarian Church of Underwood

Re: Donation to Standing Rock Sioux Tribe

Dear Kola, "Friend,"

On behalf of the Standing Rock Sioux Tribe, we humbly extend a thank you for your donation of \$532.00 to address the effects of the Dakota Access Pipeline. The Tribe will utilize your donation to support the efforts to protect our waters, land and sacred sites.

Pilaymayelo "Thank You,"
Dave Archambault II, Chairman
Standing Rock Sioux Tribe

Note: Sandy Barnhouse made the trip personally to deliver this gift through her and your donations to the Standing Rock Sioux Tribe.

Churches United for the Homeless
"Shelter and Support in a Spiritual Setting"

June 2017

Dear Friends,

Thank you so much for remembering us with your generous gift. We are thankful for your support. I love this time of year! Summer is here! School is out! It is a time of baseball games, lakes, BBQ's and being outside as much as possible. Thank you for thinking of us during such a busy year.

Summer brings a new set of issues for families in poverty. Parents are trying to find childcare for school age children, have increased grocery bills and need new clothes for kids who outgrew last summer's shorts and t-shirts. For families who are experiencing homelessness, it is often difficult to be thinking about activities for the kids. For kids, summer is often a time of uncertainty. How do they fill their hours, especially if parents are working all day? Playing on sports teams is not an option as kids who are homeless don't have a neighborhood. Transportation is also an issue. Not to mention the cost of equipment. Thanks to your support some kids who stay at Churches United for the Homeless will spend their summers at the YMCA.

In the summer, Churches United for the Homeless is inundated with request from families. Now that school is out, many families who have been doubled up are trying to find more permanent housing in any school district. The Community Center is serving three meals a day on week days for anyone, including kids, who need a meal. Thanks to you, these are well balanced meals. Thanks to your gift, Case Managers are helping families more than ever to find that place to call home. Your gift is hard at work. You are changing lives.

And we are so grateful. Thank you.

With Gratitude,
Babs Coler
Development Director

Added personal note: Thanks so much for this wonderful gift! I am the new Member Relations Director here and would love to visit your church this summer. I will call next week to see if there is a convenient time when I might pop by... Best, Lisa Richmond

Note: Members of the Battle Lake U Group helped served lunch at the Homeless shelter in Moorhead on July 6. Joan Vorderbruggen, Darryl Booker, Bob Worner and Chuck Adelsman had only good things to say about the experience. They want to do it again. Several staff and volunteers there expressed their gratitude to the Unitarian Church of Underwood for our generosity through the Empowerment Grant, member donor program and other contributions. Bob Worner noted that many of the residents are working during the day so most sharing the meal were folks from the neighborhood in need of a meal.

<https://www.facebook.com/pages/Churches-United-For-The-Homeless/...>

Churches United for the Homeless July 2017 Update

Shelter Update:

Year to Date Moved Into Housing:

56 Households made up of 65 adults and 28 children

Year to Date Sheltered:

Children Under the Age of 5 = 48

Ages 6-17 = 49

Adults = 470 plus 6 people over the age of 65

Households Seeking Shelter at CUFH: 128

(from Minnesota =58, from ND=46, from outside the region=15, 8 with no roots.)

United Way of Otter Tail and Wadena Counties

"**United Way** fights for the health, education and financial stability of every person in every community.

We have one life. To live better, we must Live **United**."

June 30, 2017

Dear Friends:

Thank you for your donation of \$1,000.00 to United Way of Otter County on June 26, 2017.

We know you have many options when it comes to your charitable contributions. Thank you for recognizing the important work of United Way of Otter Tail County. With your help, we are advancing the common good in Otter Tail County, working to help local people improve their lives, meet their basic needs and develop skills and qualities that will enhance our community not only now, but wee into the future.

Your donation of \$1,000.00 will be designated to:

Feeding Backpack Program/Friends of Friends Designations.

Your generosity is what enables us to provide funds to the programs that count on United Way to help them accomplish their missions. You can learn more about our Member Agencies, their programs and the activities of United Way of Otter Tail County by visiting our website at www.uwotc.com and following us on Facebook.

Thank you again for your pledge and for setting a wonderful example of how to Live United.

Sincerely,
Mary A. Phillippe
Executive Director

Personal note: *We are grateful for your generosity to this necessary program for our children in need! Thank you!*

Note: This gift was the result of your generous free-will donations at the Back-Pack Program fundraising bunch hosted by the Battle Lake U Group.

Habitat for Humanity

Seeking to put God's love into action, Habitat for Humanity brings people together to build homes, communities and hope.

Dear UCU Board, Empowerment Grant Committee, and Members,
My deepest thanks for your gift of \$1,000 to support the Fergus Falls Area Habitat for Humanity participation in the 25th Annual Habitat 500 Bike Ride. Your gift was instrumental in sponsoring four riders in the one-day event on Sunday, 9 July, in Victoria, Minnesota.

Half of the one-day fund-raising money will go to Habitat Minnesota to support programs around the state and the other half to support programs right here in West Ottertail County. Your contribution was the yeast that leavened the bread. The last couple of years we were only able to encourage one rider to participate. Thanks to your help, we had five one-day Riders besides my riding the whole seven days.

My goal as Executive Director is to create a culture of participation in this ride as it is valuable in so many ways. Of course, it is a fundraiser and does bring in donations, but it is so much more. Team members have a chance to bond during the ride and share a common experience together. They have the opportunity to work on a bike-build and work alongside a Partner Family. They are hosted in local churches for breakfast and supper, and hear from Habitat family's at each stop at night.

Our team was also able to create excitement in our area for our mission of affordable housing and valuable media coverage both in the Fergus Falls Journal and the local radio community

hour. Our goal is to make affordable housing a matter of conscience in our area. We are excited that we will be starting another build this fall in Fergus Falls – the details should come together in August.

Thank you for making Habitat a part of your Hometown mission and the dream of home ownership a possibility to more families in our community.

Sincerely,
Stan Carignan
Executive Director

Social Justice Habitat 500 Bike Ride



Stan Carignan (5 day rider), Dave Sanderson, Katie Olson, AJ, Susan Groff



Stan, Susan & Katie!!

Environmental Justice

Biking for Our Planet
LowCarbon Crossings Western MN Bicycle Tour
August 13 - 20, 2017

LowCarbon Crossings brings together groups of people who are passionate about bicycling and about helping to solve the climate crisis, and create events where the force of those people can inspire action in others. And have a great time doing it!

Goals of LowCarbon Crossings:

Heighten understanding of climate issues

Inspire action toward climate solutions

Promote cycling as a healthy, carbon-neutral way to see the world

Engage with people dedicated to making a difference

This year's LowCarbon Crossings tour will touch portions of three Minnesota Congressional Districts in Western Minnesota on our week-long 350-mile self-supported bike tour. We'll combine bike and train to start and end the trip with the Northstar commuter rail line between Minneapolis and Big Lake. Our stops along the way will include Community Climate Conversations to increase connection and understanding between urban and rural dwellers as we share our climate stories.

We are currently seeking riders and volunteers to organize in their area. [Contact us](#) to volunteer or get more information.

Plans are forming for the following stops and Community Climate Conversations:

Sunday, August 13 - St. Joseph

Monday, August 14 - **Alexandria**

Tuesday, August 15 - **Fergus Falls**

Wednesday, August 16 - half way between Fergus Falls and Brainerd (seeking options)

Thursday, August 17 - Brainerd

Friday, August 18 - Little Falls

Saturday, August 19 - St. Cloud

Sunday, August 20 (travel day to catch the Northstar train in Big Lake back to Minneapolis)

Find more information and updates on the [LowCarbon Crossings](#) and [Cool Planet](#) websites.

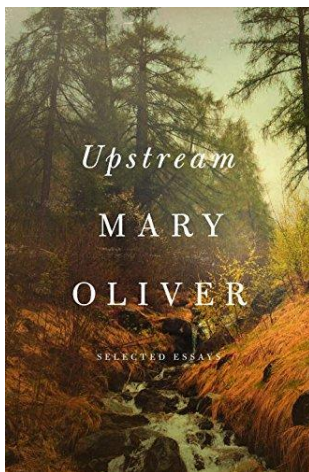
“Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature

- *the assurance that dawn comes after night, and spring after winter.*" *Rachel Carson*

inSpirit

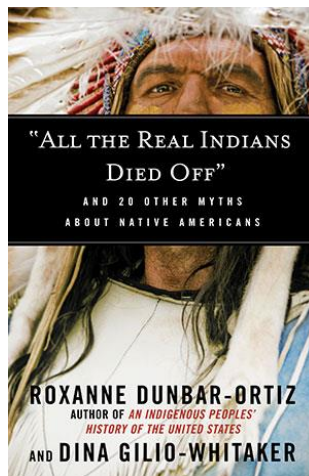
Your Search for Truth and Meaning Begins Here

Life never stops sending new spiritual challenges our way. How do we, as individuals and communities, search for truth and meaning, strive for justice and action, navigate our spiritual journeys, and live out our values? Justice and Spirit: The Unitarian Universalist Book Club on Goodreads is a place where all who are interested in spirituality, religion, and social justice can discuss books that relate to these crucial questions. Sponsored by UUA publishers Skinner House Books and Beacon Press. You'll need to create a Goodreads account to join. Lucky for you, it's easy and free! Check out some of the upcoming book club reads and [join today](#).



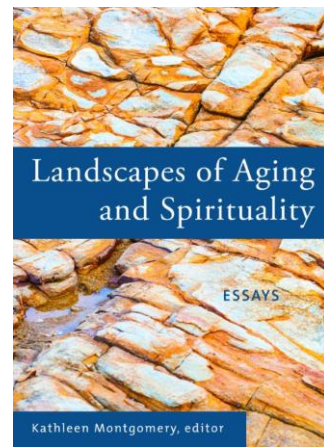
***Upstream: Selected Essays* by Mary Oliver**

Mary Oliver reflects on her willingness, as a young child and as an adult, to lose herself within the beauty and mysteries of both the natural world and the world of literature in her new collection of essays. Throughout *Upstream*, Oliver encourages us all to keep moving, to lose ourselves in the awe of the



***"All the Real Indians Died Off" and 20 Other Myths About Native Americans* by Roxanne Dunbar-Ortiz and Dina Gilio-Whitaker**

Roxanne Dunbar-Ortiz and Dina Gilio-Whitaker critically deconstruct a wide range of persistent myths about Native American culture and history and trace how they developed. They deftly show how these myths are rooted in the fears and prejudice of



***Landscapes of Aging and Spirituality: Essays*, edited by Kathleen Montgomery**

Nineteen writers reflect on the experience of aging and the ways it intersects with their spiritual lives. Alternately tender and frank, funny and wistful, these heartfelt ruminations offer companionship for those walking the journey of later life. These thoughtful writers ponder growing

unknown, and to give power and time to the creative and whimsical urges that live within us.

[Purchase today!](#)

European settlers and in the larger political agendas of the settler state.

[Purchase today!](#)

older as a spiritual path-not one that we choose, but one that has chosen us.

[Purchase today!](#)

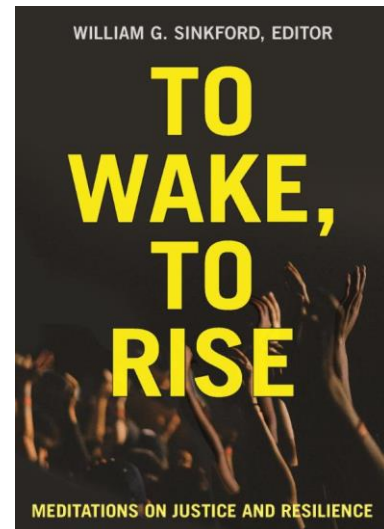
inSpirit

Your Search for Truth and Meaning Begins Here

To Wake, To Rise: Meditations on Justice and Resilience **William G. Sinkford, Editor**

The 2017 edition of the inSpirit Series is an anthology of 29 poems, prayers, and reflections about resisting oppression and keeping the faith in social action work. Written by a range of contributors, including ministers and lay leaders, these readings are ideal for both private contemplation and for use in worship. Collected and introduced by a former president of the UUA-and the first Black person to hold that position-these meditations are both a support for activists and a call to action in a new era of political and social division.

William G. Sinkford is the Senior Minister of First Unitarian Church of Portland, Oregon. He served as President of the UUA from 2001 until 2009, and as Interim Co-President from April until June 2017.

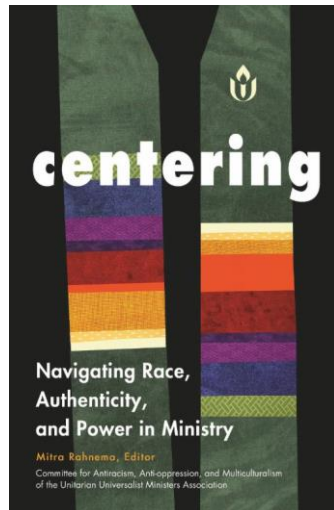


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inSpirit

Your Search for Truth and Meaning Begins Here

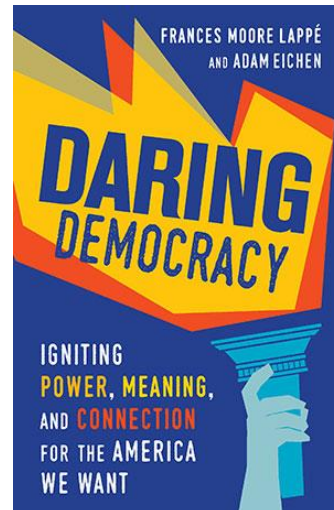
A Common Read invites participants to read and discuss the same book in a given period of time. It can build community in our congregations and our movement by giving diverse people a shared experience, shared language, and a basis for deep, meaningful conversations. Two books have been selected for the 2017-2018 UUA Common Read, one focusing on the work of dismantling white supremacy culture within today's Unitarian Universalism and the other providing a vision and guidance for our work in the public square. Find out more about this year's Common Read and how you and your UU community can participate [here](#).



Centering: Navigating Race, Authenticity, and Power in Ministry,
edited by Mitra Rahnema

A joint project of the Committee for Antiracism, Anti-oppression, and Multiculturalism of the Unitarian Universalist Ministers Association and Skinner House Books, *Centering: Navigating Race, Authenticity, and Power in Ministry* is the first book to center the stories, analysis, and insight of Unitarian Universalists of color offering their religious leadership. *Centering* addresses the challenges that religious leaders of color face in exercising power, agency, and authority in a culturally white denomination and explores how racial identity is made both visible and invisible in Unitarian Universalist ministries.

[Purchase today!](#)



Daring Democracy: Igniting Power, Meaning, and Connection for the America We Want
by Frances Moore Lappé and Adam Eichen

An optimistic book for Americans who are asking, in the wake of Donald Trump's victory, What do we do now? The answer: We need to organize and fight to protect and expand our democracy. Legendary activist Frances Moore Lappé, and organizer-scholar Adam Eichen teamed up to tell the underreported story of a "movement of movements" arising to tackle the roots of the crisis. To save the democracy we thought we had, argue the authors, we must take our civic life to a place it's never been. Available to pre-order now with books coming in September!

[Pre-order today!](#)

Unitarian Church of Underwood
Approved Board Minutes for June 21, 2017

Board members present: Mary Anderson, David Sanderson, Norman Kolstad, David Wass, Kris Warhol, and Ellen Eastby. Absent: Stan Carignan, Bob Worner, John Miersch, and Connie Stigen, Also present: Administrative Consultant JoAnn Larson.

The meeting was called to order at the church by Board President Mary Anderson at 5:32 p.m.

Mary Anderson shared a reading/meditation. The agenda was approved (Warhol/Sanderson). Minutes were approved for the board meetings of March 15, 2017; April 23, 2017; and May 17, 2017 (Warhol/Sanderson) .

Reports:

Finance Committee/Treasurer: David Wass - need for balanced budget discussed.

Administrative Consultant: JoAnn Larson

Speakers Committee: JoAnn Larson

Foundation/Stewardship Committee: David Sanderson - Donn Siems resigned from the committee; automatic debit payment usage increasing; UUA socially responsible investing strategy results in good yields.

Program/Worship Committee: Kris Warhol - Kids RE to get activity bags.

Community Outreach: Kris Warhol - June city rummage sale yields \$571 for playground.

Facilities Committee: Kris Warhol - repairs/maintenance on back door, landscaping, lighting, sign painting.

Safety Committee: Norman Kolstad - no report

Sverdrup Suites: Mary Anderson - Cathy Stone resigned as property manager, no replacement planned. Lawn maintenance contract to be offered to Scott Schei for up to \$600 per season (Warhol/Sanderson).

Membership Committee: Mary Anderson - no report

Communications Committee: Mary Anderson - Wi-Fi is installed, web enhancements coming; Sunday recordings or live streaming being worked on.

Green Team (Environmental): Mary Anderson

Unfinished Business:

Sanford Health to be contacted for lift maintenance.

New Business:

Candidate for president of the UUA, Susan Frederick Gray was selected to receive UCU's two votes (Sanderson/Wass).

The next board meeting is set for July 19, 2017 with an executive committee meeting July 12, 2017.

The meeting was adjourned by Board President Anderson at 6:36 p.m.

Respectfully submitted,
Norman Kolstad, secretary.