

*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

PO Box 58, 206 North Main Street

Underwood

Phone: 218/826-6553

Website: [www.ucofu.org](http://www.ucofu.org)

[www.facebook.com/www.ucofu.org](https://www.facebook.com/www.ucofu.org)

Sunday Services 10 a.m.

Dec 2 - Naomi

Scheliesman

Dec 9 – Bob Worner

Dec 16 - Children's  
Program

Dec 23 - Katy Olson

Dec 30 - Kevin Hutch




Dancing Dolls, Provided & Witnessed by Budd  
& Marguerite Andrews 2016



Children's RE Program, December 2017

## *December 2018 Newsletter*

## December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b>
<b>2</b> Naomi Scheliesman-Adult RE 8:45 am Mindfulness Sitting 9:15 am Children's RE 10:00-11:15 am	<b>3</b>  AA 7 pm	<b>4</b>	<b>5</b> Speakers Committee 3:30 pm  Membership Committee 5:30 pm #300	<b>6</b>	<b>7</b> MSTATE Handel's Messiah 7:30 pm @ Legacy Hall	<b>8</b> MState Community Sing-Along 10 am-noon Legacy Hall  Gerry's BD Party 2-4:30
<b>9</b> Bob Worner-Curry Dinner Adult RE 8:45 am  Mindfulness Sitting 9:15 am Children's RE 10:00-11:15 am	<b>10</b>  AA 7 pm	<b>11</b> Battle Lake/Underwood U Group 3 pm @ Joanne Cress'	<b>12</b> Alexandria U Group 7 pm @ Widseth... Office Bldg/	<b>13</b> Perham U Group 6:30 @ Stan Carignan's	<b>14</b>	<b>15</b>
<b>16</b> Kids RE Holiday Program Adult RE 8:45 am  Mindfulness Class 8:45 am Children's RE 10:00-11:15 am	<b>17</b>  AA 7 pm	<b>18</b>	<b>19</b> Executive Committee 4:30 pm #300 Board Meeting 5:30 pm	<b>20</b> FF U Group 6:30 pm @ Diana Ziesemer's	<b>21</b>	<b>22</b>
<b>23</b> Katy Olson - Adult RE 8:45 am  Mindfulness Sitting 9:15 am Children's RE 10:00-11:15 am	<b>24</b> <b>Christmas Eve Service 5:00 p.m.</b>  AA 7 pm	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b> Kevin Hutch-Adult RE & Mindfulness Sitting 9:15 am Children's RE 10:00-11:15 am	<b>31</b>  AA 7 pm					

## *Coming in December*



### **December 2 - Naomi Scheliesman, "Home: How Home and Place/Space Shape Who We Are and What We Learn."**

Naomi has been the Arts Development Director for Springboard for the Arts since 2013. Naomi grew up in the small rural community of Fergus Falls, Minnesota; born into a family of laborers, which included farmers, nurses, seamstresses, bar owners and woodworkers, she started using her hands at an early age to play with tools and to create objects out of a variety of media.

During her growing up, her family frequently moved from home to home. She became accustomed to the cycle of moving, tearing down walls, building additions, the redecoration and personalization. It was through these frequent transitions that the importance of applying her ornamentation and aesthetic led to a sense of space that said "home." It was the disparate ornamentation of the décor of home, school and church that fostered in her an acute awareness of how different spaces were decorated and the types of ornamentation that signified the function of the space.

History and continuity play a large role in shaping Naomi's understanding of self and family. Illness and death have taken many family members and illness has affected the artist herself. It has been through caring for herself and family members that has led to an extensive knowledge of science and how that reconciles the psychology of illness and coping, while integrating the faith that one is raised with.

At Springboard for the Arts, Naomi leads the Hinge Arts at the Kirkbride residency program and teaches the Work of Art: Business Skills for Artists workshops. She has her BFA with an emphasis in sculpture from Minnesota State University Moorhead and an MFA from the University of Wisconsin-Madison. She has received a Fellowship from Ragdale and Kimmel Hardening Nelson Center for the Arts, was awarded 2<sup>nd</sup> place for Miami University Young Sculptors Competition for William and Dorothy Yeck Award, and was a LEAP finalist for Society of Contemporary Craft Award. She has traveled abroad to Italy, Scotland, Ireland, France, United Kingdom and Belize to study art and has done artist residencies at Vermont Studio Center, Kimmel Hardening Nelson Center for the arts, Ragdale and Hospitalfield Arts. Naomi currently serves on the Public Arts Commission for The City of Fergus Falls and is also a board member for the Fergus Falls Convention and Visitors Bureau. She continues her own

studio practice in Visual and Performing arts, collaborates with her 2-year-old daughter, Zara, and has shown nationally.

**December 9 – Celebrant Bob Worner, “The Gifts We Bring,”** speaking to principle #4: “A free and responsible search for truth and meaning.

**December 16 – Children’s RE Program, The Nativity (see more below)**

**December 23 – Katy Olson, “Witnessing for Peace, Oaxaca, NAFTA and Corn.”** During Thanksgiving week, Katy took part on an inspiring, yet humbling visit to Oaxaca, Mexico. There, she participated in a Witness for Peace delegation. The group met with sustainable farm and rural civic engagement groups to learn of their work to protect food-producing resources and achieve food sovereignty. Katy will share her experience with us.

### **December 24 - Christmas Eve Candle Light Service - 5 p.m.**

#### **“The Weary World Rejoices”**

As the year 2018 comes to an end we find ourselves a weary world. We wonder when the suffering and pain that is being inflicted upon the earth and its people will end. And we wonder how that change can ever come about. It is overwhelming, daunting, and at times, more than we can bear. But then Christmas comes. Christmas. When the story of a tiny baby brings us comfort. Christmas. When maybe, just maybe, miracles happen. Christmas. When our hearts dare to hope. Christmas. When a weary world rejoices.



Join us on Christmas Eve at 5:00 p.m. for our annual candle light service.

In addition to enjoying beautiful music, listening to readings of the season, and singing carols, Celebrant Ellen Eastby will share a message of hope. Special offertory will be taken. All are welcome. Come as you are.

**December 30 - Kevin Hutchinson, A Musical Journey on Hip Hop & More.”** Known as an inspiring song writer, producer and director, Kevin says in his words...."I'm not here to preach anybody the gospel but to educate and guide those who want to be led in the right direction to where we need to be together."



#### **Monthly Greeting from Board President, Kris Warhol**

Our Church is about heart. When you arrive at the door, we embrace all that you are. We are as curious about your journey as you, ours. We offer you a home, a cup of coffee and a listening ear. We try to answer more questions than asked of you. We invite you to sit for a while and sing, read and worship. We appreciate one another for the individual gifts we all bring. We may not all agree - we certainly do not have all the answers. Together we put the pieces together that fit for us.

We arrive from many singular rooms into a space that is large enough for us all. We are different and yet seemingly the same. What you seek here you will find. The journey is a shared one. Our doors are opened both inward and outward. In this sanctuary you just might find your God along with the rest in the space between these walls.

December is upon us and as we gather, let the celebration of giving be one that honors the heart. A Christmas that heals the broken and gives to those less fortunate. Let us share our values and abundance.

We ask that you bring to worship something of what you receive: a capacity to heal, to think both critically and poetically, and to experience a growing sense of belonging, rootedness, and blessing.

*Kris Warhol December 1, 2018*



### Children's Religious Education

**The children will be presenting the Sunday program on December 16.** Bonnie Albers, with the help of her husband, Lance and others, has written, coordinated and is directing the program. The theme will be a traditional nativity enactment, melding with our UU teachings. Budd Andrew's Dancing Dolls will be featured as they have been now for several years. Plan now to attend – You'll be in for a treat and the children will be looking for you!

### December Children's Religious Education Schedule

December 2	Jon Solinger	Bonnie Bell Ron Graham	UUA "Home," lesson #7
December 9	Bonnie Albers	Lance Albers	Preparation for kids' program
<b>December 16</b>	<b>Bonnie Albers</b>	<b>Lance Albers</b>	<b>Kids Dec program</b>
December 23	Kris Warhol	To be named	
December 30	Ron Graham	To be named	



## Some of Our Kids (and Ron)!!



Tiny Mabel is reading with Ron



And she's walking!!



Abby with Ron



Ron trying out kids' new hidden alcove  
(curtain made by Mary Anderson)



Hurrah!!  
The "G Team" – Graham & Gross cleaned up the RE space!

**Many, Many THANKS** to parents/grandparents for bringing your kids and to all who volunteer to lead Children's Religious Education!! If others out there, wish to volunteer to help with Children's RE, contact Mary Anderson @ [maryanderson8380@msn.com](mailto:maryanderson8380@msn.com) or 218/346-6638 or Kris Warhol @ [mwarhol7up@gmail.com](mailto:mwarhol7up@gmail.com) or 218/205-1644.  
Mary Anderson/Kris Warhol – Children's Religious Education Coordinators.

# Stay<sup>in</sup>formED

## **Wi-fi Now Available at UCU**

**See Bulletin Board for Password**

To be included to regularly receive weekly church reports and monthly newsletters, or to remove your name from the list, please contact Ellen Eastby @ [eastofellen@hotmail.com](mailto:eastofellen@hotmail.com)

**Sunday Talks available via PodCasts @ [soundcloud.com/user-927528278](https://soundcloud.com/user-927528278)**

Contact JoAnn Larson @ [redswilds@gmail.com](mailto:redswilds@gmail.com) for Sunday announcements and local media notifications.

**"Like" UCU on Facebook: see [www.facebook.com/www.ucofu.org](http://www.facebook.com/www.ucofu.org)**

**Website:  
[www.ucofu.org](http://www.ucofu.org)**

## **Cancellation/Postponement Due to Weather**

Cancellation/Postponement Due to Weather: for weather rated announcements, tune to Lakes Radio Family of Stations – 103.3, 96.5 FM and 1020, 1250 AM. You can also check the UCU website at [www.ucofu.org](http://www.ucofu.org) or the Facebook page. If you do not hear a cancellation announcement, please use your best judgment on making a safe trip to church.

## **Newsletter Submissions due prior to Issuance the 1<sup>st</sup> of each month**

Please submit your ideas, articles and photos to: [maryanderson8380@msn.com](mailto:maryanderson8380@msn.com) or [maryleonaanderson@gmail.com](mailto:maryleonaanderson@gmail.com)  
**Editing:** Stephanie Sanderson  
**Emailing/mailling:** Ellen Eastby and JoAnn Larson.  
**Website:** Ellen Eastby  
**Facebook:** Melody Shores  
**Photos courtesy of Norm Kolstad & credited others.**

**Note:** Announcements sent to JoAnn Larson, Administrative Consultant for church bulletin and/or Mary Anderson for the monthly newsletter are forwarded for inclusion in the [www.ucofu.org](http://www.ucofu.org) and Facebook Page.

Newsletter comes out on the 1<sup>st</sup> of each month via email. They are also posted at [www.ucofu.org](http://www.ucofu.org).

# Nurture Your Spirit ...

## U Group Schedule (Meetings Monthly)

- Alexandria U-Group: 2<sup>nd</sup> Wed @ 7:00 pm @ the office building of Widseth, Smith & Nolting Office Bldg., 610 Fillmore, Alexandria: Facilitators: Lee Becker/Susan Sanford
- Battle Lake U Group, the 2<sup>nd</sup> Tuesday @ 3:00 p.m. @ home of Joanne Cress and Luke Anderson. Facilitators: Bob Worner/Joanne Cress.
- Fergus Falls U-Group: 3<sup>rd</sup> Thursday @ 6:30 pm @ Diana Ziesemer's, 934 W. Linden St., Fergus Falls. Facilitator: Jacob McKnite/Melody Shores.
- Perham U-Group: 2nd Thursday @ 6:30 p.m. alternating between homes of Stan Carignan or Mary Anderson. Facilitator: Stan Carignan. Served lunch at Welcome Place in Pelican Rapids, November 27 for community project.

*Each group holds an empty chair for anyone who wants to come and join the group.*

To learn more or join a group, contact Lead Co-Facilitators: Kris Warhol @ [mwarhol7up@gmail.com](mailto:mwarhol7up@gmail.com) or 218/205-1644 or Shannon Smith @ [shannonsmith20@gmail.com](mailto:shannonsmith20@gmail.com) Or 320/630-6229

## Adult Religious Education Classes & Mindfulness Sitting

**1<sup>st</sup> Sunday of the month, 8:45 - 9:45 a.m.** – John Minge leads discussion.

**2<sup>nd</sup> Sunday of the month, 8:45- 9:45 a.m.** – Sandy Barnhouse leads the Ancient Religions Class.

**3<sup>rd</sup> Sunday of the month, 8:45 – 9:45 a.m.** – Stan Carignan will lead new class using the book, "*Seeing, Knowing, Being*" by John Greer as a text to explore what mindfulness is, how it can be achieved, and what it does for a person. Chapter discussions, followed by 20 minutes of mindfulness practice.

**4<sup>th</sup> Sunday of the month, 8:45-9:45 a.m.** Bob Worner leads the discussion.

**Each Sunday of the month, other than 3<sup>rd</sup> Sundays (see above): 9:15 – 9:45 a.m.,** Stan Carignan leads Mindfulness Sitting @ #300 Sverdrup Suites.



Mabel and Molly Extinguishing the Candle



## *Save the Dates*

*Welcome the holiday season with  
Concert & Sing-along @ M State that  
features Handel's Messiah and traditional holiday  
carols*



**MN State Community Choral Concert, Friday December 7 @ 7:30 p.m.**

The Friday evening concert will feature the Concert Choir, Voice Ensemble, Camber Choral and Community Chamber Orchestra performing selections from the Messiah.

**Friday concert tickets: Adults - \$9 in advance, \$11 at the door; Student - \$7 in advance, \$8 at the door. Tickets available at MState box office @ 218/736-1600, online @ [mstatetickets.com](http://mstatetickets.com) or at the door.**

**Community Sing-along, Saturday, December 8 from 10 a.m. - noon**

To follow the Friday night concert, members of the choirs and the orchestra will join community members to welcome the holiday season with Saturday's Community Sing-along at the Fergus Falls campus of Minnesota State Community and Technical College.

For the first hour, singers are invited to join in Legacy Hall to perform the traditional holiday music from Handel's Messiah, said M State Director of Choral Music Teresa Ashworth. The Community Chamber Orchestra will accompany the sing-along, and all singers will be provided the music for "Messiah" when they arrive, or they may bring their own. Five choruses will be sung by participants, and soloists will include Sue Kilde, Kim Blumberg, Everett Jacobson and Carol Tornquist.

Holiday refreshments will follow the Messiah performance, and the sing-along will then move to Waage Theatre for more traditional holiday music. M State Director of Bands, Jim Iverson will lead the M State Concert Band in several Mannheim Steamroller holiday selections, followed by holiday caroling for community members of all ages.

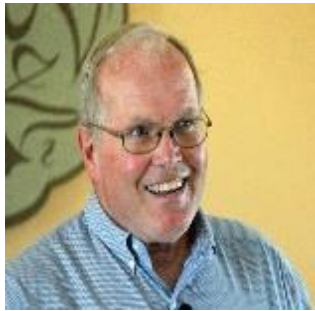
"This is a wonderful way to begin the holiday season, and all levels of singers are welcome," Ashworth said. "Singing with the Community Orchestra and M State Concert Band will be a memorable experience."

The M State sing-along is free and open to the public. Singers are invited to bring a non-perishable food item to support area food shelves.

## Celebrate Gerry Zieseemer's 75<sup>th</sup> Birthday!!

**December 8, 2 – 4:30 p.m.**

Lana Parker, daughter of Diana and Gerald Zieseemer, is extending an open invitation to help celebrate her father's 75th birthday with pie and ice-cream from 2 p.m. - 4:30 p.m. on December 8th in the community room of the Sheridan House, at 808 South Sheridan St. in Fergus Falls. For further details, contact Lana at 646-369-8003 or [lanaparker@gmail.com](mailto:lanaparker@gmail.com).



## Annual Curry and Carols

**December 9**

On December 9, following Sunday service, John Minge, assisted by others, will, for the 6th year, provide his curry dinner featuring authentic Indian cuisine. John came to love and learned to cook these foods after visiting India many years ago. Following the dinner, there will be opportunity to singing songs of the season. Please join us!

## Notes from October Speakers/Events

**November 4** - Fergus Falls Mayor, **Ben Schierer** was the featured speaker with his talk entitled:



**"Shining Cities on the Prairie."** Ben served on the FF City Council

beginning in 2004 and as Mayor since 2016. He and his wife, Tessa have five children and own Union Pizza and Brewing.

To begin, he read from Genesis 12:1-2 and Matthew 5:14. Richard Kagan had contacted him to speak and mimicking Richard requests, "it was more important to "be intellectual than inspirational." After he shared with Richard his intellectual draft, Richard said, "yes, yes, yes but be more inspirational."

Before coming here, Ben reviewed the UU Principles and learned about UCU's history: established 1889 by Scandinavian immigrants; naming Kristopher Janson, Hans P. Borge, John Gronner, names familiar to UCU members. When he came upon a phrase used to describe this church, "light on the prairie," he knew he was on track with today's talk. "City upon a hill" was originally from John Winthrop's sermon he gave on the early pilgrim's ship voyage. The phrase was later quoted by John F. Kennedy and Ronald Reagan.

It is surprising that we long for the “good ol’ days of Ronald Reagan. It seems we are now in crisis and so we must act at the local level, in our churches, neighborhoods and on our own porches. We need to have deep conversations – hear each other and not jump to conclusions or judgment.

Ben, while on his regular jog, noticed but was unaware of the implications of a message of a billboard displaying a flag. He didn’t realize the significance of that portrayal until reading Victoria Creek’s letter to the paper. Without others telling us of their sensitivities, we cannot be educated to their perspectives, we cannot change and correct ourselves to be more sensitive.

John Adams in a letter to his wife, Abigail stated we “cannot “guarantee” the percepts of our constitution, but we can “deserve it.” Have conversations because it is the right thing to do. Vote but talk to others on why you voted for what you did – vote as if white supremacy rallies are being held in our cities, believe that the worth and dignity of EVERY person is at stake. See the shining cities on the prairie and think and act with peace, liberty and justice for all.

Attendance: 70

**Podcast at:** <https://soundcloud.com/user-927528278/shining-cities-on-the-prairie>.

*“But in my mind, it was a tall proud city built on rocks stronger than oceans, windswept, God-blessed, and teeming with people of all kinds living in harmony and peace; a city with free ports that hummed with congress and creativity. And if there had to be city walls, the walls had doors and the doors were open to anyone with the will and the heart to get here. That’s how I saw it and see it still.... And she’s still a beacon, still a magnet for all who must have freedom, for all the pilgrims from all the lost places who are hurtling through the darkness, toward home.”*

Ronald Reagan, Farewell Address, January 1989.

**November 11 - Janell Miersch, Beth Monke, and Patty Shol** presented a program about the Citizen’s Climate Lobby (CCL). They recognize the connections between climate change, faith, and social justice, and have given this presentation to groups at their places of worship – Federated Church of FF, Bethlehem Lutheran Church of FF, and today, UCU.

A natural greenhouse effect helps the earth to maintain an ‘average’ temperature in which life is sustainable. The problem is that through the burning of coal, gas and oil, the amount of greenhouse gases has increased since the Industrial Revolution. In particular, carbon dioxide (CO<sub>2</sub>) levels have increased 43%, and methane (CH<sub>4</sub>) levels have doubled.

Some ask if these changes don’t have natural causes. In fact, natural causes would probably have a cooling effect because:

- The sun is, in fact getting cooler.
- Changes in the earth’s orbit should have a cooling effect.

To counter these changes and rising temperatures, we need to (rapidly) transition to greener energy sources. Climate change is not a 'special interest'; it is a human-interest issue.

The Citizen's Climate Lobby (CCL) is an international, non-partisan, nonprofit organization based on respect, admiration and gratitude and is solution focused. Its solution is a carbon fee and dividend program. Fees would be charged at sources where greenhouse gases are emitted – mines, wells, etc. The fee would start at \$10 per ton and would increase annually. The funds collected would be paid monthly directly to households (\$X per adult + 1/2X per child).

According to the REMI (Regional Economic Models, Inc.) study there is no economic argument against such a plan. Advantages include lower emissions due to increased costs; job creation as a greener economy grows; and decrease in health issues (asthma, etc.) It also predicts that this plan would decrease greenhouse gas emissions 31% over the next 10 years.

CCL encourages individuals to build political will for this plan by talking to congressional reps., publishing in media, doing outreach, educating ourselves and others, and reducing our own carbon footprints.

#### *Opening/Closing Words*

*"We seem to have lost the wisdom of the indigenous people, which dictated that in any major decision, the first consideration was: How will this decision we're making today affect our people in the future?' These days decisions are made based on the bottom line."* Jane Goodall

*Albert Einstein said, "Problems cannot be solved at the same level of awareness that created them." For this reason, we need to bring conversation about our relationship with and our responsibilities toward Earth into the heart of our faith communities. A different level of awareness - a spiritual awareness - is critical.*

### **Clearing**

By Poet, Martha Postlewaite

Do not try to save  
the whole world  
or do anything grandiose.  
Instead, create  
a clearing  
in the dense forest  
of your life  
and wait there  
patiently,  
until the song  
that is your life  
falls into your own cupped hands  
and you recognize and greet it.  
Only then will you know  
how to give yourself

to this world  
so worth of rescue.

More information can be found at [www.citizensclimatelobby.org](http://www.citizensclimatelobby.org).

Attendance: 46

**November 18: Jane Smith, “Joining Together with Multiple Truths” referencing UU Principles 1,3, & 6.** Jane received her Master’s in Divinity from Meadville Lombard and is currently a chaplain working with teens with mental illness and addiction issues.

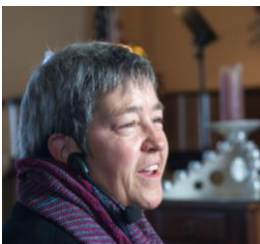
Two years ago, she participated at Standing Rock where there was an interfaith presence of multiple truths working together in common cause. We need to build cohesiveness and that requires establishing boundaries. Both truths may be correct. Important that “I love you, I see you, I hear you.” We are one where we can journey together yet, honor the differences and connect with the multiple truths. Be cognizant of language – use “I” statements. Come whoever you are. Not any ONE person can, but a group can become collective strength.

We can accept each other but we cannot accept those beliefs or practices that are counter to our UU principles: racism, antisemitism, terrorism – whatever it is that deprives another person of their inherent worth.

People change with love. We oppose acts of hate but there can be bi-partisanship over inclusiveness, example – prison reform. Recognize our white privilege; people marginalized feel like “the other, the slave.” The “accidentally fortunate” vs. those facing obstacles because of race, religion, etc. We are one, because we journey together.

Attendance: 42

<https://soundcloud.com/user-927528278/joining-together-with-multiple-truths-jane-smith-november-28-2018>



**November 25 – Athena Kildegaard, “The Grace of Gratitude”** referencing UU Principles 1 & 7.

Athena is the author of five books, the latest, *Course*. She is the recipient of various grants, has had her poems set to music, was a nominee for the Pushcart Prize and currently teaches at Morris U of M.

(According to her introduction) she says, “thanks to social media we're good at "liking." Thumbs up for cats and goats and babies! Gratitude is surely a different thing--liking with gravitas. There's no grace to hitting (on Facebook) “Like,” but there's grace in gratitude.”



Athena talked about how it is often hard to be grateful these days when the news is full of stories of tragic wildfires and immigrant bashing. Despite the news, though, we can set our tables and hearts with gratitude. There is no cost to saying thank you. Experiencing and expressing gratitude can entirely change our outlook. She relayed the story of her family, her father a practicing alcoholic when the family with assistance did an intervention. He resisted even as the family insisted, “get sober, or we’ll leave you,” until at last he said, “yes.” It was a cold January day when they entered the library and when they came out, it seemed like spring had come – there was change from the frigid to the fruitful.

In old Scottish, “gratitude” was a noun meaning ‘a gift’; the gift of being grateful. Athena described her husband as having the happiest classroom. His motto is to say “thank you” often.

Athena read several delightful poems: one by Joy Harjo, *Perhaps the World Ends Here* (at the kitchen table used over time for many purposes; *Relax* by Ellen Bass that expressed the sentiment of distressing events that may occur in our lives but with the ending sentiment of eating strawberries.

We set our tables and offer gratitude and we discover grace.

When asked about sources of books of poetry to give as gifts she suggested:

1. Gray Wolf press. She particularly recommended *Don’t Call Us Dead*, by Danez Smith.
2. Milkweed press publications, such as *Things That Are* by Amy Leach.
3. Red Dragonfly press, such as author Freya Manfred.

Find the podcast at: <https://soundcloud.com/user-927528278/the-grace-of-gratitude-athena-kidegaard-november-25-2018>

Attendance: 45

## Perhaps the World Ends Here

By [Joy Harjo](#)

The world begins at a kitchen table. No matter what, we must eat to live.  
The gifts of earth are brought and prepared, set on the table. So - it has been since creation, and it  
will go on.

We chase chickens or dogs away from it. Babies teethe at the corners. They scrape their knees  
under it.

It is here that children are given instructions on what it means to be human. We make men at it,  
we make women.

At this table we gossip, recall enemies and the ghosts of lovers.  
Our dreams drink coffee with us as they put their arms around our children. They laugh with us  
at our poor falling-down selves and as we put ourselves back together once again at the table.

This table has been a house in the rain, an umbrella in the sun.  
Wars have begun and ended at this table. It is a place to hide in the shadow of terror. A place to  
celebrate the terrible victory.

We have given birth on this table and have prepared our parents for burial here.

At this table we sing with joy, with sorrow. We pray of suffering and remorse. We give thanks. Perhaps the world will end at the kitchen table, while we are laughing and crying, eating of the last sweet bite.

## Living out our Principles

### Learn/Speak Spanish

Barbara Honer (director of the Giving Plus Learning program in Pelican) has a wonderful opportunity for people in our community every other Thursday. The group will learn Spanish and/or English casually through conversations at the Welcome Place, 26 W. Mill, Pelican Rapids:

- 6:00-6:30 English conversation
- 6:30-7:00 Spanish conversation

All levels are welcome to both groups. This is open to all ages.

For more information contact Barbara at 218-329-2883 or [bahoner@yahoo.com](mailto:bahoner@yahoo.com).

## Empowerment Grant Application Time!

### Applications Due January 31, 2019

#### **UNITARIAN CHURCH OF UNDERWOOD EMPOWERMENT GRANT APPLICATION NOW OPEN**

From Kayak building for Boys & Girls Club, to POPS @ the Farmers Market to Shan Schools in Thailand, \$85,000 has been distributed in Empowerment Grants by UCU since 2007. The Unitarian Church of Underwood is pleased to once again offer funding for distribution of the 2019-2020 Empowerment Grants. These grants are made to encourage church members to develop projects that will have a positive effect on our communities at large. These projects may be related to any number of social or environmental issues, including poverty, education, ecology, alternative energy, & nutrition. The projects may be of varying time and cost, but all will be initiated and managed by the requesting applicant(s). This is an excellent opportunity for church members to make an impact on an issue they feel strongly about in the community around them. The deadline for grant applications is **January 31, 2019**.

Criteria for 'Empowerment Grant' requests:

- Must be proposed by Unitarian Church of Underwood (UCU) members.
- Must be compatible with the UCU mission/vision statement. (The Unitarian Church of Underwood is a welcoming community of diverse people who gather to reflect, to find refuge, spiritual renewal and intellectual growth, to improve our understanding of the world, to build bridges towards peace and understanding, and to improve lives and opportunities across our communities).
- Must address one of the seven Unitarian Universalist principles.
- Must be non-discriminatory.

- Projects will not provide direct services to individuals or families - the project may help area charities and non-profits that provide direct services.
- Requests may be for total funding or may be for matching funds. Note: Matching fund requests will be given priority. The rationale for this criterion is to double the impact of UCU initiatives, and to encourage members to get involved with issues and work at raising funds. Example: The chili dinner raises \$1,000 for the senior nutrition program. This \$1,000 could be matched by an additional \$1,000, thus giving the nutrition program \$2,000.
- The project being funded must be under the direction of an approved, not for profit (501c-3) organization.
- Projects/groups that have not received previous funding will be given a higher priority for funding.
- All grant recipients must agree to/sign an 'Empowerment Grant' contract. This includes progress reports and final report as per contract.

The next funding cycle will be for twelve months. The application deadline for the next funding period is **January 31, 2019**. If you are interested in pursuing an 'Empowerment Grant' you need to fill out the application at the end of the Newsletter or pick up one at church. The application must include a timeline for your project and a specific budget for the cost of the project. Please make six copies of your application for review. It would also be a good idea to talk to a member of the 'grant committee', that will be accepting applications.

The committee will review all applications and recommend or not recommend project requests to the church board of directors. The review criteria are also included at the end of the Newsletter. Grant selections are determined in February-March, given Board approval in March with funds distributed sometime in April. Grant Committee members are: Deb Ferguson, Steve Nagle, Ron Roller, Stephanie Sanderson and Connie Stigen. Please contact Ron Roller at 218-770-0374 or at: rollerolson@gmail.com for further information and/or assistance.

**Below is the application form for printing or you can pick one up at church.**

Note: The 2018-19 Recipients included: A Center for the Arts (Fergus Falls) (Seat Plaques for Outreach Programs) \$600; Churches United for the Homeless (Fargo, ND) \$300; Fergus Falls Farmers Market POP Program \$580; Friends of the Prairie Wetland Learning Center (FF) (Yellow Bus Program for student transportation); \$2000 Habitat for Humanity 500 Bike Ride \$660; Giving and Learning Program for Pelican Rapids (Immigrant language aides, drivers & job training) \$2000; Minnesota Interfaith Power & Light (MNIPL) \$1000 (Environmental Education Outreach for state-wide UU Congregations); Nonviolent Peaceforce (St. Paul, MN) \$1140; Shan Refugee Program (Education/scholarships for Shan refugee children in Thailand) \$1140; Fergus Falls YMCA Child Care Program (After school children) \$580. These totaled: \$10,000.

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has. *Margaret Mead (#561 from Singing the Living Tradition)*

# Grant Application

Unitarian Church of Underwood (UCU) Grant Committee Application for Empowerment Grant  
(please add more information on additional sheet(s) if needed)

The application deadline for the current grant cycle is January 31, 2019.

Name: ..... E-Mail: .....

Address:.....

Name of Project: .....

Description/Purpose of Project: .....

.....

.....

How does project relate to mission/principles of the UCU? .....

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Project Timeline: .....

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How will funds be used? Please attach a sample budget: .....

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Does project/funding request involve matching funds? .....

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Progress Report: .....

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Follow-up Report (on completion of project): .....

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Submit with six (6) copies. Please contact Ron Roller at [rollerolson@gmail.com](mailto:rollerolson@gmail.com) or 218-495-3235 for additional information.

# We Are Part of the Larger UU!

## All About the New Annual Program Fund Formula



### **What is the Annual Program Fund?**

From the UUA's Office of Stewardship and Development

### **What is the Annual Program Fund?**

Every UU congregation in our Association is asked to contribute a specific sum of money annually to the Annual Program Fund to support the congregations in our Association. The Annual Program Fund makes up the single largest source of funding for the work of the Unitarian Universalist Association. In turn, the UUA utilizes these funds to provide resources, programming and support to the congregations across the Association. Your giving makes this possible. Thank you!

In July of 2019, congregations in MidAmerica and the Districts of the Pacific Western Region will move to the New APF.

### **The New APF formula is different in two significant ways.**

First, the New APF request supports both APF and what your congregation formerly contributed to your district and/or region. The New APF is a unified program, demonstrating that we are all one UUA. The New APF is also based upon a congregation's ability to pay, and it therefore is based on a congregation's certified expenditures rather than number of members. The New APF is a fair and equitable way for our congregations to both support and be supported.

The New APF formula asks for a contribution of 6.75% of your congregation's certified expenditures. There are built in adjustments to the formula for congregations in high wage rate areas (utilizing the national UUA Geo Index), or for congregations who have extremely high expenses per member



Please visit [www.uua.org/amplify](http://www.uua.org/amplify) for further information and resources about APF.

*Note: Over the past years, Fair Share Assessment dues were \$85/certified member annually. This comprised well over 11% of UCU's annual operating budget.*

### **Promise and Practice of Our Faith Matching Gift Opportunity**

As our Unitarian Universalist faith denomination works on addressing our own history of upholding white supremacy culture, the [Promise and the Practice of Our Faith Campaign](#) continues.

Right now, individual donors have a unique opportunity to double their impact:

All individual gifts or pledges made by December 31, 2018, of \$500 to \$5,000 in total amount, will be matched by the UU Funding Program up to \$150,000.

To learn more, please contact Cheri Taylor at [bluu-campaign@uua.org](mailto:bluu-campaign@uua.org).



*A moment from the BLUU Convening in 2017  
(photo courtesy of Black Lives of UU)*

## **MUUSJA**

**MUUSJA is thrilled to partner with the MidAmerica Region - UUA** to present this six-part series of interactive webinars for social justice leaders in Unitarian Universalist congregations! Hosted by MUUSJA's own Rev. Ashley Horan and Pastor Danny Givens, and featuring topics ranging from congregational organizing to multigenerational justice work, these 75-minute online learning experiences will include a range of guest presenters and are appropriate for lay leaders, clergy, and justice leadership teams.

[Click here](#) to watch recordings of past webinars.

Register now for upcoming webinars below!

[From Charity to Solidarity: Developing Accountable Partnerships with Theological & Spiritual Humility](#)

Tue Apr 10 @ 6:45PM CST

[Justice-Making as Faith Formation: Social Justice Ministry With Children & Youth](#)

Tue May 08 @ 6:45PM CST

[A Strange Power to Spring in Us: Building Resiliency & Spiritual Grounding for Justice Makers](#)

Tue Jun 12 @ 6:45PM CST

Save the date for Regional Assembly!



**Save the date for Regional Assembly!** This year, our RA will be held in St. Louis, Missouri, at the Marriott St Louis, April 5-7, 2019.

The theme is “Intersectionalities”—how we live, work, and relate, as well as share, withhold, and leverage power in our world. Presentations and workshops will explore identities we encounter and embody, the challenges of social inequality, and tools and skills we need in order to work more effectively with one another, as well as the general “nuts and bolts” of congregational life, such as leadership, stewardship, membership, and religious education. Our Keynote Presenter will be UUA President, Susan Frederick-Gray. Join us to explore, share, and worship with fellow Unitarian Universalists.

**More about our keynote:** The Rev. Susan Frederick-Gray is the ninth president of the Unitarian Universalist Association (UUA). She was elected in June 2017 to a six-year term.

**UNITARIAN CHURCH OF UNDERWOOD  
BOARD OF DIRECTORS  
Approved MINUTES—OCTOBER 17, 2018, BOARD MEETING**

Board members present: Tim Lanz, Connie Stigen, Bob Worner, John Miersch, Shannon Smith, Kris Warhol, Ron Roller, Dave Sanderson, and John Minge.

Board members absent: Darryl Booker.

Others in attendance: Administrative Consultant JoAnn Larson

The Meeting was called to order at 5:37 P.M. by Board President Kris Warhol.

1. The Meeting was opened with a reading - "The Last Word" from "UU World".
2. Tim Lanz was welcomed as a new Board member.
3. Agenda: The proposed agenda for this meeting was approved. (Worner/Miersch)
4. Minutes of the previous meeting were approved. (Sanderson/Smith)
5. Administrative Consultant's Report: JoAnn Larson reported on the activities of the Church. She reported that "things were looking good". The new member welcome had recently taken place. The speaker schedule is filling out. Christmas events are being planned. On December 16, the children of the Church will present a program during the Sunday service.
6. Treasurer's Report: Ron Roller presented and commented on the Balance Sheet (as of September 30, 2018) and the "UU Common Endowment Funds. He explained his desire to move \$20,000 out of the savings account where it's earning hardly anything and into a CD at the Underwood Bank that would earn interest at the rate of 2.5% per annum without any early withdrawal penalty. A motion to that effect was passed. (Sanderson/Stigen) Ron then presented and commented on a Profit and Loss Statement through September 30, 2018. For the first six months of the current budget year, the Church's income has exceeded the budgeted amount. And for same period, the expenses are about \$2500 under the budgeted amount. Finally, Sverdrup Suites are doing pretty well from a budgeting point of view.
7. Stewardship Committee: Dave Sanderson reported on the activities of this Committee. It had a meeting earlier in September. There was some discussion of creating a committee of three people—the Treasurer/ Bookkeeper, the chairperson of the Finance Committee, and the chairperson of the Stewardship Committee—for future fundraising purposes. Its charge would be to determine and monitor the distribution of giving within the Church. (That is, to better understand giving patterns for future fundraising purposes.) After some discussion, It was determined that this can already be done and that, therefore, there was no need for this new committee.
8. Speakers Committee: JoAnn said that speaker scheduling was going well, that there would be no community Thanksgiving service, and that six services are scheduled for December (which is the first time that that number of services will have taken place in one month).
9. Adult Religious Education: John Minge and Bob Worner briefly discussed how things are going.
10. Kids Religious Education: Kris Warhol reported that this was going well and that a planning meeting was scheduled for October 21.
11. Membership Committee: John Miersch reported that there are four new Church members.
12. Communications Committee: There was no report from this Committee.
13. Sunday Service Coordinating Committee: JoAnn reported that this Committee had just met. Its next meeting will be in three months.
14. Celebrants: Bob briefly reported on this.
15. Empowerment Grants: Ron reported that he has begun to receive inquiries.
16. Community Events: Ron reported that the chili dinner revenues are being used to pay drivers for the local senior nutrition program.
17. Social Justice Committee: Kris reported that Stan Carignan (as Habitat for Humanity Executive Director) gave a medallion to the Church for its support of Habitat and a medallion to Tim Lanz for his considerable volunteering.
18. UU Groups: The Perham U Group will be preparing and serving a meal in Pelican Rapids.
19. Facilities Committee: A written report from Darryl Booker has been received. After some discussion, it was decided that the air quality issue would be referred to this Committee for further review and for its recommendation regarding future action, if any. The Board is to

hear back from this Committee at its December meeting. (Minge/Sanderson)

20. Safety Committee: There was no report from this Committee.

21. Sverdrup Suites: The cost of the replacement water heater has been paid. The amount that was paid was not known. There was some discussion regarding the need to make prompt repairs to the living units.

The next meeting is to be held on November 21, 2018, at 5:30 p.m. at Sverdrup Suites.

Meeting adjourned at 6:50 p.m.

Respectfully submitted this 19<sup>th</sup> day of November 2018.

John Minge, Secretary