



**Unitarian Church of Underwood
July 2015 Newsletter
www.ucofu.org**

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.

Summer Sunday services begin at 9:30 a.m.

July 5 – Bob Worner, “Celebrating Interdependence Day,” Principle # 7 Respect for the Interdependent web of all existence of which we are a part.

July 12 – Chris Hyslop – “Should I Stay or Should I Go?”

July 19 – Roger Parks – To be announced

Potluck and Board Meeting follows Sunday service

July 26 – Celebrant, John Minge – To be announced

Note: Prior to beginning of service, at 9:20 a.m., there will be issued a “Call to Gather” to alert folks to assemble in the sanctuary so that the service can start promptly.

Religious Education and Children Religious Education and Coming of Age classes will resume in September. The U Groups on hiatus will also resume in September.

Other Meetings

July 8 – Safety Committee 6:00 p.m. @ church

July 19 – Board of Directors following Sunday service

July 21 – U Group Facilitators 7:00 @ Mary Anderson’s in Perham

Note: AA Meets every Monday evening @ 7 p.m. at UCU

More about July Speakers

July 5 – Bob Worner, “Celebrating Interdependence Day,” Principle # 7 Respect for the Interdependent web of all existence of which we are a part.

July 12 – Chris Hyslop – “Immigration: Should I Stay or Should I Go?”

Much has been reported lately on people risking their lives on dangerous migrations out of Myanmar, Syria, Eritrea and other places. Why do people make this choice? What pulls and pushes people to move? Chris Hyslop, currently working with the United Nations in Myanmar

(formerly Burma) will speak on broad immigration trends and look at the case of the Rohingya minority in Myanmar and why thousands are leaving the country. He and his wife, Karie will also sing as they love the UCU music and want to contribute. They will play "Mutineer" by Warren Zevon and "Angel from Montgomery" by John Prine.

July 19 – Roger Parks, watch the announcements.

All are invited to stay for the Potluck and Board Meeting following services.

July 26 – Celebrant, John Minge, watch the announcements.

The Month That Was

June 7 – Skye Livingston, "Finding and Defining Home" Skye Livingston whose title was "**Finding and Defining Home," UU Principles 1,4 & 7.** Skye is currently "home free" but has lived in different artist residential homes. She is currently in a program with Springbrook for the Arts - Hinge Art Residency program in Fergus living in a Kirkbride apartment. When she's asked why she makes art, she answers: "It is a way to help me and hopefully, help others to make the world a little bit better."

Skye has had plenty of places to live, but no home so she asks: "What is home? Where is home?" Home is more than a place to sleep or a house. You can be home anywhere so long as you are comfortable – it is what and where you make it. It is being with whom you love. It gives you feelings of comfort, familiarity; is refreshing, soul feeling, safe. "That place within you that creates or recognizes comfort. The state of being that recognizes your surroundings. "

She brought her art of a paper box containing capsules and inside each a strip of copy of the history of Kirkbride, the former Regional Treatment Center now being converted into apartments and other usable space.

June 14 – Mary Anderson and Bernice Johnson Mary Anderson spoke on "**Am I Really A UUer?**" **Stan Carignan's** talk and the idea of the Unitarian Witness Series led Mary to question, "Can I even call myself a Unitarian Universalist?" She appreciates UCU but does not have a background with UU.

Mary recognizes the many contrasts in her life but through them, she has learned to accept others and finally herself.

The first time she came here, the words of the chalice struck her. "No single belief includes us, no disbelief excludes us. Our celebration of life and common search for meaning bind us together." It was OK to search for meaning!!!

With her husband's words of wisdom: "Mary – it is not the big things you do in life, it is the small things you do each day." So she has done the small things working as a public servant for 31 years and small things in her daily life of helping others. She also learned "Instead of expecting people to be where you are, go to where they are."

A class on diversity prompted her to go outside her comfort zone. After meeting a safari guide, she went to Tanzania three times. She met the locals, went on numerous safaris. Conversations with safari guides were not “who got the biggest fish but who had the best sightings of THE BIG FIVE –the lion, the elephant, the rhino, the Cape buffalo, the leopard, and Yes, I saw them all!”

On those trips to Africa, she continued to do small things - talking with the locals, trying to share the skills she had.

It was hard to top those experiences but finally she has resigned herself to the fact that she is indeed, Grandma – even though she tried to move and get away from them – the grandkids followed her.

Her first trip to this Unitarian Church was in 2006 when she came to hear her friend and shirt-tail relative, Bernice Johnson speak about her experiences with the Shan refugees. It is apropos that Bernice is also speaking this same day.

Mary started bringing her grandchildren to church. As calls went out, Mary started volunteering. Mary’s list of ‘ways to serve’ was lengthy. But she gets back as much as she gives. This is her community. “We all have common beliefs or we would not keep coming.” “To respect the inherent worth and dignity of every person, to protect justice, equity and compassion in human relations, to accept one another and encourage their spiritual growth in our congregation.”

“If the sharing of my story has sparked in you the courage to disclose your story let the Speakers Committee know so we can hear your witness.” Mary added.

Bernice Johnson then gave us an update on her work with the Shan children. It is the Empowerment Grant from UCU that provides a large amount of their funding. She is very grateful.

Bernice told a little of herself growing up also on a farm outside New York Mills. The big three events she relayed that have impressed her: meeting the world’s biggest man, Robert Wallow at 8’11”, taking dictation of Hubert Humphrey’s speech on his visit to New York Mills when she was 16, and her work with the Shan children.

Bernice brought merchandise made by the Shan and also had pictures of children that you can sponsor by donating \$140 to support a child for a year in one of her schools. See: www.shanrefugeeschools.org.

June 21 – Betsy Wells led the service of **Honoring Fathers – Memories and Lessons**. Betsy told of how her father taught her “awe.” She had his picture as well as the one he photographed of the North Star. With a clothespin that held the camera open, and centered on that star, all other stars made circles.

Heidi Paulson for her father, **Argyle Paulson** here today. “The nicest guy I ever met.”

Sadie Marty – she was just “three when my dad died in 2004.” He carried her on his shoulder and pretended to her squeals of horror to swallow and then cough up her imaginary frog.

Diane Johnson was eight when her father died. He owned a tuxedo and went to places in L.A. In her mind, he had been lost at sea. He was a musician and inspired her – she played many instruments. He would have approved of her second husband.

Bob Worner grew up in Chicago and both he and his father were baseball fans - although his father rooted for the White Sox and Bob for the Cubs. Born in 1896, in the scope of his life he watched with his grandchildren, a man land on the moon.

Sandy Barnhouse whose father was born in Texas and who was a Methodist minister and a carpenter. He quit school at the eighth grade. They were “dirt poor.” He was embarrassed because he didn’t have shoes. Now he would have been called autistic, but “he was one of the sweetest people you ever knew.” He was an intellectual. During WWII he was an army cook. On D-Day, he was in the third wave to land on Normandy Beach and went on to liberate one of Hitler’s death camps.

Mary Anderson’s father was Harry Waldemar PeterSEN – “Big Harry.” He was drafted in October and WW I ended in November “because the Germans heard that Big Harry was coming.” He would admonish her “send a kid to do a man’s work and what do you expect.” She worked to “show him.” He instilled in her determination and persistence.

Mary also talked about in her previous work in child support how the role of fathers has been diminished and how sad that is.

To further Mary A.’s point, Mary Worner said she could not find hymns in the hymnal that referenced fathers and had a hard time finding songs even related to fathers.

Stan Carignan’s father joined the Air Force at 18. While his mother was a deep thinker, his father thought of himself as a simple man. His grave stone has the rings (loving husband/family man), the cross (devote Catholic) and the symbol of his Air Force Unit. God, community, family – “Dad was more than I thought” - not such a simple man but one with wisdom.

Ellen Eastby lost her father 5 ½ years ago right after he had asked her to move into the family home. He knew his 3 daughters well. He taught her, “By not making a decision, you are making a decision.”

And so we honored and celebrated with stories and memories of who fathers are and what they did that is important to us.

June 28 – Phelps Mill, Flower Communion - Sandy Barnhouse told of the origin of the Flower Communion that we are celebrating today. Dr. Norbert Capek, founder of the modern Unitarian movement in Czechoslovakia originated this service in 1923. Years later, Dr. Capek was sent by the Nazis to Dachau where he was killed. The Flower Communion is perhaps the most widely-celebrated ritual in UU congregations today.

There were several selections read by **Sandy, Heidi Paulson, Sadie Marty, Diane Johnson and Mary Anderson**. Mary’s reading was from the book “**It Takes the Whole Damn Village**” authored by **Sandy Barnhouse** (2005) (available from Amazon).

There were 50 in attendance with several people commenting that this is one of the favorite services of the year and all enjoyed the beauty of the flowers and the bounty of the delicious potluck.

Opening Words by Thomas Rhodes

We come in a variety of colors, shapes, and sizes.
Some of us grow in bunches.
Some of us grow alone.
Some of us are cupped inward,
And some of us spread ourselves out wide.
Some of us are old and dried and tougher than we appear.
Some of us are still in bud.
Some of us grow low to the ground,
And some of us stretch toward the sun.
Some of us feel like weeds, sometimes.
Some of us carry seeds, sometimes.
Some of us are prickly, sometimes.
Some of us smell.
And all of us are beautiful,
What a bouquet of people we are.

Closing Words

May the blessing of the flowers be upon you.
May their beauty beckon to you each morning.
And their loveliness lure you each day.
And their tenderness caress you each night.
May their delicate petals make you gentle,
And their eyes make you aware.
May their stems make you sturdy,
And their reaching make you care.

Newsletter Submissions

Please submit your ideas and articles for the Newsletter to: maryanderson8380@msn.com.
Editing is provided by Stephanie Sanderson and emailing/ mailing is provided by Ellen Eastby and JoAnn Larson. Mickie Edmonds provides one of her paintings each month for our appreciation! When you have photos of a UCU event and are willing to share, please forward them to Mary.

Handicap Accessible Parking

Please be aware that the curb immediately in front of the church entry has been painted blue to designate handicap accessible parking for those with handicap parking stickers. Please extend every courtesy to assure that persons in need are accommodated.

Ride Share

If you have a need or are interested in ride sharing to Sunday service, Jen Walla is willing to help coordinate drivers and riders. Please contact Jen at fargohomegirl@gmail.com or 701/306-5884. It not only saves on gas but allows you time to visit and get to know your fellow folks from UCU.

New Member Invite

We celebrate the addition of new members twice a year, now scheduled for the first Sunday in March and October. However, you can become a new member of UCU at any time by signing the silver book. Please see JoAnn Larson, Administrative Consultant, on becoming a member and the many ways you can become involved with our UCU community.

Centennial Park Upgrade

Through the collaborative efforts on Kris Warhol on behalf of UCU, we contributed over \$1000 in donations and an Empowerment Grant to help Ron S from the Underwood State Bank and the community raise money toward upgrades of the Centennial Park Playground. Our kids will especially enjoy that now over the summer months when Jewel and Mary, child care providers take them there during Sunday service. Thank you, Kris, for all your work and to all of you who donated!

Foundation Advisory Committee

A brochure created by the Foundation Advisory Committee is now ready for distribution. More detailed information will be presented to members at a later time.

Safety Plan Adopted

We commend the work of the Safety Plan Task Force: Mary Anderson, Norm Kolstad and Kris Warhol, for putting together a Safety Plan for UCU. The comprehensive Plan was adopted by the Board at their monthly meeting June 17, 2015. The Plan ranges from the routine such as weather closing to the remote but crisis situations such as intruder danger or a natural disaster. It is comprised of three sections: Personal Safety, Weather and Natural Disasters and Facility Safety/Building Security with subsections under each including tip sheets for Conflict Resolution and Home Hosting.

The Safety Plan is now being moved for implementation to a designated Safety Committee that includes: Norm Kolstad (chair), Susan Groff, Tere Mann, Dave Sanderson and Wally Warhol. Some of the safety features you'll notice will include installation of additional fire extinguishers, accessible first aid kits, purchase of an AED, increased signage and safety training.

Each Board member and each member of the Safety Committee received a copy of the Plan. A copy is available on the downstairs bulletin board if you wish to view what all is included in the Plan. If you have questions or comments, please contact Norm Kolstad at kolstadn@yahoo.com or 218/731-6790.

Solar Panel Feasibility Task Force

The UCU Board of Directors is in process of appointing members to a Task Force to determine the feasibility of utilizing photo-voltaic solar panels. The work of the Task Force is to investigate the merits, do a cost benefit analysis, determine options and costs of installation and complete the feasibility study so their recommendations can be reported to the congregation at the 2016 Annual meeting. If you are interested in serving on the Task Force, please contact: Ron Roller @ rollerolson@gmail.com (218/495-3235) or John Miersch @ john_miersch@hotmail.com (218/531-1445). Watch for further reports on their progress.

Separate from this effort, the Board is giving consideration to the merits of seeking UUA accreditation for us becoming a Green Sanctuary. For more information on what that means, see: www.uua.org/environment/sanctuary/why. If you are interested in these efforts, please contact: maryanderson8380@msn.com or call 218/346-6638.

Electric Boiler Installed

For energy efficiency purposes, the UCU Board of Directors and the UCU Membership approved the installation of an electric boiler. The advantage is that we are charged less because the boiler is set up to run off peak. Use of the electric boiler is expected to reduce our fuel oil costs by half.

Just Marriage

Unitarian Universalists Celebrate National Marriage Equality by Holding Free Weddings for Same Sex Couples in All Fifty States and the District of Columbia.

To celebrate the U.S. Supreme Court's historic decision affirming the legality of same sex marriage nationwide, Unitarian Universalists (UUs) will marry same sex couples across the country.

UUs have been vocal supporters of marriage equality for decades. Since 1984 the national Unitarian Universalist Association (UUA) has publicly affirmed the practice of marrying same sex couples. The UUA has also signed on to amicus briefs in all major freedom to marry court cases, including Obergefell v. Hodges.

As marriage equality measures have come up for votes in individual states Unitarian Universalist ministers have been prominent in their support for equality. This event continues that tradition.

On July 11 and 12, 2015, a same sex couple will be married by a Unitarian Universalist minister in every U.S. state and the District of Columbia. That's 51 marriages in 48 hours. Ellen Eastby, Celebrant, along with the Unitarian Church of Underwood will participate in this joyous event, by offering free weddings to same sex couples on July 11th and 12th. Much of the fun will be had online. Using the hashtag [#JustMarriage](https://twitter.com/hashtag/JustMarriage), Unitarian Universalists will share images, video, and other content to mark this wonderful occasion.

If you are a same sex couple interested in getting married that weekend, please contact Ellen Eastby at eastofellen@hotmail.com or call the church at 218-826-6553.

This landmark legal decision is a long time coming. But it is not the end for full inclusion of LGBTQ people. Unitarian Universalists are now rededicated to expanding the rights of LGBTQ people - especially those disproportionately impacted by systemic oppression like trans, gender non-conforming, and queer people of color. This is #justmarriage, but full inclusion is so much more.

Love Can Change the World

Dear Unitarian Universalist Congregations,
Friday was a day of joy and celebration. As we learned of the Supreme Court's ruling in favor of marriage equality in every state, our hearts soared, and many eyes filled with tears of joy. We won. Our tireless years of effort paid off; and I am convinced that this victory would not have happened without the activism of Unitarian Universalists.

Yet, as we celebrate national marriage equality and how our work and persistence truly can change the world, we must also remember that there is still work to be done. We are still far from full equality, particularly for transgender individuals and people of color, and that work and persistence are still needed. The grief we feel from the horrific murders in Charleston still weighs heavily upon us. Let us continue to bring a strong message of love.

Let's use this marriage equality victory as inspiration for all of our justice work. Same-sex couples filled the stage at General Assembly Friday morning, as we heard from some of those who helped forge the path to marriage equality. Rev. Meg Riley, Senior Minister at the Church of the Larger Fellowship, said, "...may we, as we proclaim that Black Lives Matter, carve the rivers of our faith that tell us that using every ounce of power we have will help to get us where we want to go."

We will not give up on justice in any area. We can and we will continue to change the world. Until racially targeted violence is no longer a threat. Until LGBTQ individuals have no need to fear losing their jobs because of who they are. Until reproductive healthcare and information is accessible to everyone. Until the worth and dignity of every person is respected.

Faithfully,



Rev. Peter Morales
President, Unitarian Universalist Association

To honor the Spirit of Charleston and “Fearlessness”

Amazing Grace

Amazing Grace, how sweet the sound
That saved a soul like me.
I once was lost,
But now am found
Was blind, but now I see

T’was grace that taught
My heart to fear and
Grace my fears relieved,
How precious did that grace appear,
The hour I first believed.

Through many dangers, toils and fears,
I have already come,
Tis grace that brought me safe this far,
And grace will lead me home.

When we’ve been there 10,000 years,
Bright shining as the sun.
We’ve no less days to sing God’s praise
Than when we’d first begun.

To watch a complete, uninterrupted version of President Barack Obama’s eulogy to Rev. Clementa Pickney and the other victims of the South Carolina church shooting, on making a moral choice to change on racism and gun violence, see:

[http://www.msnbc.com/rachel-maddow/watch/president-obama-on-amazing-change-and-grace-472197699889?cid=sm fb maddow](http://www.msnbc.com/rachel-maddow/watch/president-obama-on-amazing-change-and-grace-472197699889?cid=sm_fb_maddow)

Memorial Gathering to be held for

Beverly Backstrom

(7/10/31-12/31/14)

July 10, 2015

2-4 p.m.

Whistle Stop, New York Mills

Watch for Upcoming Events

Riding for Refugees

(Bike Ride to raise funds for Shan refugees)

Contact katyjolson@gmail.com)

Underwood Harvest Festival Parade & Kids RE BakeSale

September 5

(Contact kwarhol7@hotmail.com)

Progressive Dinners Planned for Fall

(To host - Contact maryanderson8380@msn.com)

Living Traditions

We are familiar with our 7 Principles but may not be quite as familiar with our living traditions. We invite our readers to submit readings or writings that speak to you about these living traditions. Below is a piece that presents quite a different perspective and is a bit edgy - maybe the reason it gave this editor pause. It speaks to the transcending mystery and wonder which moves us to a renewal of the spirit and openness to the forces which create and uphold life.

A Conversation of Unborn Twins in the Womb of their Mother

"Say, do you actually believe in life after birth?" the one twin asks the other.

"Yes, definitely! Inside we grow and are prepared for what will come outside," answered the other twin.

"I believe that's nonsense!" says the first. "There can't be life after birth—what is that supposed to look like?"

"I don't exactly know either. But there will certainly be much more light than in here. And maybe we will be walking about and eat with our mouths?"

“I’ve never heard such nonsense! Eating with the mouth? What a crazy idea. There is the umbilical cord that nourishes us. And how do you want to walk about? The umbilical cord is much too short.”

“I am sure it's possible. It’s just that everything will be a little bit different.”

“You are crazy! Nobody ever came back after birth. Life is over with birth. That’s it.”

“I admit that nobody knows what life after birth will look like. But I do know that we will see our mother then, and that she will take care of us.”

“Mother? But you don’t believe in a mother, do you? Where is she?”

“She is here, all around us. We live within her and through her. Without her we couldn’t exist at all!”

“Nonsense! I’ve never sensed a mother, consequently she doesn’t exist.”

“Yes, sometimes, when we are very quiet you can hear her sing or feel how she caresses our world.”

Author Unknown

The living tradition we share draws from many sources:

- Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and openness to the forces which create and uphold life.
- Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion and the transforming power of love.
- Wisdom from the world's religions which inspires us in our ethical and spiritual life.
- Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves.
- Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit.
- Spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

“On the Fence,” More treasures in the garden!



Painting by Mickie Edmonds

U Groups

While the other U Groups are on summer hiatus, the Battle Lake U Group has elected to meet year round with time off for the months of May and December. Others are invited to join the Battle Lake U group that meets at the home of Ross and Mary Larson. Co-facilitators include: Joanne Cress, Kris Warhol and Bob Worner.

The U group facilitators will meet July 21 at Mary Anderson’s in Perham to plan and form the U Groups expected to resume in September. If you would like to act as a facilitator or want to become part of a U Group, please contact: Connie Stigen at dcstigen@gmail.com or phone: 218/731-1445 or Tere Mann at teremann@gmail.com or phone: 218/205-4931. There is always placed an empty chair at each U group meeting waiting for you to fill. Continue to watch for more information.

June topic: “Confronting Your Bullies”

“He who fears something gives it power over him.” Moorish Proverb

“The only way to live a happy, fulfilling life is to stand up to your unhealthy fears. Fear is a like a bully, when challenged it disappears like a coward. Fear can only have substance in your life if you let it. A few years back I learned that unhealthy fear is "Fantasized Experiences Appearing Real." It will control you if you do not control it.” Kathryn Lee Ryder

July Upcoming Topic: “Change”

“The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.” Albert Einstein

Unitarian Church of Underwood
Approved Board Minutes for May 20, 2015

Board members present: John Miersch, Mary Anderson, Alisha Piekarski, Norman Kolstad, Kris Warhol, Diane Johnson, Stan Carignan. Absent: Lee Becker, David Sanderson, and David Wass. Also present: Ellen Eastby and JoAnn Larson.

The meeting was called to order at the church by Acting President Ellen Eastby at 6:32 p.m. Ellen Eastby shared a reading/meditation. The agenda was approved (Warhol/Miersch).

Acting President Eastby opened the floor for nomination of officers for the year 2015-16. A slate of officers was offered for nomination: president: John Miersch, president; Mary Anderson, vice-president; Diane Johnson, secretary; and David Wass, treasurer. Nominations were closed and the slate elected (Anderson/Miersch).

The minutes of the April 15, 2014 meeting were approved as printed (Anderson/Warhol).

Reports:

Treasurer: submitted by David Wass
Administrative Consultant: JoAnn Larson
Program Committee: no report
Outreach Committee: no report
Facilities Committee: John Miersch
Membership Committee: Mary Anderson
Celebrants: Ellen Eastby
Foundation Advisory Committee: no report

Old Business:

Topics: Installation of the electric boiler will proceed; safety plan; possible appointments to task forces on expansion/growth plan and solar panel feasibility.

New Business:

Approved hiring of Jewell Swanson and Mary Wunderlich for Sunday child care (Warhol/Johnson). The upstairs west room will be called the "Ellison Room" (Carignan/Warhol). Other topics: organizational chart, facebook page.

The next meeting is scheduled for Wednesday, June 17, 2015 at 6:30 pm. The meeting was adjourned at 8:00 p.m.

Respectfully submitted,

Norman Kolstad, acting secy.