

Newsletter July 2019

*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.*

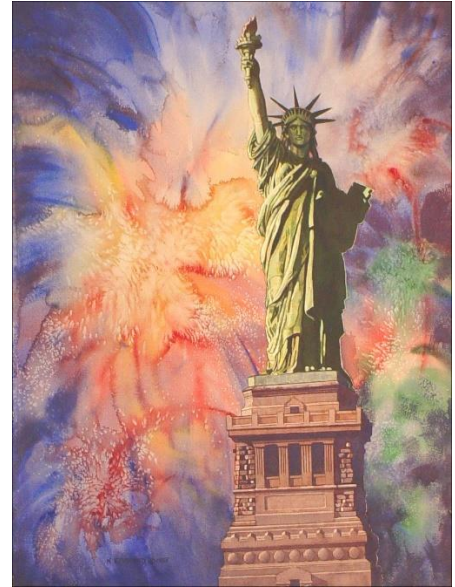
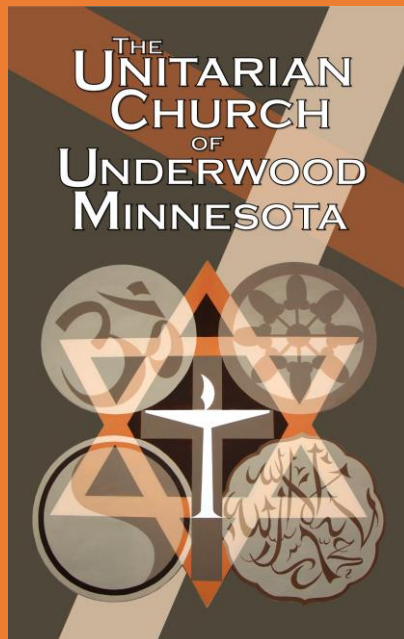
Unitarian Church of Underwood

PO Box 58, 206 North Main Street
Underwood

Phone: 218/826-6553

Website: www.ucofu.org

www.facebook.com/www.ucofu.org



"Sweet Liberty" by Mickie Edmonds

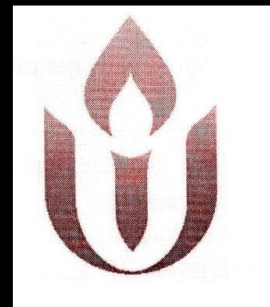
Sunday Services 10 a.m.


July 7 – Bob Worner, "Dependence Day"

July 15 – Rev. Roger Parks, "Engaging in Conscious Love of All Creation"

July 21 – Dr. Marta Adelsman, "Speaking Peace in a Violent World"

July 28 – Chris Hyslop, "Certain Seeds are Being Sown"



July 2019						
◀ June						August ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 	5	6
7 Bob Worner, "Dependence Day" Mindfulness Sitting 9:15 am Children's RE 10:00-11:15 am	8 AA 7 PM	9 Battle Lake U Group @ 3 p.m. @ Steve and Linda Bergs	10 Records Committee 5 pm	11 Perham U Group Social @ John Minge's 6:30 PM	12	13
14 Rev. Roger Parks, "Engaging in Conscious Love of All Creation." Mindfulness Sitting 9:15 am Children's RE 10:00-11:15 am	15 AA 7 PM	16	17 Board Meeting 5:30 pm	18	19	20 Alexandria U Group Social @ Mikko & Tudy Cowdery's
21 Dr. Marta Adelsman, "Speaking Peace in a Violent World" Mindfulness Sitting 9:15 am Children's RE 10:00-11:15 am	22 AA 7 PM	23	24	25	26	27
28 Chris Hyslop, "Certain Seeds are Being Sown" Mindfulness Sitting 9:15 am Children's RE 10:00-11:15 am	29 AA 7 PM	30	31			

Monthly Greeting from Board President, Kris Warhol



This June we spent three days at our old haunts in Minneapolis charging the batteries: listening to Sam Miltage perform at Crooners; taking in a Twins game; shopping in big box stores; eating multicultural foods and people watching. All exhilarating.

“The Book of Joy” by the Dalai Lama with Desmond Tutu describing lasting happiness in a changing world is another great reminder to awaken. We may not fully escape the harshness of this current administration that reels our way. But we can change the frequency from the source it streams from.

Sam Miltich goes to his music to drown out the pressures of despair. Painting is where you will find me. Understanding the level of solitude in water coloring brings me these words - **Spiritual practice**. Colors and moving lines, shapes with a stroke from a brush stretches the brain. The brain becomes silent. It is the heart beating and leading an expanding awareness of no thoughts. Free falling in sheer joy. Relaxed, focused, and fearless.

Life today is a mixed bag yet limiting the external chaos does wonders when one learns to ignore the interruptions.

Remember kindness and compassion for those not connected to the worldwide UUism. Wishing all good thoughts for others. What is your spiritual practice? *Kris Warhol*

Speakers Coming in July

July 7 – Bob Worner, “Dependence Day.” Referencing UU Principle #3. Bob will address acceptance of one another and encouragement to spiritual growth in our congregation. The talk will remind us that our UU focus has been on our uniqueness and independence, but that we are also dependent on one another to be celebrate our joys, uphold us in our sorrows, and encourage our spiritual growth through listening, learning and works of justice.

July 14 – Rev. Roger Parks, the second of his summer series, “Engaging in Conscious Love of All Creation.” Our authentic self is best described as Love – love for all that is and connects us with the true reality of our Creator. When we love one another when we love instead of hate, we find our truest nature, and find the richest community. In this we have become one with the Universal Christ.


July 21 – Dr. Marta Adelsman, “Speaking Peace in a Violent World” addressing UU Principles 1, 2, 3 & 7. Dr. Adelsman will explain what “Non-violent Communication” is by its developer, Marshall Rosenberg. How do we unknowingly communicate with violence and how can we enable more peaceful experiences?

The presentation will be followed by a **one-hour workshop** from 12-1 p.m. Dr. Adelsman will lead the exercise using real-life examples and practicing Rosenberg's four-step rubric. This is shown to result in more harmonious relations as well as greater respect and increased confidence in difficult circumstances. We will work on clearer expressions of feelings and needs as well as learning deeper listening skills and keeping conversations flowing with empathy. Please register for the workshop. Sign-up sheet is by the name tags in the lower level. Poster below.

Unitarian
Universalist
Church,
Underwood MN
7/21/2019

Speaking Peace in a Violent World

Speaker/Presenter:
Marta Adelsman, Psy.D.



Morning Service

- What is Non-Violent Communication?
- What is the founder's (Marshall Rosenberg's) philosophy?
- How do we communicate with violence unknowingly?
- How does NVC work with UU principles (such as 1, 2, 3, & 7) to enable peaceful living?

Workshop (12-1:00 PM)

Learn and practice the specifics of *Rosenberg's 4 steps* for clean & clear communication.

These steps are effective:

- To live in harmony & cooperation with family and friends
- To navigate with confidence those conversations you fear to have
- To express & hear from your deepest understanding and empathy
- To transform spiritually
- To effect social change

July 28 – Chris Hsylop, “Certain Seeds are Being Sown.” Chris will lead us to consider how ungrounded certainty can lead to unfounded fear. Looking at the last 20 years living and working on conflicts from the Balkans to Myanmar, how can certainty lead to political manipulation and polarization and how can uncertainty promote openness and compromise?

Chris Hyslop grew up in Fergus Falls. He and his family spend their summers on Swan Lake. He has been working overseas since 1995, first as a US Peace Corps volunteer then a humanitarian aid worker in the former Soviet Union, the Balkans, Asia and Africa. For over ten years he has served in the United Nations in Iraq, New York, Sudan and now Myanmar (formerly Burma). Chris annually shares with UCU his thoughts and perspectives on global issues"

Chris provides us with these reflective thoughts:

"Beginner's Mind" from Jack Cornfield

"The wisdom of uncertainty frees us from what Buddhist psychology calls the thicket of views and opinions. 'Seeing misery in those who cling to views, a wise person should not adopt any of them. A wise person does not by opinions become arrogant. How could anyone bother those who are free, who do not grasp at any views? But those who grasp after views and opinions wander about the world annoying people.' I like to think that the Buddha said this last sentence with a laugh. Ajahn Chah used to shake his head and smile, 'You have so many opinions. And you suffer so much from them. Why not let them go?'

Freedom from views is like a cleaning of the glass, a breath of fresh air. Zen master Shunryu Suzuki calls this open-mindedness 'beginner's mind.' Listen to Rachel Carson, the great naturalist, as she evokes it: 'A child's world is fresh and new and beautiful, full of wonder and excitement. It is our misfortune that for most of us that clear-eyed vision, that true instinct for what is beautiful and awe-inspiring, is dimmed and even lost before we reach adulthood. If I had influence with the good fairy who is supposed to preside over all children, I should ask that her gift to each child in the world be a sense of wonder so indestructible that it would last throughout life.'

When we are free from views, we are willing to learn. What we know for sure in this great turning universe is actually very limited. Seung Sahn, a Korean Zen master, tells us to value this 'don't know mind.' He would ask his students questions such as 'What is love? What is consciousness? Where did your life come from? What is going to happen tomorrow?' Each time, the students would answer, 'I don't know.' 'Good,' Seung Sahn replied. 'Keep this 'don't know mind.' It is an open mind, a clear mind.'

In close relationships, if we rely on assumptions, we lose our freshness. Whether as parents or lovers, what we see about those close to us is only a small part of their mystery. In many ways we don't really know them at all. Through beginner's mind we learn to see one another mindfully, free from views. Without views, we listen more deeply and see more clearly. 'For there are moments,' says Rilke, 'when something new has entered into us, something unknown; our feelings grow mute in shy perplexity, everything in us withdraws, a stillness comes, and the new, which no one knows, stands in the midst of it and is silent.'" *Chris Hyslop*



U Group Schedule (Meetings Monthly)

- Battle Lake U Group, the 2nd Tuesday @ 3:00 p.m. @ Linda & Steve Bergs. Facilitators: Bob Worner/Kris Warhol.
- Perham U Group Social Gathering @ John Minge's July 11 @ 6:30 p.m.
- Alexandria U Group social gathering – July 20 @ Mikko & Tudy Cowdry's & August 14 @ Alexandria United Methodist Church for NW Legal Services benefit with pizza and music.

The Alexandria, Perham and Fergus Falls U Groups will resume meeting monthly again in September.

Facilitators needed for 2019-20. To learn more or join a group, contact Lead Co-Facilitators: Kris Warhol @ mwarhol7up@gmail.com or 218/205-1644 or Shannon Smith @ shannonsmith20@gmail.com Or 320/630-6229

Religious Education

Mindfulness Sitting continues each Sunday from 9:15 -10:15 a.m. @ #300 of Sverdrup Suites

Adult Religious Education Classes will resume in September

Children's Religious Education will continue each Sunday from 10:05 – 11:15 at #300 of Sverdrup Suites

Website:

www.ucofu.org

**Sunday Talks available via
PodCasts @ soundcloud.com/user-927528278**

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

Newsletter Submissions due prior to Issuance the 1st of each month

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

Editing: Stephanie Sanderson

Emailing/mailling: Ellen Eastby and Mary Anderson

Website: Ellen Eastby

Facebook: Melody Shores

Photos courtesy of Norm Kolstad & credited others.

Monthly Newsletters come out on the 1st of each month via email. They are also posted at www.ucofu.org.

If you have ideas on how to shorten, change, improve the newsletter, please contact Mary Anderson.

Contact Mary Anderson @218/346-6638 or maryanderson8380@msn.com for Sunday announcements. Contact Kris Warhol @ 218/ or mwarhol7up@gmail.com for local media notifications. Betsy Wells is handling Sunday service announcements in the media.

Notes from June Programs

Until/unless this editor hears otherwise, the weekly church reports will no longer be duplicated in the monthly newsletter. If you are not on the email list to receive the weekly church reports, please notify Ellen Eastby @ eastofellen@hotmail.com.

June 2 – Ellen Eastby, ““Spirituality: How Does It Feel to You.” Here is the link to the sermon she spoke about that is called *Moment of Truth* by Rev. Sara Campbell:

<https://www.uua.org/worship/words/sermon/183817.shtml>

The podcast is found at: <https://soundcloud.com/user-927528278/spirituality-how-does-it-feel-to-you-ellen-eastby-june-2-2019>

Attendance: 63

June 9 – “An Improvised Life: Mental Health and Creativity, Reflections” by Sam Miltich.

Podcast: <https://soundcloud.com/user-927528278/improvised-life-exploring-mental-health-and-creativity-sam-miltich-20190609>

Attendance: 52

June 16 - “Universal Christ-Universal Love” by Rev. Roger Parks

Podcast link at: <https://soundcloud.com/user-927528278/universal-christ-universal-love-roger-parksjune-16-2019>

Attendance: 47

June 23 – “There is no ‘Away’ – Waking Up to Consumption and Waste” by Cedar Walters.

For the Power Point – There is No Away- Waking Up to Consumption and Waste, go to:

<http://www.ucofu.org/youth.php>.. It is towards the bottom of the page.

Podcast Link: <https://soundcloud.com/user-927528278/there-is-no-away-waking-up-to-consumption-and-waste-cedar-walters-20190623>

Attendance: 42

June 30 – with Brady McClafin, Community and Member Relations at Churches United for the Homeless in Moorhead.

Podcast: <https://soundcloud.com/user-927528278/working-for-the-homeless-brady-mcclaflin-june-30-2019>

Attendance: 36



Children's Religious Education

On June 2nd, the children very much enjoyed participating in the Sunday service and hosting visitors at their space afterwards. They might even want to do it, and a bit more next year. Thank you all for coming.

After their part in the program, the children gathered in their space with a lesson theme was caring for our earth: Learned all about worms- decomposers who help the earth by eating up food scraps and making new soil for plants to grow in. Then they had a wormy treat with chocolate pudding, crushed cookies and a gummy worm garnish.

On June 16, Ron & Richard did a review of the last 6 months including magic/science, Bible stories, creation stories from various traditions, etc. Amari read a story about different animals getting along with each other. We played in the park and then back for snacks - afterward we fed our banana peel to Cedar's worm farm composters.

The Children will have at least 20 minutes for outdoor activities during the summer classes. After heavy duty playing, on June 23, Amari & Violet had fun with science with Ron & Richard. They looked at Cedar's worms under a microscope – the tiny worms had even tinier bugs on them!

On his Sundays in July, Richard will do a lesson on "Discrimination" and on "Seeing is Not Believing."



Living Out Our UU Principles

Social-Environmental Justice Committee

Reported by Terry Shaw

Plastic is harming our environment and our bodies. Most of us are aware that the plastic we toss away is clogging our oceans, waterways and overwhelming our landfills. As a member of the Social-Environmental Justice Committee here at the UCU, I have chosen to focus on learning how we as individuals can reduce the amount of things we throw away, especially single use plastic.

I was excited to attend a workshop at TARE Market in Minneapolis called: **Transition Your Home to Zero Waste**. Opening this past April, TARE Market is Minnesota's only zero waste grocery store. All packaging or products are either biodegradable or sold in bulk. Customers

must bring in refillable containers and bags. I am happy to pass along some of the things Kate Marnach, one of the co-owners of TARE, shared with us in her workshop presentation.

1. Each American generates on average 4.4 pounds of trash each day.
2. 25% of our trash is organic waste that could be composted.
3. 30% of our trash is packaging.
4. 33% of all food in America is thrown away.
5. Each year over 5 trillion plastic bags are used worldwide.
https://www.theworldcounts.com/counters/waste_pollution_facts/plastic_bags_used_per_year
6. Each bag is used on average only 12 minutes before it goes in the trash.
7. Only 1% of plastic bags and 9% of all plastics in the world are recycled.
8. In 2016, 335 million metric tons of plastic were thrown away and the amount increases every year.
9. Scientists have recently discovered micro plastics, small plastic particles that are produced when plastic breaks down, are now found in our water, wildlife, food and bodies.
<https://www.scientificamerican.com/article/from-fish-to-humans-a-microplastic-invasion-may-be-taking-a-toll/>

These statistics are shocking! What can we do? Here are Kate's suggestions:

1. **Refuse** to buy or accept plastic packaging whenever possible. For example, take along reusable bags instead of taking home another plastic bag. Select produce that is not prepackaged and put it in your own mesh bag. Bring in containers for bulk items whenever possible, even for take-out food.
2. **Reduce** shopping, plan meals, buy only what you need. Buy products in bulk or that are biodegradable. Buy clothing made from natural fibers. Try to buy locally where items are not prepackaged and shipped a long distance and delivered by a diesel burning truck.
3. **Reuse**. Use cloth napkins instead of paper. Use handkerchiefs rather than paper tissues. Use rags in lieu of paper towels. Refill containers instead of tossing them and buying new ones. Try shopping for gently used items at second-hand stores. Store produce in damp cloths rather than plastic bags.
4. **Recycle**. Metal and glass can be recycled indefinitely. Paper, cardboard and plastics can be recycled, but only a few times.
5. **Rot**. Compost organics. Many cities now provide containers to recycle organics or do it yourself in a compost bin.
6. **Rethink** where and how the items you are buying are produced. Is it from an ethical company?
7. **Repair**. Rather than throw it away, see if it can be fixed.
8. **Revolt**. Get involved, spread the word, contact political representatives. Contact corporations and local businesses to encourage them to make sustainable changes and reduce their use of plastics.

Kate had some suggestions for doing a trash audit to see just how much trash your family is producing each week. Here is what she says:

1. Change nothing for one week. Take note of what items make up most of your trash.
2. Write them down, names and quantities.
3. Analyze your waste. Pinpoint where it comes from.
4. Make a change. Pick one category where you can reduce your waste, for example, use rags instead of paper towels.

5. Make another change.
6. Repeat at your own pace.

It was so interesting to hear that many of the ways we can reduce trash is to do what our grandparents or great-grandparents did before premixed products, disposable packaging and plastic were readily available! Many products, such as cleaning products, can be made at home with simple ingredients. In addition to the products available at TARE Market, search online or look in your local co-op or organic market. You can find organic and biodegradable items that are not packaged in plastic, such as silk dental floss, bamboo toothbrushes, toothpaste pellets, solid bar shampoo, and reusable bamboo utensils just to name a few.

I am embarking on a personal journey to cut down my family's waste. I hope to join with others in encouraging local businesses, such as grocery stores and restaurants, to reduce single use plastic. Hundreds of NGOs devoted to reducing plastic waste already exist in the world. If you are interested in exploring what others are doing to address this problem, visit this website: <https://www.raptim.org/17-ngos-fighting-plastic-pollution/>. *Author and submitter, Terry Shaw*

Lake Monitors Needed

Melody Shores reports that she is a citizen lake monitor, and it is great! It gives her a good reason to get out on the lake at least once a month and it helps ensure our waters remain clean or get cleaned up! If anyone else in MN wants to do this, here's a link: <https://youtu.be/58HcXqldIRU>



Finding Common Ground

In late summer, a Party/Raffle is planned at Sandy's home (historic Barnhard School) for participants who report back to her that you have sat down together over coffee or lunch, to find common ground, although you have opposing political ideas. No need to talk politics, but it's OK if you do. Please send both names (or all, if you're a group), including email addresses, to artdome43@gmail.com, saying you have found at least one thing in common (or, preferably more). Doing this more than once and sending in your name(s) each time will qualify you for another raffle ticket. Date and time to be surveyed in August. *Sandy Barnhouse*



Shan Schools Gala
Sunday, August 4, 12 – 4 P.M.

Come enjoy a garden party and Shan cuisine at Lindentree, the home of Katy Olson and Ron Roller. Visit with Bernice Johnson, the visionary woman who started the Shan School Project; enjoy a tour of Ron's fantastic garden; shop the Thai Import Boutique and feast on Shan cuisine.

Come and enjoy; Lassi, Cocktails, Fruit Punch, Tea Leaf Salad, Spring Rolls, Green Curry, Shan Rice, Tofu Noodles, Shan Style Noodles with Chicken, and to top it all off, Mango Sweet Rice!

For \$50 a child can attend a Thai school for a year. We need to reach our fundraising goal of \$2,000 at this gala to support education for 40 Shan children. Bring your generosity and your checkbooks.

Make your reservation by July 10. Space is limited to 40 people so reserve your spot early!

RSVP to katyjolson@gmail.com or call Katy at 218-770-6681

Feed Body, Mind and Spirit

Summer Outdoor Concerts

@ Cindy and Carole's Woodsy Theatre

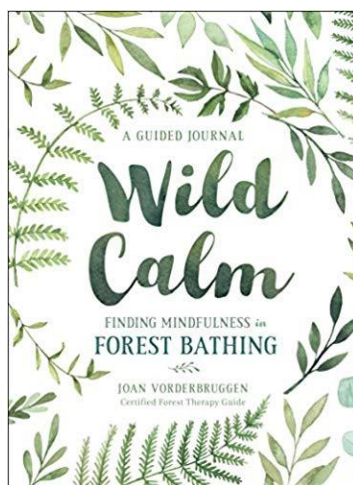
Saturday, July 13, 5-7 p.m., "Mikko Cowdery & Friends" 5-7 pm

Saturday, July 27, 5-7 p.m., "The Tickwood String Band" 5-7pm

Sunday, August 11, 5-7 p.m., Wally Warhol & "MOTU/Blue Note Combo" 5-7 pm

Saturday, August 24, 5-7 p.m.. Jon Nordman & Dave Johnson's "Oscar-Helen" 5-7pm

For questions, call Carole at 218.205.4828. For your GPS: 33928 County Highway 27 Erhard, MN 56534



Wild Calm: Finding Mindfulness in Forest

Bathing by [Joan Vorderbruggen](#) (Author)

Find powerful healing in nature.

Decades of research reveal the physical, emotional, and mental health benefits derived from spending reflective time in nature. If you're looking for a way to begin with or recommit to natural healing, *Wild Calm* will help you experience the rejuvenating practice of forest bathing through:

- More than 120 pages of journaling questions and creative exercises to ease you into contemplative time
- Expert insight from a certified forest therapy guide to help you engage more deeply to experience a sense of presence during your

time in nature

- Inspiration from breathtaking art and words that point to nature's wisdom

No matter where you live or how much time you have to give, this journal will guide you to deeper connections with nature—and greater peace of mind!

UCU member, Joan Vorderbruggen is a certified forest therapy guide. Some of you have experienced walks with her. If more of you wish to do so, please contact Joan @ 701/238-7358 or jofarch@gmail.com

Summer Health Tip from The Welcome Place Pelican Rapids

Time for the annual food safety reminder!

June starts the summer months of picnics, family gatherings, and other outdoor events...lots of places for people to gather. One guest you don't want to invite is a food borne illness. Ways to prevent that include:

- Always wash your food, hands (20 seconds in warm soapy water or waterless hand cleaners), counters, and cooking utensils.
- Keep raw and cooked foods separate. If storing in the refrigerator, store the raw food on the lowest shelf so juices don't contaminate other foods.
- Keep hot foods hot and cold foods cold.
- Cook hot foods to a temperature of 145 degrees for beef, pork, lamb, or fish, 160 degrees for ground beef, pork, or lamb, 165 degrees for turkey, chicken, or duck.
- Keep cold foods cold. Put in refrigerator within two hours of buying or cooking or within one hour if its 90 degrees or hotter outside. Marinate foods in the refrigerator and never thaw food simply by sitting it on the counter.
- If travelling and /or unsure of the safety of food that's presented to you, DON'T EAT IT. You may have to stick to bottled liquids or foods that don't require cooking or cooling. Better to be safe than sorry.

Food borne illnesses can cause flu-like symptoms (vomiting, diarrhea) that usually subsides in healthy people. However, pregnant women, older adults, and people with reduced immunity or other chronic diseases can get sicker. Contact your healthcare provider if you have symptoms that are severe or worsening.

Summer is too short to spend it being sick!

Katherine Jordahl, RN, BS
Pelican Rapids Welcome Place
218/863-2260
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We are Part of the Larger UU

From MidAmerica Region UUA

MidAmerica Messenger

Volume 6 Issue 11 | June-July 2019

Welcome!

Sharon Dittmar, Congregational Life Consultant

Welcome to our June/July issue of the MidAmerica Messenger! This summer we will be hosting [Midwest Leadership School](#) in Decorah, Iowa (July 14-20) and a [Spiritual Leadership Retreat](#) in Cincinnati, Ohio (August 3-8). We hope to see you there.



As of now, June 2019 is the last month for fundraising for the UUA's Promise and the Practice of Our Faith Initiative) <https://www.uua.org/giving/areas-support/funds/promise-and-practice>. In 2016 the UUA Board voted to contribute \$5.3 million to fund black leaders in Unitarian Universalism in order to support ministry to black-identified Unitarian Universalists. This vote came with recognition of our collective need to mend our broken promises to black Unitarian Universalists and dismantle systemic white supremacy, which benefited white Unitarian Universalists for centuries. However, the full \$5.3 million has not yet been raised. The original hope was that each congregation would raise \$10 per member to support this bold measure. The website includes links to frequently asked questions, worship resources, and ways to donate for those who wish to contribute or learn more about how we can live our faith more fully.

Our next newsletter will appear in August. As always, be in touch!
In Love and Faith,
Reverend Sharon K. Dittmar

Brilliant Bits from Boston: Undoing Intersectional White Supremacy **This month's Brilliant Bit is also our Dismantling White Supremacy resource of the month.**

Every two years member congregations of the UUA select a Congregational Study/Action Issue (CSAI) for four years of study, reflection and action. Delegates at the 2018 General Assembly in Kansas City, MO, selected "Undoing Intersectional White Supremacy" to be the 2018-2021 CSAI of the Unitarian Universalist Association of Congregations.

The Congregational Study/Action Issue is an invitation for congregations to take a topic of concern and engage it, reflect on it, learn about it, respond to it, comment on it, and take action—each in their own way. A CSAI is NOT a statement—it is a question.

The UUA's Commission on Social Witness, which facilitates this process, intends to create a learning and acting community among UUs and our partners to understand intersectional theory and to engage in intersectional movement building.

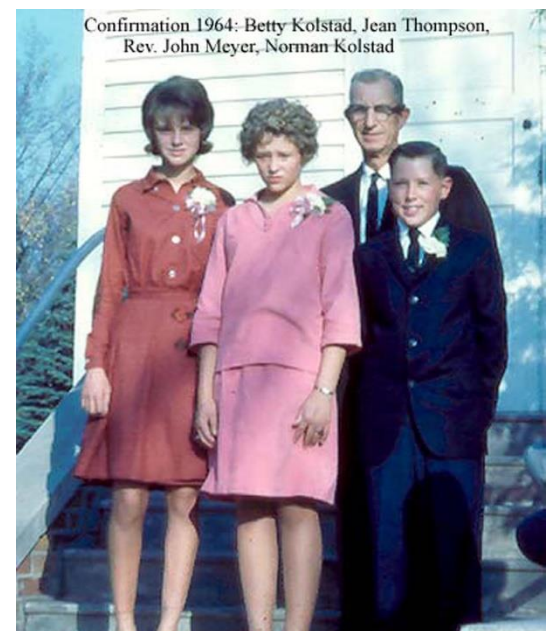
You can find information and resources for Undoing Intersectional White Supremacy at <https://www.uua.org/action/process/csais/undoing-intersectional-white-supremacy>

The Unitarian Church of Underwood Celebrates 130 Years (1889-2019)

Over the past several years, **Norm Kolstad**, Church Historian, Google Docs Administrator and Chair of the Records Maintenance Committee has compiled from the UCU records, an extensive history of the church. The last months, we featured some of the 1940's history. Now Norm tells us more of the history from the Kolstad family perspective.

Norm himself was in the last confirmation class in 1964 when the church was associated as Congregational. According to the Congregational Meeting minutes of October 31, 1948: "Everyone seemed to find that the only thing to do was to join the Congregational Church." Records thereafter are scarce. Norm himself reflects that he was: "too young to notice or care, except that we were told to correct friends who said we were Unitarians and didn't believe in God or something."

Norm does remember that "Rev. Meyer served both in Underwood and the Presbyterian Church in Maine twp. He was a kind and thoughtful guy. He performed magic tricks and often used magic to illustrate a point to young people. His confirmation class was interesting and not too challenging. I can still recite some of it."



The picture to the right includes Norm as part of the last Congregational confirmation class. The picture was taken on the steps at the Unitarian Church in 1964



Norm prides himself that he is a descendent of church founders. He and Ellen Eastby share great grandparents recorded as: Christian Olsen Kolstad, b. 16 Mar 1856 in Oslo d. 1 Mar 1944 in Sverdrup twp. Ottertail Co. MN, buried 4-Mar-1944 in Lakeview Sunset Mem. Gardens, Underwood. He married Lydia Ericksdatter Lund, b. 31 Mar 1864 d. 21 Nov 1961, buried in Lakeview Cem. (UCU founders pictured to the right are Lydia and Christian Kolstad. They are also listed on the church plaque shown

below).

Lydia and Christian were born in countries at a time when the patronymic naming system was still used. Since Lydia's father's name was Erik, she became "Eriksdatter." The "Lund" surname was chosen in America, likely because it denoted a farmstead in Sweden.

Norm & Ellen's further share grandparents recorded as: Otto Cornelius Kolstad, b. 9 Dec 1894 in Sverdrup twp. Ottertail Co. MN, d. 15 Feb 1989 in Fergus Falls, Minnesota, buried in Lakeview Sunset Mem. Gardens, Underwood. He married Jennie Oline Flengstad, 28 May 1924, b. 11 Oct 1900 d. 3 Jul 1994, buried in Lakeview Sunset Mem. Gardens, Underwood.

The church minutes frequently mention Christian's son, Arthur Kolstad, who participated in church governance for many years. Art's wife, Minnie also was very active. As an aside, their granddaughter, Bette, and Norm both serve as trustees of the (now independent) cemetery. The cemetery was owned by the church until 1979.

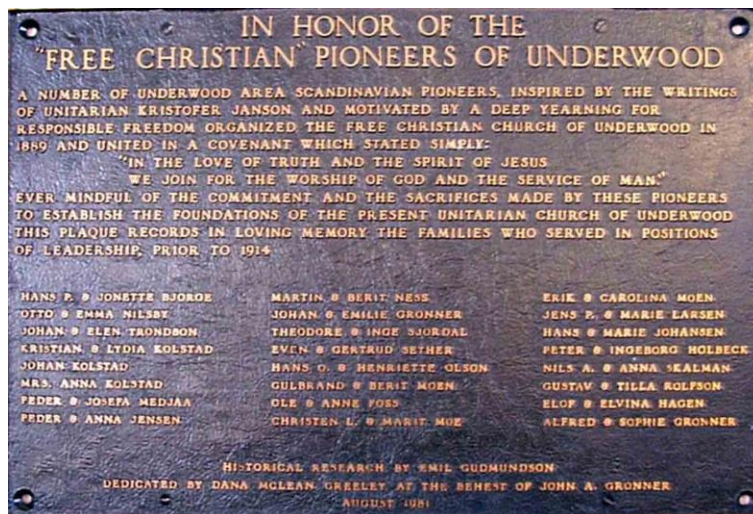
Norm's parents were Chester and Barbara Kolstad. Chester's sister, Beverly Odella Kolstad, married Vernon Orlo Eastby, 2 Nov 1950 in Congregational Ch. Underwood, MN. They had three daughters; **Ellen Diane Eastby** being one of them making Norm and Ellen first cousins.

The eleventh child of the great grandparents, Christian and Lydia was Lillian, who is the grandmother of the other UCU member descendent, **Amy Constance Beckman**, thus making Amy a 2nd cousin once removed to Norm and Ellen.

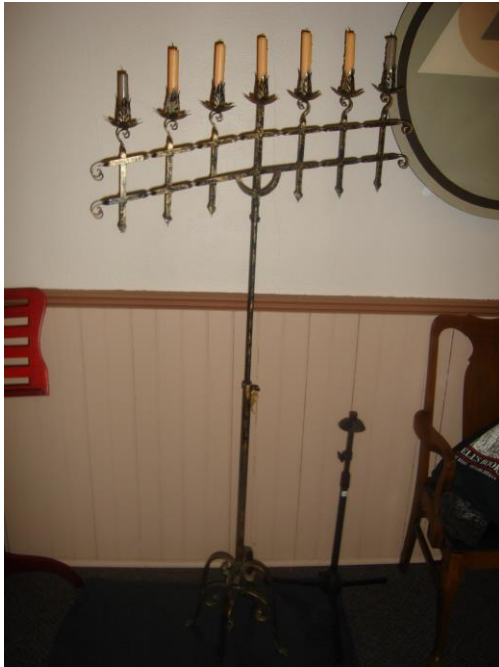
Anyway, today 130 years after Christian and Lydia Kolstad were founding members of the "Free Christian Church of Underwood" (renamed to the Unitarian Church of Underwood in 1965), they have descendants still attending: **Norman Kolstad, Ellen Eastby and Amy Beckman**. That stirs the question whether one or more of our descendants may be here 130 years from now!



Ellen Eastby, Norm Kolstad and Amy Beckman, descendent of founders: great-grandparents, Christian & Lillian Kolstad

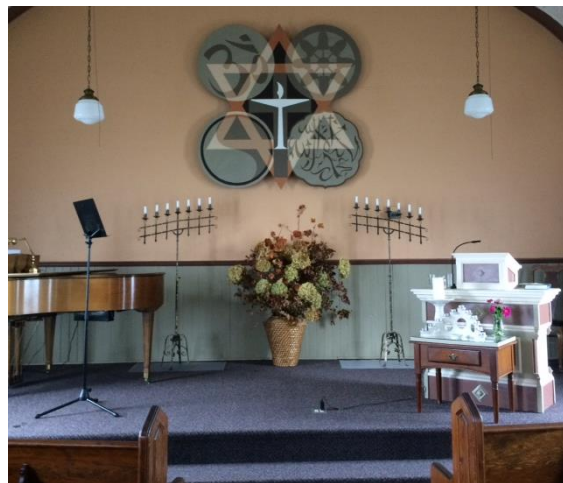


Tale a look at the Founders' plaque located just inside the church sanctuary on the back wall to the right. Along with the listing of Kristian & Lydia Kolstad, Johan Kolstad and Mrs. Anna Kolstad are also mentioned. They were Christian's aunt and uncle.



From the minutes of the Free Christian (Unitarian) Church of Underwood annual meeting May 12, 1962:

"John [Gronner] then reminded us that the church had just received a **lovely pair of candelabra** in memory of Grandma and Grandpa Kolstad (Lydia and Christian) and suggested that we accept the candelabra and express our appreciation for the lovely gift. Moved by Henry [Moen] seconded by Felix [Eggen] that the annual meeting accept the gift with deepest appreciation. Carried." *The candelabras were purchased with the memorial money following Lydia's funeral in 1961 and still on the podium and used today.*



UNITARIAN CHURCH OF UNDERWOOD BOARD OF DIRECTORS MINUTES—MAY 20, 2019, BOARD MEETING

Board members present: Darryl Booker, Allison Francis, Tim Lanz, John Minge, Ron Roller (who arrived

a little late), Bonnie Shauer, Shannon Smith, Connie Stigen, Kris Warhol, and Bob Worner.

Board members absent: None

Others in attendance: Mary Worner, Betsy Wells, and John Miersch were present to give a report from

the Search Task Force. (They left after that report was given.)

The Meeting was called to order at 5:30 P.M. by Board President Kris Warhol.

1. Agenda: A motion to amend the proposed agenda to include—as the first item of business—a report from the Search Task Force and to approve the agenda as amended was made and seconded. (Roller/Lanz) The amended agenda was then approved.

2. Search Task Force report: This report was made by Mary Worner, Betsy Wells, and John Miersch. They reported on the progress that the Task Force has made. A written report was presented and summarized. The hourly rate of pay has not yet been determined. The position is being described as primarily a clerical position. The Task Force has several

questions that were presented and discussed. Those questions pertain to how to advertise and interview for the position, who will determine the rate of pay and when that determination is to be made, and whether the person hired will be considered an employee or an independent contractor. It was moved and seconded that the person would be a part-time employee—not an independent contractor—without benefits and with the Church being the employer. (Roller/Smith) After some discussion, this motion was voted on and passed. It was then moved and seconded that the hourly rate of pay be somewhere between \$13 and \$16, inclusive. (Francis/Stigen) After some discussion, this motion was voted on and passed.

3. Minutes of the March 2019 meeting were approved without any change. (Smith/Worner)

4. Election of Board officers. The following slate of officers was presented for the consideration of the board: Kris Warhol as President, Darryl Booker as Vice-President, Ron Roller as Treasurer, and John Minge as Secretary. The election of said slate of officers was moved and seconded. (Roller/Stigen) Said officers were then elected.

5. Treasurer's Report: Ron Roller presented a written year-to-date balance sheet and a written year-to-date profit-loss statement. Ron then reported that he and Tere Mann would soon be meeting with CPA Pickett regarding how to best account for Sverdrup Suites.

6. Facilities Committee Report: Darryl Booker made this report. He said that we needed to select one of the following three options: (a) replace the sanctuary windows only; (b) replace said windows and install a heat recovery system with a focus on air quality; or (c) "a" and/or "b" and an exit out of the front of the church sanctuary. He said that we would also have to authorize the Finance Committee to come up with a recommendation on how to pay for whatever is decided upon. Darryl indicated that air quality is something that the Task Force considers to be important. It was moved and seconded that up to \$1500 be spent on an air quality study. (Minge/Shae) There was discussion regarding the need to have good evidence as to whether or not air quality was in fact a problem. The motion passed. It was then moved and seconded that five or six windows and storm windows and screens be budgeted in the amount of \$35,000. (Roller/Lanz) This motion passed. It was then moved and seconded that a bid for restoration of five or six windows along with storm windows and screen windows be negotiated and obtained from a selected vendor. That bid would then be presented to the Board for its approval and such further action as the Board deems to be necessary. (Francis/Smith) This motion passed.

7. Building Committee (aka "Space Planning Task Force") status: It was moved and seconded that this Committee (or task force) be disbanded. There was some discussion as to whether or not there was an on-going need for such a committee/task force. Darryl indicated that there was nothing that this committee/task force has been doing that couldn't be turned over to and effectively handled by other existing standing committees. This motion passed.

8. Rummage Sale: Kris reminded the Board that the monies to be raised by this rummage sale will go to the Shan refugees. There was no need for the Board to take any action on this.

9. Old Business—Susan Groff's contracted janitorial services position: It was moved and seconded that the annual salary for this position be set at \$2300. (Warhol/Lanz) This motion passed

The next Board meeting is to be held on June 19, 2019, at 5:30 p.m. at Sverdrup Suites.

Meeting adjourned at about 7:00 p.m.

Respectfully submitted this 18th day of June 2019. *John Minge, Secretary*

