



Unitarian Church of Underwood June 2014 Newsletter

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.

Coming Up in June

Reminder: Beginning June 1 through August 31, 2014 Sunday Services begin at 9:30 a.m.

Sunday Morning Services

June 1 – Dr. Hilda Koster, *Green Religion: A Call for an “Earth-Honoring Faith” in an Age of Ecocide.*

June 8 - Bob Worner, *“Changing Times” UU Principle #1*

June 15 - Roger Parks, *“Life Down Stream”*

June 22 – Lucie McCommon, *“Knowing, Creativity, Intuition; the Perfect Storm”*

June 29 – Flower Communion, Songs, Poetry Readings, picnic at Phelps Mill

Note: Prior to beginning of service at 9:20 a.m., a “Call to Gather” will be made to alert folks to assemble in the worship area so that the service can begin promptly.

Sunday Morning Classes will resume in September

Other Meetings:

June 1 – 10:45 a.m. U Group Facilitators

June 4 - 12 Noon Facilities Committee

June 7 – 8 a.m. – 2 p.m. Garage & Bake Sale

June 10 – 5:30 125 Year Planning & Membership Committees

June 18 – 6:30 Board Meeting

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

More on June Speakers

June 1 – Dr. Hilda Koster, Green Religion: A Call for an “Earth-Honoring Faith” in an Age of Ecocide. We live in an age of unprecedented human-made ecological destruction: accelerating climate change, species depletion, pollution and acidification of the oceans. The current crisis has caused religious leaders, scholars of religion and lay people to explore religious teaching and spirituality as a resource for an environmental ethics that is compatible with the well-being of the more-than-human others that constitute our planet. What we need is a “green religion” or an “earth honoring faith” that views the earth as sacred and sees human beings as part of the web of life.

Dr. Hilda Koster is a Christian theologian who teaches Theology and Ethics at Concordia College in Moorhead. A native from The Netherlands, she received a PhD from the Divinity School of the University of Chicago (IL) and a Master Degree from Princeton Theological Seminary in Princeton (NJ). Dr. Koster’s teaching and research focuses on the question how best to articulate an earth-centered Christian spirituality in face of the current global environmental crisis. At Concordia, Dr. Koster teaches classes in Religion and Ecology, Environmental Ethics, and Christianity and Religious Diversity. Dr. Koster is co-chair of the Environmental Studies Program and actively involved with a campus wide sustainability initiative.

June 8 - Bob Worner, “Changing Times” UU Principle #1, how we meet the challenges and opportunities that present themselves in various stages of our lives---as an individual, as a church, as a nation.

June 15 - Dr. Roger Parks, “ Life Down Stream.” What does it mean that we are recipients of all that has gone before and the shapers of what goes forth in life? Rainer Maria Rilke once said “May what I do flow from me like a river, no forcing and no holding back.” So what flows downstream from our living today? How will those that come after us be more whole because we lived upstream from their lives?

For 40 years Roger has served as a United Methodist pastor in congregations around Minnesota. His focus has always been on social justice and he has served for some time as Chair of the Board of Church and Society for the Minnesota Conference of the United Methodist Church. Roger has a Doctor of Ministry degree focusing on Liberation Theology and currently seeks to highlight the work of progressive Christian thinkers. His last parishes were at Dent and Perham.

He currently lives near Clitherall, is married to Beverly and has two daughters, one a teacher in Minneapolis and another a family practice physician in Chelan, Washington. They have three grandchildren with whom they visit and babysit. In his retirement, Roger is giving more time to photography focusing on accumulating as many images of birds as possible. Some of his work is displayed at Art of the Lakes in Battle Lake.

June 22 – Lucie McCommon, "Knowing, Creativity, Intuition; the Perfect Storm"

“...The purpose in offering workshops on creative process is to regain integrity through recovery and integration of human intuition.

Dis-integration is inevitable without cultivation of creativity, and, unlike some human constructs, creativity is not an optional piece of equipment we can disregard without repercussions to our own well-being as well as that of others. It is a basic human need to 'grow and become'. When creativity is not allowed to 'emerge' naturally it invites corruption of the corporate and depression in individuals, creating 'emergencies' of one magnitude or another.”

June 29 – Poems, Music, and Flower Communion @ Phelp’s Mill followed by picnic. During Sunday Service, while we sit in the beautiful setting at Phelp’s Mill we will celebrate the Unitarian Universalist Flower Communion. The Flower Communion service originated in 1923 by Dr. Norbert Capek, founder of the modern Unitarian movement in Czechoslovakia. On the last Sunday before summer recess of the Unitarian church in Prague, all the children and adults participated in the colorful ritual, which gives concrete expression to the humanity-affirming principles of our liberal faith. When the Nazis took control of Prague in 1940, they found Dr. Capek’s gospel of inherent worth and beauty of every human person to be – as Nazi court records show – “...too dangerous to the Reich [for him] to be allowed to live.” Dr. Capek was sent to Dachau, where he was killed the next year during a Nazi “medical experiment.” This gentle man suffered a cruel death, but his message of hope and decency lives on through his Flower Communion, which is perhaps the most widely-celebrated ritual in Unitarian Universalist congregations today. It is a noble and meaning-filled ritual that we will recreate. We ask that you each bring a flower to Sunday Service on June 29th.

You may wish to bring a lawn chair to sit in for your comfort and bring a dish to share at the picnic to follow the service.

Newsletter Submissions

Please submit your ideas and articles for the Newsletter to: medmonds@arvig.net and/or maryanderson8380@msn.com with assistance from Cedar Walters @ cedar.rollerolson@gmail.com. Feedback is appreciated.

The Month That Was

May 4 – Sandy Barnhouse shared the covenant of the UU pagan association that celebrates the sacred circle of life. Unity of the divine. Pagan beliefs are similar to UU beliefs in that we are on our own path with different perspectives on the same reality. Sometimes there is discomfort with celebrating pagan rituals. But today there was joy (but no harmony in our singing!) as **Tere Mann** and Sandy led us outside in the spiral dance. The circle represents life, completeness. The spiral represents renewal, regeneration. The RE Kids joined us in the circle dance.

May 11 – A number of folks brought pictures of their mothers and took some time to tell us about their moms. Florance Thompson and Diane Johnson decorated the tables and along with others served Norwegian treats in recognition of Norwegian Day May 17 and UCU's Norwegian heritage.

May 18 - Rev. Karen Hering comes from Unity Church Unitarian in St Paul, where they too, have workshops on Writing as a Spiritual Practice.

In her message of writing as a pilgrimage, getting lost is not a concern unless you have a tight schedule. Daniel Boone said he never had been lost, "although I once was in the woods for three days." National Geographic told of a legendary 100-foot waterfall that some tried to find to exploit it. Those who finally discovered it, did it with the help of the locals and in particular an old lady who had gone there in her youth and used her hand as the map of memory.

The sacred meaning we search for is as simple as our own hands. It is not just about our lives, but about our surroundings, a web of life and meaning, as long as it is wide. Language is to make us feel connected. Language is an invitation to exchange. Learn to read the world we live in through our senses. On a moonless sky filled with stars, watch Venus in the gradually lightening day, intently watch Venus until it looks like a tiniest orb of a sun.

May 25 - Celebrants, Shannon Smith, Ellen Eastby and John Minge led the service to recognize and honor our members who came to UCU during the last century. Panel members included long time members: **Ron Roller, Katy Olson, Kris and Wally Warhol; Gerald Ziesemer, Mary and Bob Worner.**

(From Marguerite's notes) First speaker, **Ron Roller**, said Marguerite Andrews had asked his wife, **Katie Olson**, to furnish music here, and that was 26 years ago. The mix of music, intellectual exercise and community hold us. **Katy Olson** said the active Children's Religious Education included leaders, **Joanie Ellison, Marge Barton and DiAnne Long.** **Wally Warhol**, raised a Unitarian, was shocked to find a Unitarian Church in this small town. The church was closed every time **Kris and Wally** tried to attend until they were able to get the times from Katy. Marguerite was excited to see them "for new blood."

Susan Groff said her one uncle was a Unitarian and was considered the black sheep of the family, which made him a mystery but interesting. After two meetings when there was no music, she offered to play. **Jim Gray** had asked her husband, **David Wass**, to sign the membership book, and had not asked her, and she was the pianist!

Gerald Ziesemer noted that Marguerite considered herself a "closet case," and here he and his family were pictured on the cover of the Fergus Daily Journal, admitting they were Unitarians. He had Unitarian experience in St Paul and Hanska, and when he was hired to take **Jack Newberry's** place at the Mental Health Center, he also stepped into Jack's membership here.

Mary Worner said she and **Bob** came at **Katy Olson's** invitation. She had noted previously that the publicized speakers looked interesting. **Bob Worner** said he had left the Methodist Church in Fergus that no longer fit for them, and tried a number of churches, visiting each one just once, but here, **Susan Groff and Bonnie Wallin**, at piano and organ, were a draw and of course, "Marguerite glommed onto us."

The biggest change in 20 years noted by most of the panel was the remodeled building and the long range planning. Back then, the church building was much different and the budget was \$3000, and now it is \$32,000. Other changes have included increased community involvement and outreach, spirituality and music plus the programs. **Mary Worner** was chair of the building committee and Bob Worner was instrumental in starting the first of the long range planning. When asked, **David Wass**, a member of that committee, "HOW COME the remodeling was so successful," he said, "**Mary Worner!** She had had experience and she liked doing it." **Tim Hanley** had donated \$6000 to hire an architect, but then they had to admit they did not have a dollar! **Ron Roller** said when he opened the envelope with the check from the **Frances Ellison's Estate**, he first read it as \$46,000, which was a shock, but the next time he looked he saw that it was \$460,000 that was even more of a shock as nowhere near that amount had been expected. "We should have lit a candle for **Frances Ellison today** too." It is not just the money, but what the church did with it.

Kris Warhol was our coordinator for 11 years, creating a visibility in town. **Kris** was a huge factor, making a big difference. Far from being a closet UU case, she took on everyone.

Susan Groff and Bob Timm decided to paint the church exterior. When asked how long would they work, the answer was "every day until it is done." Townsfolk came by as they worked, and the Underwood banker invited everyone who had worked on it, for twenty minutes or twenty hours, to come to the local cafe for lunch - funded by the banker. That was a turning point in acknowledgment and acceptance from the community.

During the late 1980s, there was a strong element of Atheists, but in keeping with the symbol behind the pulpit, "we honor every faith." Un-church factors, such as changing the pews so it didn't look like a church, included trying to arrange them in a circle. "A crazy cult in a rundown building," was a typical assessment. "Militant atheists died or moved away, both of them", said **Gerald Ziesemer**.

Catherine and John Gronner were major factors in this church. She was organist, and **John** saw to it that dues were always paid to Boston UU headquarters, even when they lived in Kansas and even if John paid it from his own pocket. During that time, some wanted to switch the church to Presbyterian, but **John** fought that. A Unitarian minister once a month was the goal - that was when UCU met twice a month, first and third Sundays but no fifth Sundays! **Betty Mills** was a Prairie Star officer and regular speaker. **John Cummins** came to help us survive. He is regarded to UU like a cardinal is to Catholics. **Gerald Ziesemer** said, when he was in Boston at the UU headquarters, he stayed in the **John Cummins Suite!**

A fund raiser to make the church handicap accessible was decided, and we also hired a coordinator, **Kris Warhol**. **Kris** helped gain acceptance for us in the community. **Kris** once said, "I get paid for doing something I love." **Kris** made it fit her schedule to visit shut-ins, such as **Frances Ellison, Jim Gray, Harold and Blanche Gray**.

Ron Roller's Chili Dinner was part of our acceptance in the community, although **Katy Olson** said the first four years, it was NOT just **Ron**. That chili dinner continues and funding goes to the Underwood Meals on Wheels cause. Then we became considered by the community "weird, but acceptable."

\$160,000 of the estate was used to repair and remodel the building, and interest from the rest of the **Frances Ellison Estate** has gone into grants decided annually. Now, rather than surviving by the seat of our pants or the skin of our teeth, we have a solid future. **Katy Olson** said we must give a nod to **Bob Worner**. His services continue to teach us what it is to be a Unitarian. **Bonnie Bell** added that **Bob Worner** gets much credit for our continued success.

And these words were spoken by Celebrant and Board Chair, Ellen Eastby as she handed out the bookmarks she'd made as a token of appreciation to our long term members:

"As we continue to celebrate 125 years as a church, we want to recognize those who have laid the foundation that made the church what it is today. And although everyone in this room has taken part in shaping the church, we decided it would be nice to recognize those who joined in the 20th century. It is because of the work of the folks who are listed in your bulletin, along with all of those who came before them and are no longer with us, that we made it into the 21st century.

Rev. Julie Stoneberg a minister at The Unitarian Fellowship of Petersborough in Canada said this: 'We belong because we choose to belong. We belong because others have chosen to welcome us, and include us, and make space for us. We belong, because inherent to this faith, is a belief that there is room for all who come in friendship, in freedom, and in peace.'

For me, the very first time I came to Sunday Service, as I sat in this sanctuary and heard the opening reading, tears ran down my face. At that moment, I knew I belonged. And I have heard many members of this congregation tell similar stories. It is you folks we have to thank for that. You embody the belief that we hold so dearly as Unitarian Universalists, that we all belong. So, thank you for choosing to welcome us, and include us, and make space for us. We have learned from your example as we continue in the 21st century to make this church a place where people choose to belong."



Pictured: Back row - Norm Johnson, Bonnie Bell, Ron Roller, Roger Thompson, Katy Olson,
Front row – Mary and Bob Worner, Gerry Ziesemer, Marguerite Andrews, Wally and Kris Warhol, Susan Groff
Not pictured: Budd Andrews, John Donahue, Steve Nagle, Valerie Thompson, Doris Veden, David Wass, Betsy
Wells, Diana Ziesemer

Don't Forget
Underwood Annual Garage Sales
Saturday, June 7 from 8 a.m. to 2 p.m.

UCU is joining the Underwood city wide garage sale again this year. Bring your articles to church for the UCU Garage Sale and some baked goods, homemade pickles, jellies, etc. for the Kids Religious Education Bake Sale, Friday, June 6, between 4 and 8 p.m. Then come back to shop and get your baked items Saturday from 8 a.m. to 2 p.m. Kris Warhol is coordinating the free will offering sale and JoAnn Larson is coordinating the bake sale. Items not sold can be picked up Sunday. This is a great way for the community to meet us, get some useful items, have some coffee and cookies and support our RE Kids in their charitable work to raise money for the Shan Refugee Children.

Twin Cities Pride Festival is June 28 & 29!

March with us in the Pride Parade on Sunday, June 29

Volunteer at the Pride Festival booth on Saturday, June 28 or Sunday, June 29

The **Unitarian Universalist Pride booth**, representing congregations across the state, gives us the opportunity to share information about our faith, congregations and fellowships, and our social justice work. Sign up for a slot and help make UUs visible! Training materials provided.

This year's **Pride Parade contingent** will have drummers, large rainbow dragon (that needs 4-6 people to operate), and folks singing as the walk downtown Minneapolis toward Loring Park. Join us for a joy-filled morning! The parade starts at 11:00 am. We will be hosting a pre-Parade tailgate breakfast at Lake Street Light Rail station for those who want to park at a distance and commute together! Interested in participating or learning more? Contact muusja1@gmail.com or www.muusja.org.

Gifts They Bring Summer Folks

Peggy Maxwell could have been included in the May Newsletter because she's been attending UCU since the last century. "I am trying to remember how it happened that we started going to the UCU church, but I really can't recall. I know that Betsy and her kids Robin, George, Jeff; and also Katy, Ron, and Cedar started going about the same time that we did. (Early 1980's). When we came with our 3 kids, people said how nice it was to have children in the church again.

I remember that presents were given out to all the children at the Christmas program in the front of the church, and how happy Andrew was walking down the aisle with his new present. He was 3 years old, so that was over 25 years ago. Marguerite was there greeting everyone of course, and Bud with his wonderful dancing wooden marionettes. Rick Long was the president: we loved his relaxed, low key approach.

My favorite memory is when the Christmas tree didn't show up on time for the decorating party, Larry (my husband) and Rick Long, along with some help from the skeptics (myself included), created a tree by tying together the wooden chairs downstairs. We all had a great time hanging our homemade decorations on the "tree". I also remember one of those early Christmas programs when Shelley Becklund brought a couple of her pet goats to add some realism into the staging of the Nativity scene.

I was on the board and treasurer for a term. I also helped downstairs with the children's program for several years. Joanie Ellison was the program leader, and we had quite a big crew of kids for a while. My kids loved it, and when we went to the Unistar family camp, they loved that as well. Chanomi even worked at the camp for a season. If it hadn't been for the UCU connections, she never would have found out about the arts high school in Minneapolis, which was a transformative experience for her, and subsequently for Jeremy who also went there, and Andrew, who went to an arts high school in Tempe.

Andrew and I went to Tempe in 2001 so I could attend the naturopathic medicine college there, and also the acupuncture college. Although I have been in Tempe more than Otter Tail County since then, I have always considered OTC "home", and try to spend as much time here as I can. But the winters are too long and too cold, and I don't think anyone would drive out to 'the farm' for acupuncture in the winter anyway, so I go back to Tempe for the winter. You're all welcome to come visit!"

Relative newcomer, **Linda Friend** says, "I came to UCU at the urging of a neighbor. I like the atmosphere of friendliness and acceptance, and freedom of belief. I was a Unitarian in Madison, Wis., where I live during the school year and where I teach at Edgewood College.

I have not been going long enough here to see any changes. I do wish the summer services were at 10:30 as I live a half hour away and have to get up really early to make it on time:). I've really appreciated your interest in my film work and look forward to seeing you all soon!"

Chuck Adelman recalls that he came to UCU sometime prior to the remodeling of the church building. He spends his winters in Cottonwood, Arizona about 15 miles from Sedona and 90 miles north of Phoenix. The town is small like Fergus Falls where he grew up and graduated from high school in 1957. Arizona is not exactly a political fit for Chuck but he likes the climate, this past winter being especially beautiful. He bought a house next door to his brother Steve and sister-in-law, Marta and he belongs to the Fly Wheeler Club because of his interest in old engines and tractors. Back home in Dalton for the warmer Minnesota months, he is a Thresher Man with his collection of antique John Deere tractors. You may just see Chuck leading us in the Harvest Days parade to celebrate our 125 year anniversary. The church is still older than any of Chuck's tractors!

Henry Mott and Marty Prentice bought property on Clitherall Lake in 2009, while living in SD, and when "we visited in 2010, we were pleasantly surprised to learn of UCU. We attended and found the congregation to be outgoing and friendly. We love the friendly people we've met over coffee and nibbles after the services. We hope to have started some long-term friendships.

We also like the early summer service, making it possible to attend to hear a good message, socialize, and be able to have the whole afternoon for other activities. We like the good variety of music - something different each Sunday. We think it's great that the congregation pitches in and accomplishes things (like recent painting) for the church. We look forward to having the directory that was in progress last summer/fall.

We have our main residence in Roseville (North of St. Paul). Marty is a high-school math teacher and is pretty tied to St Paul during the school year and Henry is seeking regular employment in the Twin Cities area. Our summer home is on the west shore of the south bay of Clitherall Lake - 18486 Peninsula Trail. For the next few years, our time there may be a little

limited by work commitments, but thereafter, we plan to spend the majority of summers at 'the Lake.'"

Other summer members and friends to watch for are Mary Lyon and Norma Jensen. As others visit for the first time or one of several times, we welcome and include them knowing that each one brings the gift of their spirit and presence as we connect together.

Special Thanks

Special thanks to the roadside cleanup crew and to the Fergus Falls U Groups who cleaned and organized the kitchen. We appreciate all of you and the work you did!

*"May we be reminded here of our highest aspirations,
And inspired to bring our gifts of love
and service to the altar of humanity.
May we know once again that we are not isolated beings
But connected, in mystery and miracle, to the universe,
to this community and to each other."
(#434 Anonymous from Singing the Living Tradition)*

PACKING FOR A PILGRIMAGE

By Diane Johnson

For those of you who missed the Karen Hering Writers' Workshop on the afternoon of May 18 and for those who might like to reflect and revisit, here is one person's thoughts and reflections on just one small part of the experience.

In the first prompted exercise in a recent writing workshop we were asked to jot down ten things we would take upon a pilgrimage. And then we were instructed to cross out three. Not so simple, as it turned out. The first three I eliminated were the first three I had written, and I reluctantly gave up my comfy down pillow, my sensible shoes, and my collection of New York Times crossword puzzles to keep me occupied during "down times."

The next three rejects included (gulp!) my camera, and as I worked through the last of the list I surprised myself by surrendering my notebook and pen for the blessed security of a talisman. Or, more accurately, talis-men.

Let me explain. I once experienced a year that included three car accidents in succession. I hit two deer with one blow as they leapt into my path, ran over a fleeing coyote as he dashed across the road, and sent a pedestrian flying. The last incident was the most traumatic, of course, and while she was also responsible for entering my line of direction, and thankfully and

amazingly only suffered cuts and bruises, the whole business of setting out on the paltriest of journeys, never mind searching for the Grail, became daunting after that.

And so, as I made up my pilgrimage packing list for the workshop and momentarily struggled over the last entry, I threw in with a certain sense of silliness, my old remedy and creative technique for calming my driving and journey fears those years ago. And just as the first entry became the first to go, the last was left, necessary and pre-eminent.

At the workshop, after all the unpacking and discarding, the reluctant letting-go of this and that and the panic of leaving my notebook behind, I called upon the ultimate necessity - my Driving Angels. I had named them Zepheriel and Mercuriel and decided they were "Angels in Training," novices that could be sent to protect a newly Nervous Nelly like me.

I imagined them perched upon the hood of the car, ever excited, letting the sea wind blow through their hair, straining to look around the bend in the road. They would laugh with joy as they hung onto their newly earned halos. The more intense the weather, the better they liked it. The crazier the freeway traffic, the more thrilling the adventure.

And we had many. There was the magic day dolphins arched along the shore, seeming to race the car until they abruptly turned west and vanished from sight. There was a foggy night when a small dog appeared in the headlights, trotting rapidly ahead before dashing into the dark of a turnout, and we pulled over and called and whistled and pleaded until the frightened fellow came running and leapt into the back seat. There was the motorcyclist down by the side of the road and we raced to the nearest café to call 911.

When I fly I marvel at how flight supervisors on the landing strip must gape in amazement, can hardly believe their eyes at the awesome figures, each sitting astride a wing of the plane. And passengers waiting to board, looking through terminal windows, gasp at winged creatures flying a large golden ball coming in for a landing.

A real, in-the-flesh pilgrimage might be enlightening or scary, and most likely both. By its very nature a journey is meant to challenge and push beyond our comfort zones with a promise of something greater at the end. But I suspect the real enlightenment always occurs in the treading of the path.

I think I better understand the writing exercise now and the importance of recognizing what is most important for a pilgrimage. My angels have served me well over the years, calmed my fears, encouraged me to travel, and most importantly, fueled my imagination.

Inspired by Karen Hering's writing workshop – Pilgrimage into Creativity: seeing with pilgrim eyes.

Tribute to Fathers
June 15th is Father's Day
Thank & Celebrate Fathers!!

On June 16th, we again celebrate Father's Day. Sometimes it is not a biological or adoptive father, but a grandfather, uncle, older brother, friend or neighbor who serves as the father figure/role model for a child. We applaud all those men who show love to our children, living out our first UU Principle: to respect and celebrate the inherent worth and dignity of every person.

In 2000, the U.S. Department of Education published "A Call to Commitment: Fathers' Involvement in Children's Learning," that reveals that when fathers are involved in their children's schools, their children learn more, perform better in school, and exhibit healthier behavior. Fathers are also increasingly recognized as an important emotional resource for their children. The benefits of healthy father involvement are not relegated to one social class or one family structure. According to the same Department of Education report, "Research has shown that fathers, no matter what their income or cultural background, can play a critical role in their children's education.... Even when fathers do not share a home with their children, their active involvement can have a lasting and positive impact." Fathers who are active and positively involved in their child's life will have a tremendous effect on their child's development – both cognitively and socially. Having the experience of two involved parents adds variety and dimension to the child's experience of the world.

On the other hand, children who lack a positive relationship with a father or father-figure demonstrate increased juvenile delinquency and lower academic achievement. "Father involvement protects children from engaging in delinquent behavior and is associated with less substance abuse among adolescents, less delinquency, less drug use, truancy, and stealing and a lower frequency of externalizing and internalizing symptoms such as acting out, disruptive behavior, depression, sadness and lying".

Many families do not realize that the positive benefits of father-child involvement affect fathers as well as children. As explained by Frank S. Pittman, M.D., "The guys who fear becoming fathers don't understand that fathering is not something perfect men do, but something that perfects men". Men, in their roles as fathers, can learn from children in the form of heightened expression of emotion, expanded sense of self, new understanding of empathy, and expanded ability for caring and nurturance. In addition to the benefits for men and children, healthy fathers recognize, honor, and support the important role of motherhood. Indeed, fatherhood is not the opposite of motherhood and fathers are not a substitute for mothers. Healthy fathers support mothers in child rearing and provide mothers with greater opportunities for employment, community involvement, or other pursuits.

Extracted from the Introduction of Fathers to the Forefront: A five-year plan to strengthen Minnesota families

Grace

Written and read by Rod Broding

Dad died when I was 12, and Mother worked three jobs to support both of us. I supplemented her income by picking night crawlers during the summer, selling them to local bait dealers. It was the usual case of supply and demand. When it rained, night crawlers were plentiful; the bait dealers had all they could keep on hand and would not buy anymore night crawlers. I had made a good picking the night before. A gallon pail of night crawlers would yield at least fifteen dollars. So, in the morning I mounted my bicycle and headed downtown. But one bait dealer after another rejected my offer. In desperation I even offered to sell my night crawlers at a substantially lower price than usual. Still no luck. I pondered my next move. I had tried the local bait shop; I had solicited the bait shop at the south edge of town. No one wanted night crawlers. There was only one place I hadn't tried.

Gil Williams owned a resort. Maybe he'd buy them, I hoped. But my hope was not founded on much confidence, and in a hope tainted by desperation, I pedaled toward the lake. When I arrived at the resort, Gib was already counting night crawlers into cartons from the previous pickers who had beaten me to my market. Gib looked up at me, then let his gaze fall to my pail of night crawlers. "Can't use anymore," Gib signed, and I could see he was right. I said nothing. *There* nothing to be said, and I mounted my bicycle and started slowly down the road toward home. It was hard to see through the tears.

"Wait a minute!" I heard Gib call. "On second thought, maybe I can use a few more." I rushed back wondering how many dozen might he buy. Gib looked at the pail full of squirming night crawlers. He looked at me. "Oh, I guess I can take the pail full," Gib said. I could hardly contain my joy. As delighted as I was, I wondered though, what had made Gib change his mind. He had an abundance of night crawlers; I had seen that for myself. But I wasn't about to ask! I received my payment, thanked him, and with a much lighter heart, mounted my bicycle and once more headed homeward.

Just why I stopped I don't know. I guess God had very important lesson to teach me. I paused in my journey, straddled my bicycle and looked back. With my pail of night crawlers in hand, Gib was walking around the yard scattering my night crawlers back to the earth like a sower sowing seeds. Then I knew: Gib had bought my 'crawlers, not because he needed them, but because he knew my mother and I needed the money.

Community Resources

Get Home Grown Food at Local Farmers' Markets

Battle Lake Farmers Market offers a variety of products from area producers, including organic & heirloom produce, pastured meats, poultry and eggs. May-Sep: Sat 9a-1p & Jun-Aug: Tue 4-7p. For more information contact: (218) 864-5104 or boyumfarms@gmail.com.

Fergus Falls Farmers Market:

Throughout the winter and behind the scenes, the Fergus Falls Farmers Market has been expanding and enhancing its potential for the coming season. Beginning Saturday, June 7th, from 9 a.m. to 1 p.m., it will resume its location on the grounds of the Otter Tail Historical Society at 110 E. Lincoln Avenue. Also, in partnership with Lake Region Health Care and in celebration of their Wellness Program, the market will open a second day each week of the season, beginning Wednesday, June 11th from 3.p.m. until 6.30.

While spring has been late this year, several local growers, using high tunnels and green house horticulture, will be able to provide early produce for sale and there will be grass-fed meats and eggs available. The list of baked goods has grown – rolls, scones, cookies, pies, lefse and granola – along with honey, maple syrup, jams, pickles and sauces. New vendors will be offering seedling, dahlias, wild rice, and essential oils from natural aromatic compounds, along with a greater selection of local arts and crafts, everything from quilting, bird houses and jewelry, to miniature gardens.

The farmers market has grown in Fergus Falls from an enthusiastic but small gathering in 2012, to one of the bigger markets in northwest Minnesota. The vendor list now includes over fifty merchants, and while they are not all in attendance each week, depending on the availability of produce and goods, some travel from outside Otter Tail County and all of them participate in working together to make the market a success.

An important development this year will be the ability to offer SNAP and credit card sales. That, along with expanded community events and demonstrations at the market, promises a greater abundance all season. For further information visit the web site: fergusfallsfarmersmarket.org, or contact Lynn Brand, lynnbrand2001@yahoo.com or Diane Johnson, bigsurmoon@MSN.com/

New York Mills Farmers Market Wednesday and Saturday mornings from 9 a.m. – 1 p.m. May 24 - September 9 a.m. – 1 p.m. at the sculpture park just off Highway 10. Occasionally, the market coincides with Art in the Park (free kids art projects.) And sometimes, Bev Backstrom and her sister, Colene Jacobson serve coffee for that Saturday.

Otter Tail Buehler's Farm Market and Greenhouse - 1 1/2 mi east of Ottertail City
Greenhouse Open now for a wide variety of bedding plants and baskets. Open seven days a week - 9:00 to 5:00 - (Sundays, Noon to 5:00) Sweet corn time - hours extended until 6:00 PM. Also available jams, jellies, breads, etc. Visit this unique and picturesque Market surrounded by fields of produce - Eat local - "Know where your food comes from." Phone: 218-298-0159.

Pelican Rapids Farmers' Market - Open Tuesdays and Fridays 9 AM - 1 PM in June, July and August plus Memorial Day and Labor Day. Open Friday's 9 AM - 1PM September 5th through October 10th. Featuring divine fresh veggies, fruits and flowers plus freshly baked breads and sweets, jams and treats. Prices are very reasonable! Call the Chamber for more info: 218 863-1221. Located in the Heart of downtown Pelican Rapids, MN between the stop lights.

Perham - Located at NP Park on Main Street selling baked goods, jams & jellies, egg and garden plants offered by 10 vendors now Wednesdays and Fridays until October, weather permitting. Call Diane Matson @ 218/252-1809 with questions.

U Groups

We wish to thank Steph Sanderson for her exquisite leadership as co-founder and co-facilitator with Ron Graham! Connie Stigen will now be co-facilitator and is looking for another person to volunteer to help her.

The Fergus Falls U Groups joined together to clean and organize the kitchen. Items that are not needed will be put out for the garage sale or donated elsewhere. Thank you!!

Just think - due to the four U groups, 20 or more church and community projects were experienced by the public, not just in Underwood, but in the surrounding communities of Fergus Falls, Perham, New York Mills, Battle Lake and Underwood.

UCU wants to offer a summer U Group to those of you who cannot participate in the 9 month fall/winter/spring U Groups. The Summer U Group would meet once/month in June, July and August and be co-facilitated by two of the current facilitators. The time and location will be dependent upon who signs up. The subject for each meeting can be selected from the 36 topics already prepared. So if you are interested, please contact maryanderson8380@msn.com or marywornier@gmail.com. The sooner we hear back, the sooner we can schedule the first meeting.

May topic – Embracing Hope

“We must accept finite disappointment, but never lose infinite hope.” – Martin Luther King Jr.”

“Never deprive someone of hope; it might be all they have.: - H. Jacson Brown, Jr.

“...history has shown us that ... hope can take on a life of its own.” – Michelle Obama

Unitarian Church of Underwood
Board Minutes for April 23, 2014

Board members present: Ellen Eastby, Norman Kolstad, David Sanderson, Dave McRoberts, Mary Worner, Don Siems, Alisha Piekarski, Mary Anderson and David Wass. Absent: John Miersch. Also present: none.

The meeting was called to order by Board Chair Ellen Eastby at 6:30 p.m.

Ellen Eastby shared a reading/meditation.

The agenda was approved (Worner/Wass).

The minutes of the March 19 meeting were approved as printed (Sanderson/McRoberts). The minutes of the March 23 meeting were approved as printed (Wass/McRoberts).

Old Business: the agenda and reports for the upcoming annual meeting were discussed. Treasurer Wass presented the proposed fiscal year 2015 budget. A revised budget was ratified (Sanderson/McRoberts).

New Business: The board agreed to a personnel committee recommendation to renew the contract for Administrative Consultant JoAnn Larson for another year and to increase her pay by \$50 per month (Wass/McRoberts).

The next meeting is scheduled for Wednesday, May 21, 2014 at 6:30 p.m.

The meeting was adjourned at 7:25 p.m.

Respectfully submitted,

Norman Kolstad, secy.