

Newsletter March 2020

*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.*

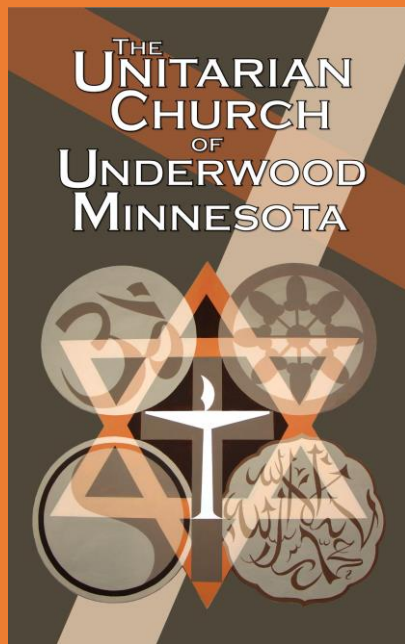
Unitarian Church of Underwood

PO Box 58, 206 North Main Street
Underwood

Phone: 218/826-6553

Website: www.ucofu.org

www.facebook.com/www.ucofu.org



*"We are all of us pointing toward the
same moon, and yet we persist in arguing
about who has the best finger." Father
Richard Rohr*

Sunday Services 10 a.m.

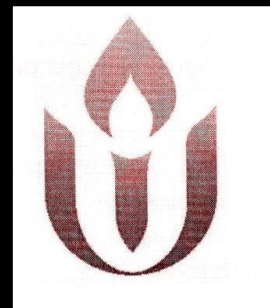
March 1, Bob Worner, "Do
Unitarians Have a Prayer?"

March 8 - David Meyer, "Caregiving
as a Sacred, Humbling Practice: a
Jewish Perspective"



March 15 - Michelle Eldion, "It
Takes a Village; a County; All of Us"

March 22 - Ozzie Tollefson,
"Beautiful Language."

March 29 - UU Suffragettes



March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Bob Worner, “Do Unitarians Have a Prayer?” Church Chat New Member Welcoming Children’s RE 10-11 am #300 Mindfulness Sitting 9:15-9:45 am #300	2 AA 7 PM	3	4	5	6	7
8 David Meyer, “Caregiving as a Sacred ...” Children’s RE 10-11 am #300 Mindfulness Sitting 9:15-9:45 am #300	9 AA 7 PM	10 Battle Lake/Underwood U Group @ Susan Groff’s @ 3:00 p.m.	11 Alexandria U-Group: 2 nd Wed @ 7:00 pm @ Widseth, Smith & Nolting Office Bldg.	12 Perham U Group @ Stan Carignan’s 6:30 p.m.	13	14 UU Pi Day 3.14 
15 Michelle Eldion, “It Takes a Village” Pi DAY!! Children’s RE 10-11 am #300 Mindfulness Sitting 9:15-9:45 am #300	16 AA 7 PM	17 	18 Record Committee Meeting 4 p.m. Board Meeting 5:30 p.m.	19 Fergus Falls U Group @ Diana Ziesemer’s @ 6:30 p.m	20	21
22 Ozzie Tollefson, “Beautiful Language” Children’s RE 10-11 am #300 Mindfulness Sitting 9:15-9:45 am #300	23 AA 7 PM	24	25	26	27	28
29 UU Suffragettes Children’s RE 10-11 am #300 Mindfulness Sitting 9:15-9:45 am #300	30 AA 7 PM	31	We will celebrate “pi day – 3.14 with pies on Sunday, 3.15.			

Stay^oinformED

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

Contact Wally Warhol for Sunday announcements
@ ucunderwood4@gmail.com or 218/205-4111.

Contact Kris Warhol @ 218/205-1644 or
mwarhol7up@gmail.com for local media
notifications.

U Group Schedule **(Meetings Monthly)**

- Alexandria U-Group: 2nd Wed @ 7:00 pm @ the office building of Widseth, Smith & Nolting Office Bldg., 610 Fillmore, Alexandria: Facilitators: Lee Becker/Susan Sanford
- Battle Lake U Group, the 2nd Tuesday @ 3:00 p.m. home of Susan Groff. Facilitators: Bob Worner/Kris Warhol.
- Fergus Falls U-Group: 3rd Thursday @ 6:30 pm @ Diana Ziesemer's, 934 W. Linden St., Fergus Falls. Facilitator: Melody Shores.
- Perham U-Group: 2nd Thursday @ 6:30 p.m. @ Stan Carignan's. Facilitator: Stan Carignan.

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

To learn more or join a group, contact Lead Facilitator:
Shannon Smith @ shannonsmith20@gmail.com
Or 320/630-6229

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

Please submit your ideas, articles and photos to:

Writer/Editor: Mary Anderson

Editing: Stephanie Sanderson

Emailing/mailling: Ellen Eastby and Mary Anderson

Website: Ellen Eastby

Facebook: Melody Shores

Photos courtesy of Norm Kolstad & credited others.

Credited Articles

Note: Send Announcements for monthly newsletter to maryanderson8380@msn.com. They will be forwarded for inclusion @ www.ucofu.org and Facebook Page.

Newsletter comes out on the 1st of each month via email. They are also posted at www.ucofu.org.

Adult Religious Education Classes Sundays, **8:45-9:45 am**

2nd Sunday of the month class, Ancient Religions
with Sandy Barnhouse **resumes March 8.**

3rd Sunday of the month class, *White Fragility*
with Ellen Eastby **resumes March 15.**

4th Sunday of the month class on UU Essays with
Bob Worner **resumes April 26, 8:45-9:45 a.m.**

Mindfulness Sitting **each Sunday of the month,**
****9:15 – 9:45 a.m., led by Stan Carignan or others @****
#300 Sverdrup Suites.



Monthly Greeting from Board President, Kris Warhol

If all of time remained wide open the lists wouldn't be finished. Much is left to be accomplished and at seventy the window grows smaller. Time is disappearing.

Choices firmly rooted impacting our world at the top of my list. Mindful of purchases affecting carbon footprints.

How we spend our days now absent from jobs is with purpose and meaningful exchanges. Ask me for my list that drives the inner fires. Wishing all the while to live with love, acceptance, faith and wonder. Holding fast to too little time that is fleeting. Living in the moment awakened to all the noise and longing for inspiration.

Wally and I attended a Memorial Service this past Sunday for Mary Larson. Rev. Laura Smidzik delivered the eulogy. Mary Larson was loved. Her five children and their children and great grandchildren gathered to share her remarkable life. Their stories touched hearts in a way never felt as now experienced. Rev. Laura spoke about grief and the lessons through which grieving brings. Spirituality during the hour flowed like a river. We all experienced the mystery and wonder death brings. The not knowing and never experienced by those still living. We felt connected to Mary directly through the blessings she brought to everyone everywhere.

Grieving is not a permanent process. Grieving continues to teach us lessons. Lessons to live life purposefully, intentionally and with joy. To love unconditionally. Mary's memories live through those family members. All gathered are connected to Mary and Mary remains connected generationally.

The closing words by Mary Oliver: "To live in this world you must be able to do three things: To love what is mortal; to hold it against your bones knowing your own life depends on it; And when the time comes to let it go, to let it go."

Filled with direct experience that transcends the mystery and wonderment that life gives. Renewed by the spiritual realm in our world and with gratitude for a beautiful spirit: Mary Larson. *Kris Warhol*

Speakers Coming in March

March 1 – Bob Worner, "Do Unitarians Have a Prayer?" referring to UU Principle: #4 A free and responsible search for truth and meaning.

March 8 – David Meyer, "Caregiving as a Sacred, Humbling Practice: a Jewish Perspective."

The greatest gift we can give seriously ill loved ones is to care for them through the end of their lives. For 3 years, Dr. David Myers was a 24-hour caregiver for his wife, now deceased, who suffered from Parkinson's. He will share his experience of how his Jewish faith informed his understanding of caregiving.

David B. Myers is a retired professor of philosophy. After retirement, before he became a full-time caregiver, he was involved in interfaith work—and has now returned to that. He is also an active member of Temple Beth El, a Reform Synagogue. He is finishing a book on problem of evil, a work of theological fiction about God's suicide (to be published by Wipf and Stock).

March 15 – Michelle Eldion, “It Takes a Village; a County; All of Us.” Michelle Eldion is the Otter Tail County District Attorney; the “feet on the ground” of the OT justice department.

Michelle says, “Mental health and chemical dependency are two areas that affect almost all we do in our office.” These cannot be fixed by government alone within the criminal system. Treatment is expensive and involves long term commitment and support- the entire community needs to be engaged. Children and abuse also take the entire community to help- the heavy caseloads for children in need of protection and the current issues needing to be addressed that affect our children and their mental health as well. Michelle will share her thoughts and experiences connected with these issues.

March 22 – Ozzie Tollefson, “Beautiful Language.” "We have inherited a long oral tradition, going back to and beyond the rhapsodes of ancient Greece. We should honor the potential of the human voice and work toward expressing the beauty of our spoken words."

March 29 – UU Suffragettes: In celebration of the one-hundredth anniversary of the 19th Amendment to the US Constitution, finally recognizing the right of women to vote, the Women's History Month program will feature portrayals of UU women who were instrumental in this political victory, including Susan B. Anthony, and Olympia Brown, among others as yet unnamed. Women! Wear white that day to honor our UU foremothers!

Covenant of Right Relationship

The Unitarian Church of Underwood is a place of safety and integrity for each person's mind, body, and spirit. We are a supportive and nurturing faith community, honoring and respecting the rich diversity of those gathered here. Recognizing that warmth, beauty, kindness, and passion will shape us as a congregation of goodwill, generosity, and presence, we covenant to affirm and promise:

- Honesty and authenticity in our relationships
- Words that are supportive and caring, not belittling or demeaning
- A welcoming and non-judgmental attitude
- To respect each person's boundaries of mind, body and spirit
- To listen to one another
- To refrain from displays of temper
- To honor the gifts and blessings of thought and deed.

This is our covenant of right relationship.

Church Happenings

Make Membership Official Become a UCU Voting Member



New Member Welcoming, March 1, 2020

New member welcoming is March 1 during the Sunday service. The New Member Welcoming Celebration is held twice a year, the first Sunday in March and October.

To become a voting member of the Unitarian Universalist Church of Underwood, you indicate your wish by signing the “silver” membership book. To do so, see Kris Warhol, Board President or Mary Anderson, Membership Committee Chair. The UCU Policy Statement #2 Article II Definitions B. states that: "A voting member is one who has signed the membership book and completed any of the following: has participated in an activity of the congregation in the past year, has made a recorded financial contribution since the beginning of the fiscal year, or expresses verbally, or in writing, a desire to remain a member."

The Membership Committee is evaluating the offering of “New Member Orientation” to expand it to “UCU Overview.” We are also in process of developing a “1st Time Visitor” brochure and a “UCU Overview” booklet. We continue to have friends who are regularly coming through our door wondering if this is a permanent place for them. Visitors and new and even long-term members often ask for further information on Unitarian Universalism and what the Unitarian Church of Underwood stands for.

“Church Chats”

To continue the monthly “church chats” held the 1st Sunday of each month. an area will be designated to give church members/friends the opportunity to visit and talk together with one or more Board member(s). Expected outcomes are not only to help bring attention to matters of concern and celebration but to open and expand communication between the Board and the membership; increase transparency of the business operations; build focus; and share visioning and mission opportunities in growing our future. Please join Board member, Tim Lanz on March 1st for the monthly “church chat.”

Celebration of the Lives of:

Ruth Mary Larson

1932-2020

R. Mary L. (Quernemoen) Larson, age 87, of New Brighton and previously of Battle Lake, passed away on January 29, 2020. She was preceded in death by her husband, Dr. Ross Gerald Larson; parents: Bennie and Ruth Quernemoen; and brother, James. Mary is survived by her

daughters, Judy (John) Donovan and Kristine (Dan) Mrosak; sons: Mark, Steve (Cindy), Brian; sister, Betty (Roger) Wilson; brother, Michael (Pat) Quernemoen; nine grandchildren and five great-grandchildren. A Celebration of Life was held February 23rd. Memorials preferred to be donated to the Minnesota Environmental Fund. Kris and Wally Warhol attended the celebration. Mary and Ross (Jerry to some) regularly attended the Unitarian Church of Underwood until they moved to assisted living in New Brighton. There they attended the Michael Servetus Unitarian Society in Fridley. Another note of interest is that Mary and Donn Siems were classmates during their younger years and found themselves together again attending the church in Underwood.

Luke Anderson
DOD 2/14/2020

Luke Anderson was one of the “tall trees” at the Unitarian Church of Underwood. While serving as Board Vice President and President, Luke led the 1st strategic planning effort. He was called upon numerous times in the years after for his wisdom and consulting skills. Luke and his partner, Joanne Cress enjoyed traveling and their home at the lake. When known, the Celebration of the Life of Luke Anderson will be further announced.

Marlys Irene (Anderson) Siems
June 20, 1937 ~ February 16, 2020 (age 82)

Marlys Siems, 82 of Otter Tail Lake, rural Battle Lake died Sunday, February 16, 2020, at the Battle Lake Good Samaritan Center under the care of Red River Hospice.

Marlys Irene Siems was born on June 20, 1937, in Dell Rapids, South Dakota the daughter of Ove and Ruth (Heeren) Anderson. She was baptized and confirmed in Bethania Lutheran Church in Jasper, Minnesota. She attended Fergus Falls High School, where she met her husband-to-be, Donn Siems. She graduated in 1955. Marlys and Donn were married at the Aurdal Lutheran Church of rural Fergus Falls in 1956.

Marlys lived along the shores of her beloved Ottertail Lake for over 60 years in the home she and Donn built prior to their marriage. Throughout the years, she swam with her children and grandchildren, boated, skied and sailed with friends, and never missed a summer evening sunset pontoon cruise. She was hostess to hundreds of guests and family who regularly visited their lakeside home. The fragrance of her signature dish: homemade caramel rolls, could be ‘sniffed’ hours before anyone arose, and moments before the sunrise.

Marlys and Donn loved to travel. She read voraciously, studying the history and folklore of the 50 U.S. states and numerous countries they visited. And she loved home and the outdoors. Starting in the Spring when they heard the geese returning north, she and Donn moved into their camper to spend each night ‘under the stars,’ moving back into their home when the leaves began to fall in Autumn.

Marlys loved her grandchildren, celebrating their stories, sports, and songs for as many hours they asked of her. Her love for them was patient, steadfast, and soft as an easy chair. ‘Everything’ was

important: from sports events, to recitals and graduations. She wrote many chapters in their lives - taking them camping in state and national parks, bicycling and skiing with them in her beloved Glendalough State Park, chaperoning them to Disney World, and playing the board game Mahjong deep into the night.

And there were dog walks, dog talks, and dog swims! Marlys was seldom seen without the companionship of her beloved yellow Labradors.

Her wit was sharp! Husband Donn didn't need to have an opinion: Marlys had enough for both of them.

Marlys is survived by her husband, Donn W. Siems; son, Dirk A. (Karin) Siems of Battle Lake; daughter-in-law, Lenore Siems of Bemidji; five grandchildren and families, Keshia (Trevor) Solem, Easton and Jameson of Glenwood, Brendon (Kirsta) Siems of Yucca, AZ, Brody (Shannon) Siems and Maya of Brookings, SD, James Siems of Bemidji, and Brittany (Nate) Trosvik and Carson McNeal of Pelican Rapids; brother-in-law, David (Nadine) Siems of Fergus Falls; and by numerous nieces, nephews, cousins, and friends. Marlys was preceded in death by her son, Dann Siems; parents, Ove and Ruth (Heeren) Anderson, and her father and mother-in-law, William and Frances (Ladwig) Siems.

A celebration of Marlys' life will be held Saturday, June 20, and every evening until then, at sunset, on the shores of Ottertail Lake.

Arrangements assisted by Glende-Nilson Funeral Home of Battle Lake. The Celebration of the Life of Marlys Siems will be at the Unitarian Church of Underwood where Marlys was a member since 2012.

A House Called Tomorrow

Alberto Ríos - 1952-

You are not fifteen, or twelve, or seventeen—
You are a hundred wild centuries

And fifteen, bringing with you
In every breath and in every step

Everyone who has come before you,
All the yous that you have been,

The mothers of your mother,
The fathers of your father.

If someone in your family tree was trouble,
A hundred were not:

The bad do not win—not finally,
No matter how loud they are.

We simply would not be here
If that were so.

You are made, fundamentally, from the good.
With this knowledge, you never march alone.

You are the breaking news of the century.
You are the good who has come forward

Through it all, even if so many days
Feel otherwise. But think:

When you as a child learned to speak,
It's not that you didn't know words—

It's that, from the centuries, you knew so many,
And it's hard to choose the words that will be your own.

From those centuries we human beings bring with us
The simple solutions and songs,

The river bridges and star charts and song harmonies
All in service to a simple idea:

That we can make a house called tomorrow.
What we bring, finally, into the new day, every day,

Is ourselves. And that's all we need
To start. That's everything we require to keep going.

Look back only for as long as you must,
Then go forward into the history you will make.

Be good, then better. Write books. Cure disease.
Make us proud. Make yourself proud.

And those who came before you? When you hear thunder,
Hear it as their applause



Children's Religious Education

On February 2, Wally & Kris Warhol led three excited children with talk on how planets and stars get their light from our sun relating the lesson to Living Tradition 1. The children answer difficult questions regarding our solar system and the phases of the moon; a "blue moon" and every 19 years, a "black moon." They googled the questions to get the age of our solar system. They also listed the twelve moons that Native Americans names including "the wolf moon, "strawberry moon" "beaver moon" and "bock moons."

On February 10, Kris and Wally talked with the children about, St. Valentine (c270). He was an emperor and he died in Rome for his religious beliefs in God and is considered a Christian martyr. Thus, has followed the exchange of hearts on February 14th. Down through the ages we continue to share our love with a card or similar token of affection. We made cards for our loved ones. Two out of three kids made a Valentine for a member whose heart is being mended. We danced to Wally's Bose speaker, laughing through-out!

Jon Solinger assisted by Lee Hamness with three children learned about the Prophet Muhammad, the founder of the religion of Islam. We found the city of Makkah, the center of the Islamic faith, on the world globe; learned something about the life of the Prophet and his mission to spread God's word around the world; learned what monotheism is, and that the three main monotheistic religions: Islam, Christianity and Judaism - all trace their roots back to Abraham.

If willing to assist with Children's Religious Education on a Sunday morning, please contact Kris Warhol.

Notes from February Speakers



February 2 Anna Wasescha, Sustainable Development Goals.

Podcast: <https://soundcloud.com/user-927528278/2030-sustainable-development-goals>

Attendance – 42

February 9 – Bonnie Graham facilitated excerpts from “Blacks Live UU” plenary session.

No podcast.

Attendance: 37



February 16 – Sean Coffman, “Our Human Family.” See

<https://www.human-family.org/>

Podcast: <https://soundcloud.com/user-927528278/our-human-family-sean-coffman-feb-16-2020>

Attendance: 36

February 23 – Nik Nerburn, “Lost Photos from the State Hospital.”

<https://soundcloud.com/user-927528278/lost-photos-from-the-state-hospital-nik-nerburn-february-23-2020>

Attendance: 52

Stewardship Committee Report: Collections: Fiscal Year April 1, 2019 - January 31, 2020 = \$39,808.70. Projected budget same dates: \$38,521.00.

Someplace Safe 17th Annual Tea Fundraiser Saturday, February 15

Volunteers from the Unitarian Church of Underwood once again helped serve the lunch for the Someplace Safe Annual Tea Fundraiser. Kris Warhol provided the dishes and décor for the table sponsored by the UCU.



Thank you, servers: Kris Warhol, David Wass, Amy Beckman, Bob & Mary Worner, Diane Johnson, Alicia Peterson, Janell Miersch, Connie Stigen!!

Coming

Annual Fundraising Chili Dinner

Friday, April 3, 2018

5-7 p.m.

Adults \$10 – Children under 5 Free

Underwood Community Center



The annual chili dinner raises funds for the Underwood Senior Nutrition Program that supports Meals on Wheels for local area residents. In addition to raising funds, the chili dinner has raised visibility of the church, binds members/friends together in work, provides a collaboration opportunity with the City of Underwood and Sverdrup Lutheran Church, and provides a neighborly-get-together.

To change things up a bit this year, we held a chili contest to determine the chili recipe and winners from the three categories of chili to be served: red meat chili – John Minge; white chicken chili – Janell Miersch; and vegetarian chili – Bonnie Showers. Also, instead of having boughten, brought-in desserts, we will have an “ice cream bar” with all the fixings.

It takes many volunteers to put on the annual chili dinner. Tickets and posters are available from Kris Warhol. Please sign up for your work slot ASAP with Mary Anderson. Folks from Sverdrup Lutheran will be joining us again to help. The event will be widely advertised to increase attendance and funds raised. Bring your family and friends!!!

Pi Day 3.14

Why Pi Day? Small number, infinite possibility!



Pi (3.14) is a small number with infinite possibilities, just like the Unitarian Church of Underwood. So, in keeping with UUA's encouragement to small congregations to explore our infinite possibilities, we will **celebrate with PIE on March 15 during Sunday social hour. Make a pie, bring a pie, eat some pie!!!**

The Membership Committee is in process of developing two publications: 1) 1st Time Visitor brochure and 2) a UCU Overview booklet. The Membership Committee also oversees Sunday Social Hour Hospitality. And for that, we have a new plan!!



Treats/Kitchen

Social hour following Sunday service is a time enjoyed by most Sunday attendees. It is a relished time to visit and enjoy coffee and light treats. Responsibility for the treats and kitchen service has fallen more and more on just a few volunteers.

Ideas have been heard floating among the UCU membership about further ways to "break bread together." Because treats are such an integral part of the Sunday social hour following services, the Membership Committee have grasped upon an opportunity to combine ways to implement these floated ideas.

The Membership Committee proposes to change the kitchen coordination and treats routine to have quarterly assigned "Hospitality Teams" to meet these objectives that:

- 1) The kitchen coordination and treat provisions be **more fairly divided** between all active members and friends on a **quarterly rotation basis**;
- 2) The quarterly designated members become a **team** that have opportunity to get better acquainted, "**binding together**" to provide these services to the membership;
- 3) Provide the opportunity for each "**Hospitality Treat Team**" to be **creative** with the "what/how/when/who" for building community during Sunday social hour with members and friends "**breaking bread together.**"

Each hospitality team will have an experienced kitchen coordinator "Captain" guiding the way. Tips for Treats and Kitchen Coordination will be provided and posted.

The quarterly rotation list is below. Look for where your name falls. For fun, each team may wish to name themselves. We've purposely grouped the "summer snowbirds" during the months of July, August, September for them to work together with other church members/friends providing these offerings. The lists will be posted on the church bulletin board, the sign-up sheet on the kitchen counter and in the monthly newsletters. The Quarterly Team Captain will make the initial contacts with the quarterly team for planning, expectations and logistics.

Using the lists for active members and regularly attending friends, the Membership Committee has taken the liberty to more or less alphabetically assign the individual or family unit to a quarterly team. That list is included below. We hope to implement this change beginning April 5. Members of Team 1 can expect to be contacted soon by Quarterly "Captain" - Mary Anderson.

Contacts: Mary Anderson @ 218/346-6638 or maryanderson8380@msn.com or Janell Miersch @ 218/531-1445 or miers004@umn.edu.

Quarterly Rotation for Hospitality Teams 2020
(*denotes quarterly "Captain")

Months	Months	Months	Months
Team 1	Team 2	Team 3 (Summer Birds)	Team 4
Jan, Feb, March	April, May, June	July-September	Oct, Nov, Dec.
Adams, Susie	*Francis, Alison	Adelsman, Chuck	*Showers, Bonnie
Alberg, Mary Theresa	Honer, Barb/Jon Solinger	Bergs. Steve & Linda Q	Smith, Shannon
Albers, Bonnie/Lance	Hunt, Desta/Tim	Barrett, Kelly	Stigen, Connie/Doug
Anderson, Jaimi	Ivanovic, Miriana	Bryan, Marianne	Stone, Cathy & Amari
*Anderson, Mary	Johnson, Bob/Diane	Maxwell, Peggy	Supernois, Gary
Avant, Sally	Kagan, Richard	McKnite, Jacob	Sutter, Amanda/Robb
Barnhouse, Sandy	Kakac, Patty	*Miersch, Janell/John	Thompson, Florance
Beckman, Amy	Kensinger, Kathy/Norm Kolstad	Mott, Henry/Marty Prentiss	Thompson, Roger
Carignan, Stanley	Lanz, Tim	Navatto, Robbyn	Sutter, Amanda/Robb
Czeck, Heather	Mann, Tere/Bert Whitcombe	Nelson, Gayle	Thompson, Florance
Delarbre, Molly	Mauer, Denise	Olson, Katy/Ron Roller	Thompson, Roger
Dittberner, Audrey	McIntosh, Loreen	Salmen, John	Thompson, Valerie
Eastby, Ellen	McRoberts, Dave/Sheryl Olson	Sanderson, Dave/Stephanie	Tollefson, Ozzie
Ferguson, Deb	Minge, John	Thompson, Kathy	Vorderbruggen, Joan & Booker, Darryl
Graham, Bonnie	Mitchell, Carole	Walla, Jen/Josh	Walter, Cedar
Graham, Barb/Ron	Paulson, Heidi	Wallwork, Deb/John Heine	Warhol, Kris/Wally

Groff, Susan/Dave Wass	Piekarski, Alisha	Shaw, John/Terry	Wells, Betsy
Hamness, Lee	Potter, Leland	Siems, Donn	Worner, Mary/Bob
	Reece, Luce		Ziesemer, Diana
			Ziesemer, Gerry

Team 1 (April-June) members/friends, to sign up, please contact “Captain,” Mary Anderson @ maryanderson8380@msn.com or 218/346-6638 or sign the sheet on the kitchen counter at church.

Date	Treats/Kitchen	Date	Treats/Kitchen	Date	Treats/Kitchen
April 5 (chili leftovers)		May 3		June 7	
April 12		May 10		June 14	
April 19 (annual meeting)		May 17		June 21	
April 26		May 24		June 28	
		May 31			

Please email your questions, comments or further suggestions to: Mary Anderson maryanderson8380@msn.com or Janell Miersch miers004@umn.edu. *Membership Committee: Mary Anderson, Chair; Molly Delarbre, Bonnie Graham, John & Janell Miersch, Bonnie Showers, Mary Worner with the help of Alison Francis.*

Living Out Our UU Principles



**Conversations and Consensus Building
With Art Raffle
Barnhard Arts Studio
Hosted by Sandy Barnhouse**

Mark your calendar for **Sunday, March 15, from 1-5 p.m.** for the third **Salon** of the newly formed, bi-monthly **Consensus Art Raffle** at Barnhard Arts, corner of 1&35, six miles north of Underwood. All are invited. The art raffle will be held between 3-4 p.m. You must be present to

win. To be eligible for the raffle you will have spent half an hour or more finding out what you have in common with someone who doesn't agree with you politically, whether you discussed politics, or not; send both of your names to Sandy Barnhouse, artdome43@gmail.com, and she will put them in the raffle jar. Congratulations to winners of the January raffle: Diane Johnson, Lee Hamness, and Bonnie & Lance Albers. They went home with watercolors by Becker County artist, Linda Doebbert.

Artists among us are encouraged to contribute future raffle prizes. Be sure to bring those people with whom you've established common areas of interest. Old raffle tickets will not be removed. You must be present to win. Your finger food contributions are gratefully accepted, and not required.

Hearing what others said on other dates, the January Salon reflections were on the words of William Wordsworth in *Ode on Intimations of Immortality from Recollections of Early Childhood*. See: <https://www.poemhunter.com/poem/ode-on-intimations-of-immortality-from-recollections-of-early-childhood/>. March Salon Consensus will be held on the *Ides of March* from Shakespeare's *Julius Caesar*. Host - Sandy Barnhouse

Social Justice Book Club Inaugural Meeting

When: Wed, March 18, 6:30pm – 7:30pm

Where: Fergus Falls Public Library,
205 E Hampden Ave,
Fergus Falls, MN 56537,

This new book club meets at the Fergus Falls Public Library on the 3rd Wednesday of each month for facilitated discussion. For our inaugural meeting we will discuss "**Twelve Steps to a Compassionate Life**" by Karen Armstrong. Copies of the book are available at the library.



Habitat for Humanity

Watch the [ucofu.org](https://www.facebook.com/ucofu.org) Face Book Page for updates

Committee members wanted

Just a reminder that there are other ways to help at Habitat besides help with the builds. Committees drive, guide, and help make decisions to keep improving the affiliate. Committees are: Family Selection/Services, Build, Finance/Fundraising, and Public Relations. We need good minds and ideas to keep leading the way. If you have an interest and/or background in one of these areas, we want you!

Thank you for your continued prayers and support for this ministry.

Paul Shol

Community Outreach Coordinator

(o) 218-736-2905

(c) 218-205-5739

www.fergushabitat.org

pmshol@gmail.com

Minnesota Can-Do Climate Actions!

On Monday February 17, 2020 the Minnesota House Climate Action Caucus announced a package of 15 bills across different sectors to help move us in the right direction on climate.

[Let your lawmakers know you support these bills!](#)

If passed, the package would invest \$191.5 million in one-time funds from the state's budget surplus to fund:

- electric buses and cars
- solar production
- energy efficiency -- in homes, public schools, nursing homes and commercial buildings

...and lots more. [See a full list here.](#) or go to <https://www.mepartnership.org/>

These projects will cut our harmful greenhouse gas emissions and speed our transition toward a carbon-free economy.



WORLD WATER DAY



World Water Day, on 22 March every year, is about focusing attention on the importance of water. This year's United Nations theme, 'Nature and Climate Change', explores how water and climate change are inextricably linked.

As the global population grows, so does the demand for water, which depletes natural resources and damages the environment in many places. Globally, [785 million people](#) do not have access to a basic drinking-water service. And even for those who have access to water—the very resource on which a healthy, productive life depends—services are often inadequate to meet basic needs. Across sub-Saharan Africa, 30 percent to 50 percent of rural systems are nonfunctional within five years of being built, and utilities in urban areas often ration water

Solutions include protecting carbon sinks such as oceans and wetlands, adopting climate-smart agricultural techniques, and increasing the safe reuse of wastewater. Water is our most precious resource – we must use it more responsibly. We must balance all of society's water needs while ensuring the poorest people don't get left behind.

Submitted by Janell Miersch, UCU liaison to MNIPL & CCL

Health Note from The Welcome Place

Katherine Jordahl, RN (now retired from the Welcome Place, Pelican Rapids) provides these health tidbits to a number of area churches for inclusion in our newsletters.

Do you have problems sleeping? If you're spending more time TRYING to fall asleep than actually sleeping, you're not alone. Just the act of trying too hard can cause a cycle of anxious energy that keeps your mind awake...and if our mind is awake, so is our body.

If you google "healthy sleep", many techniques come up. This one, developed by the United States Navy was to help pilots fall asleep in 2 minutes or less, even sitting up, so that they could sleep fast and be awake and alert pilots. It may take 6 weeks of practice (preferably not in church!) and consists of the following steps:

1. Relax your entire face, including the muscles around your mouth
2. Drop your shoulders to release tension and let your hands drop to the side of your body
3. Exhale, relaxing your chest
4. Relax your legs, thighs, and calves
5. Clear your mind for 10 seconds by imagining a relaxing scene
6. Try saying the words "don't think" over and over for 10 seconds
7. Within 10 seconds, you should fall asleep.

There are many other non-medicine techniques for falling asleep involving relaxation and distraction such as the alphabet system (pick a topic such as fruit, flowers, or animals) and go through the alphabet trying to think of a name for each letter. Hopefully, you won't get tensed up trying to match the letters x-y-z to a word or get up to look on line!

Another technique is room prep: dark curtains, calming scents, and temperature. Good luck with whatever you do to promote restful and healthy sleep, something many of us need more of.



My, how the Unitarian Church of Underwood has grown and changes!

Just recently, I heard a well-speaking individual say at the Speaker's Committee meeting that it is difficult to tell someone what Unitarian Universalism is – UU does not have a creed or follow dogma. Rather it is a religion relying not only on the Seven UU Principles and Living Traditions but on a "covenant" of the many coming

together with a mission. A short, concise, memorable mission statement answers the question, "Why do we exist in the world?" A vision statement answers the questions, "What is the future we hope for and dream for in this congregation? How will this congregation fulfill its mission at this particular time and at this particular place?" A covenant answers the question, "How shall we be together with one another as we carry out this mission and vision?" A strategic plan is

more specific and lists specific goals and objectives and timelines for achieving the mission. Annual goals identify how the mission and vision will be achieved in a particular year. All actions flow from the church's **mission**.

Even after 12 years, I still consider myself more an "organizational being," yet new as a Unitarian Universalist in not having penetrated its depths. I've satisfied myself with U Group sharing, speaker talks and some readings. I am lazy about making an intellectual or spiritual assessment of the further meanings of Unitarian Universalism. I pick up various pieces as I go and try to fit them into what I know. I am grateful that so many come together here, each on our own journey building upon our own beliefs. The Unitarian Church of Underwood brings me a "feeling" of community. And that together, we make of it "something." I struggle to describe what that "something" is.

In admitting that my view is limiting, I see the Unitarian Church of Underwood as the sum of its moving parts and I recognize what the church is doing and how it has grown.

UCU has grown in **visibility** through:

- The ucofu.org website and Face Book page;
- Notices, church reports and monthly newsletters emailed to 174 subscribers;
- Friends/Members involvement in local social and environmental justice actions;
- Advertising upcoming speakers through local media and other announcements;
- The annual chili dinner;
- Involvement in the Underwood Harvest Festival;
- Bestowment of \$10,000 annually in Empowerment Grants;
- Invitations to hear diverse and wide-ranging speakers/presenters.

Grown in **interpersonal relations** through:

- Welcoming, expanding, widening our circle to visitors, newcomers, fellow members;
- After service fellowship;
- U Group and event participation;
- Church volunteer work with the Board, committees, task forces, teams, individuals
- Community volunteer work with others in our local communities.

Grown in **inclusiveness** through:

- Sharing our joys and concerns
- Giving warm welcoming to visitors, friends and fellow members with handshakes, hugs, name and face recognition;
- Extending invitations to join us at coffee, on a committee, on a project, for an event;
- Listening, emphasizing, supporting, sharing our stories;
- Showing care and concern with cards, phone & email contact, personal visits.
- Inviting membership with signing of the book, new member orientation and welcoming ceremonies.

- Serving together on the Someplace Safe annual tea, Habitat for Humanity building and other community projects.

Grown in **Spirituality** through:

- Engaging, inspiring speakers and programs
- Adult Religious Education Classes
- Building and expanding Childrens' Religious Education to weekly classes;
- Offering time and space for Mindfulness sitting;
- Encouraging reflection and sharing with Celebrants, U Groups and other intimate settings.
- Showcasing and sharing the work of musicians, artists and writers.
- Engaging in conversations and listening deeply.
- Sharing resources, i.e., books, writings, videos, website links, etc.

Grown **links and action with our communities** through:

- Participation in social and environmental justice causes in our communities
- Membership with Minnesota Unitarian Universalist Social Justice Alliance (MUUSJA), Minnesota Interfaith Power and Light (MNIPL),
- Volunteering with community organizations and participating in local events;
- Contributing our views and making our voices heard with the local media, governing agencies, legislative and congressional representatives, other citizens.

Grown with the **Unitarian Universalist Association (UUA)** and **UU MidAmerica Region** by:

- Supporting them with our annual contributions;
- Using their resource and consultation services;
- Attending the UU Assemblies and workshops;
- Engaging UU speakers.

And consequently, **grown in numbers**.

- Adding 25 new members just from 2017- March 2020.
- Recognizing that not all are ready for voting membership, but everyone's participation is valued with welcoming, acceptance and appreciation.
- Inviting, involving, assimilating newcomers, members and/or friends into the whole.
- Listening to learn more about members'/friends' stories, experience, expertise, passion, skills and helping them find their niche.

UCU has also **Grown in Gratitude** with our gifts of money allowing us to meet:

- The church's annual operating expenses
- Maintenance of the facilities;
- UUA Annual Program Fund Giving
- Endowment Grants
- Other causes that arise.

I believe all these “doings” tie to the mission even though each piece is often unexpressed as having that tie.

So just **What** is the Unitarian Church of Underwood and **Why** does it exist?

Here we acknowledge the church is a pluralism of individuals bound together in our quest for universal truths, finding common purpose, doing good, being kind, and working outwardly to make a difference. Does the Unitarian Church of Underwood bring meaning to our lives and cause us to act to make a difference? Can it be regarded as “beloved community?” How do we show that love within and without? Most importantly: “How is this congregation helping people to have a fuller, deeper, richer, more satisfying experience of life?”

To me, the current UCU mission statement is rather inward looking and not particularly aspiration: *“a welcoming community of diverse people where our celebration of life and common search for meaning bind us together?”* How do we condense meaning into a few rememberable words to define that the Unitarian Church of Underwood is here *to nurture individual’s spiritual growth (their capacity to live with connection and meaning) and the world’s common good?* Can our mission be as simply stated as: “Nurture our spirit. Heal our world.”

In our quest to define our mission and vision, we open ourselves to: Examine, Explore, Imagine, Envision. Engage. Innovate. Initiate.

I envisioned and imagined. I envisioned that the Unitarian Church of Underwood is “beloved community” both inward and outward. That our strengths are our church space and the people who come together within that space and who act outwardly to live our UU Principles. I imagine the Unitarian Church of Underwood as it is now and how we might expand using the resources of our own people: a welcoming community aware and acting together. I imagine using our pluralisms and using our church building centrally located in Otter Tail County as a center, a “hub.” That we concentrate on one project and that one BIG project is to further open our space and share our learnings.

I explored my assessment as to just who are the people at UCU. I see the common strengths of the members/friends of the Unitarian Church as highly intelligent, highly experienced, highly aware of and passionate about critical social and environmental justice issues facing the world, committed to change, and willing to act responsibly toward greater meaning and sustainable changes. Can we not harness and leverage those strengths to pushout? Can we not help the greater community by using ourselves to bring further awareness, find partners, build connections on social and environmental justice and other societal concerns?

Being distance bound, myself, I view the Unitarian Church of Underwood already as the “hub” where it and its members:

- Provide space not just for Sunday worship but for meetings with other community thinkers and doers,
- Offer spiritual growth opportunities,

- Provide opportunities for open dialogue,
- Share expertise from members/friends knowledgeable about social and environmental issues and solutions,
- Increase awareness of these and other issues,
- Encourage Individual and congregational and community commitment to action,
- Provide a liberal, community voice,
- Act with joy and gratitude in pledging and participating.

Would it be of value to take the ideas we already have and expand what we already do and just do it bigger! Can we tie all our small projects/offerings and identify one cohesive big umbrella project upon which we concentrate our mission?

I imagine the Unitarian Church of Underwood's church building itself as the great "hub" for its ministries of PROGRAM, COMMUNITY OUTREACH and the FACILITY where we:

- Appreciate our renowned musicians expanding their Sunday service offerings to jams and concerts open to the public.
- Create an on-going forum for writers' works and artist exhibitions;
- Bring and expand highest quality and wide-ranging speakers/presenters who offer awareness and spiritual enlightenment;
- Continue to welcome families and expand the curriculum and space for Children's Religious Education;
- Create a "tall trees" Council of leaders to oversee spiritual deepening of the Program, Community Outreach and Facilities ministries;
- Provide through a variety of formats, opportunities for deep thought and shared intellect around Adult Religious Education;
- Expand U Groups to Pelican Rapids or other added locations;
- Periodically offer more community dinners to "break bread together" with mixed audience participation for conversation and connections.
- Continue to hold monthly "Church chats" to share and exchange ideas with Board members and others.
- Expand and enhance our social media presence;
- Preserve and share our historical records;
- Install a "state of the arts sound system" and utilize other technologies for easier communication;
- Build coalitions with neighboring faith communities and organizations to leverage people power and resources for social and environmental justice actions.
- Think of ways for "quantitative easing for the planet."
- Provide the organization structure and administration to support its offerings;
- Include a "visioning" portion to the budget that stretches us beyond just meeting our expenses with the expectation of generous giving in furthering community outreach.
- Include a "discretionary" portion to the budget to provide special needed helps;
- Create an "attitude of gratitude" for giving back;
- Encourage legacy giving to assure the future of the church and its offerings;

- Honor and recognize our neighbors;
- Honor the staff and many volunteers with recognition and appreciation.

With additional offerings, would we grow in numbers? Perhaps - but who cares? Isn't it more important that the Unitarian Church of Underwood provide sustenance for those who are here to find what they are seeking and give back of who and what we are?

What are your imaginings? What do you see as the mission vision of the Unitarian Church of Underwood? What is it and why does it exist? Examine, Explore, Imagine, Envision. Engage. Innovate. Initiate.

And so, it is, and so it may be and for this we are grateful.

Mary Anderson

Membership Committee Chair

UCU Monthly Newsletter Writer/Editor/Publisher

With thanks for the input from: Alison Francis, Bonnie Graham, Susan Groff, Norm Kolstad, Bonnie Showers and UUA readings.

We are Part of the Larger UU

SAVE THE DATE FOR REGIONAL ASSEMBLY 2020



Regional Assembly 2020 will be held at **The Unitarian Universalist Church, Rockford, Illinois on Saturday, April 18, 2020**. Our keynote speaker will be [Taquiena Boston](#), Special Advisor to the UUA President for Institutional Inclusion, Equity, and Change. The day will feature worship, the annual business meeting, lunch, keynote presentation, and select workshops. The annual business meeting and keynote speaker will be live streamed for those who cannot attend. On Friday evening, April 17, The UU Church in Rockford will graciously host an evening gathering for those in town. **Registration opens January 2020.**

Unitarian Universalist values of compassion, sustainability, equity, and inclusion are under attack. The UUA launched UU the Vote to help Unitarian Universalists speak with moral courage and act with prophetic clarity throughout the 2020 election cycle. Get tools and resources in the UU the Vote launch guide. [Download The PDF](#)

Visit <https://www.uua.org> to find Unitarian Universalist resources on just about every subject matter and issue relevant to our organization and spiritual growth development.

**UNITARIAN CHURCH OF UNDERWOOD
BOARD OF DIRECTORS
MINUTES**

January 15, 2020, BOARD MEETING

Board members present: Kris Warhol, Darryl Booker, Ron Roller, John Minge, Shannon Smith, Connie Stigen, and Alison Francis

Board members absent: Bob Worner and Tim Lanz

The meeting was called to order at 5:35 P.M. by Board President Kris Warhol.

1. The proposed Agenda was approved. (Darryl/Shannon) 2. The minutes for the December 2019, Board meeting were approved after some corrections of the draft minutes were made. (Tim/Bob) 3. Treasurer's Report: Ron Roller presented a balance sheet and a profit and loss statement for the Church through December 2019. Ron said that the year-to-date income is good and that, generally speaking, the Church is in good financial shape. 4. Outreach: (a) THE CHILI DINNER. The chili dinner is scheduled for April 3 of this year. John will continue to be primarily responsible for the food preparation with the understanding that, in 2021, someone else will have that responsibility. (b) CHURCH CHATS. Shannon reported on this activity. She said that Board "buy-in" is important. A couple such "chats" have already taken place. The goal is to focus on the future direction of the Church. These are not formal meetings but, rather, are meant to be an opportunity for Church members to express thoughts and concerns regarding the direction of the Church and to ask questions. It was agreed that these meetings should be held monthly and that, to the extent that follow-up is suggested by what was said at a "chat", the item(s) being discussed should be referred to the appropriate Church committee. 5. Facilities: Darryl reported on the activities of this committee. He said that the window project will be completed when the weather allows. Other than a few loose ends, all that remains to be done is to install the storm windows. With regard to the "inner air quality" test, that test will be put on hold until after the window project has been completed. The Facilities Committee is scheduled to meet on January 16, 2020. John suggested that it should consider repainting the wayside pulpit. Finally, Darryl said that the 2020

building/grounds projects for 2020 have yet to be determined. 6. Vacant Administrative Position: Shannon reported that she, Ron, and Connie had gotten together and worked out a job description. That description is found in the five-page handout that was given to the Board at this meeting. It was moved and seconded that the Board appoint someone to fill this position as described in the handout for a period of six months at the rate of \$18 per hour and that the appointed person be considered an employee of the Church rather than an independent contractor. (Darryl/Shannon) This motion passed.

7. Sound System: Ron reported that he and Wally Warhol are working on upgrading the sound system. He indicated that it could become necessary to hire an electrician which might cost more than the budget allows. No action was proposed or taken regarding this item.

Board President Kris Warhol adjourned the meeting at 7:30.

Respectively submitted this 18th day of February 2020.

John Minge, Secretary