

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

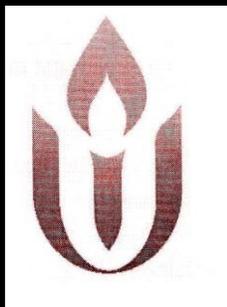
Sunday Services

*May 6 - Bob
Worner - "Learning
to Speak Unitarian"*

*May 13- Wesley
Hromatko*

*May 20 - Dr.
Wayne Bathhouse -
"Whispers in the
Night..."*

*May 27 - "Our
View"*



Heron's Celebration of Spring



By Mickie Edmonds

May 2018 Newsletter

May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Safety Committee 6 p.m.	3 Roadside Clean-up 5 pm	4	5
6 Bob Worner "Learning to Speak Unitarian" RE Class - Race in MN 8:45 am Mindfulness Sitting 9:15 a.m. #300 Children's RE	7 AA 7 pm	10 Battle Lake/Underwood U Group 3 pm @ Joanne Cress'	11 Speakers Committee 3:30 Alexandria U Group 7 pm @ Widseth... Office Bldg/	12 Perham U Group 6:30 @ Stan Carignan's	11	12 Habitat Build - FF Shan Fund Raiser, Mpls. Executive Committee 9 a.m. @ #300
13 Rev. Wesley Hromatko RE- Ancient Religions 8:45 am Mindfulness Sitting 9:15 am Children's RE	14 AA 7 pm	15 Sunday Service Coordination Committee @ Susan Groff's @ 9:30 am	16 Board 5:30 pm @ #300	17	18	19
20 Dr. Wayne Bathhouse - "Whispers in the Night..." Mindfulness Sitting 9:15 am #300 Children's RE- Family Picnic	21 AA 7 pm	22	23 Membership Committee 4 pm @ #300	24 FF U Group 6:30 pm @ Diana Ziesemer's	25	26
27 "Our View" RE - "Fluid in Faith" 8:45 am Mindfulness Sitting 9:15 a.m. #300 Children's RE	28 AA 7 pm	29	30	31	Bring your donations for annual rummage sale – June 2 	

Coming in

May 6 – Celebrant, Bob Worner, “Learning to Speak Unitarian,” addressing UU Principle #4. Bob leads the Adult Education Class using the book studied by the Celebrants, *Fluent in Faith* by Jeanne Harrison Nieuwejaar. It is a study encouraging us to be ok with using familiar religious terms defining them in ways that are comfortable (or at least acceptable) to Unitarians.

May 13 – Rev. Wesley Hromatko, UU Minister from Southern Minnesota, whom we met at last fall's area workshop, will speak on the original purpose of Mothers' Day and its UU origins.

Rev. Hromatko owns and manages a Century farm in SW Minnesota. He has written entries for the UU Dictionary of Biography found online, <http://www.uudb.org/> His most recent work was a biography on the late novelist Kurt Vonnegut. He also wrote about poet, Sylvia Plath and artist, N. C. Wyeth.

May 20 – Dr. Wayne Barkhouse, “Whispers in the Night: Using Gravitational Waves to Unveil the Universe.” The first direct detection of gravitational waves, undulations in the fabric of space-time, has opened the proverbial door to further our understanding of the Universe. Dr. Bathhouse will discuss the new observations of merging black holes and neutron stars, and the possible future detection of the birth pangs of the creation of our Universe.

Dr. Wayne Barkhouse is an associate professor in the Department of Physics and Astrophysics at the University of North Dakota. His main research interests include understanding the evolution of galaxies in clusters.

May 27- “Me Too” organized by Sandy Barnhouse and Robbyn Navatto. For Women's History Month, an anonymous man had posed some hot topics that he would like to hear some of our women have a conversation about. So, “Me Too” will be a discussion by several UCU members offering their thoughts about this and other concerns for women.

Sunday Talks available via POD Casts!!

Missed a talk or want to repeat a talk, Click on the following link: <https://soundcloud.com/user-927528278>

Stay^oinformED

Website:
www.ucofu.org

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

Wi-fi Now Available at UCU
See Bulletin Board or Bulletins for
Password

To be included to regularly receive
weekly church reports and monthly
newsletters, please contact Ellen Eastby
@ eastofellen@hotmail.com

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

Newsletter Submissions

Issued the 1st of each month

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

Editing: Stephanie Sanderson

Emailing/mailing: Ellen Eastby and JoAnn Larson.

Website: Ellen Eastby

Facebook: Melody Shores & Bonnie Showers

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

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

Thank you, Mary Anderson, Stephanie
Sanderson and Ellen Eastby

Nurture Your Spirit ...

U Group Schedule (Meet 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
- The Battle Lake U Group, the 2nd Tuesday @ 3:00 p.m. **resuming in April** @ home of Joanne Cress and Luke Anderson. Facilitators: Bob Worner and Joanne Cress.
- **Change:** Fergus Falls U-Group: **4th Thursday @ 6:30 pm** @ Diana Ziesemer's, 934 W. Linden St., Fergus Falls. Facilitator: Jacob McKnite with Mary Worner.
- Perham U-Group: 2nd Thursday @ 6:00 p.m. at Stan Carignan's. Facilitator: Stan Carignan.

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

May topic:

To learn more or join a group, contact Luke at luka@arvig.net or 218/209-7809 or Stan at Stanley.a.carignan@gmail.com or 218/841-2657.

Adult Religious Education Classes

Each Sunday of the month, 9:15 – 9:45 a.m.

Stan Carignan leads Mindfulness/Quaker Quiet Time Sitting.

1st Sunday of the month, 8:45 - 9:45 a.m. –

John Minge leads discussion from: "A Good Time for the Truth: Race in Minnesota."

2nd Sunday of the month, 8:45- 9:45 a.m. –

Sandy Barnhouse leads the Ancient Religions Class.

4th Sunday of the month, 8:45-9:45 a.m. Bob Worner leads, using the book studied by the Celebrants, *Fluent in Faith* by Jeanne Harrison Nieuwejaar.

Children's Religious Education



Sundays, 10-11 a.m.

EVERY SUNDAY!!

May 6 – Tina & Cathy Stone leading Windmill building.

May 13 – Ron Graham/Bonnie Albers

May 20– Bonnie Albers/Volunteer

Pot-luck Family Backyard Picnic with Evaluation/Planning meeting with parents/grandparents/interested helpers.

May 27 – Ron Graham/Richard Kagan



**Adopt a Highway
Roadside Clean-up
Thursday, May 3, 5:00 p.m.**

Join Dave McRoberts and others, rain or shine, for the spring roadside clean-up by meeting at County Highway 1 and Waterstreet Road on Thursday, May 3 at 5:00 p.m. Dave will bring the safety vests and the bags. For your own comfort, dress appropriately and bring and wear work gloves. The more that join, the faster it goes to pick-up the junk and garbage for this 2-mile stretch along highway 1. This is an easy environmental justice project!!



**Calling Parents/Grandparents/Mentors & Leaders
Building our Children's Religious Education Program
Church Back-yard Picnic, May 20**

This past year, parents rotated responsibility for the monthly Children's Religious Education lesson hour. However, there is a strong desire to have a consistent weekly program for our kids. Ask and you will receive!! So far, Ron Graham, Richard Kagan, Wally Warhol, Jon Solinger and Bonnie Albers have stepped forward with commitments to staff Children's Religious Education activities.

Tina and Cathy Stone will lead the children on May 6; Ron Graham and Bonnie Albers on May 13th; Ron Graham and Richard Kagan on May 27th.

Plans are underway for a back-yard picnic with outside activities for our kids from 10-11 a.m. on Sunday, May 20. Following the service, grandparents and children's volunteer helpers are invited to join for a picnic and meeting to evaluate the 2017-18 Children's Religious Education offerings, brainstorm ideas for the summer and 2018-19 program for kids.

To further build our resources and help with our planning for Children's Religious Education activities EVERY Sunday: Are you willing to do a full lesson hour or at the least, are you willing to spend one Sunday for 25-30 minutes with the kids over at Sverdrup Suites interacting and taking time to be a kid yourself? Could you share your love of music, art, stories or crafts with the kids? Would you be willing to take some active boys (and girls) on a special adventure of

your and their choosing? The curriculum is from the UUA website and easy to follow. Materials will be provided to the volunteers. Healthy treats are in the cupboards.

The possibilities are endless. Be a part of the village and join our energetic, joyful kids!!

Contact Mary Anderson at maryanderson8380@mns.com or 218/346-66388 or Kris Warhol at mwarhol7up@gmail.com or 218/205-4111.



Sunday Volunteers Always Needed!!

To fill in, please contact JoAnn Larson @ redswilds@gmail.com or @ 218/405-0752.

Sunday Date	Greeters	Service Leaders	Technical Support	Treats (Mary Anderson)*	U-Kids
May 6, 2018	Reed & Lee Becker	Celebrant, Bob Worner		Betsy Wells	Cathy & Tina Stone
May 13				Florance Thompson/John & Terry Shaw	Ron Graham & Bonnie Albers
May 20	Donn & Marlys Siems	Kris Warhol			Bonnie Albert & volunteer Family Backyard Picnic Parent Planning Meeting
May 27				Chili Left-overs Perham U Group	Ron Graham & Richard Kagan

**Membership Committee Members rotate monthly as Kitchen Coordinator*

Notes from April Speakers/Presenters



April 1 - The title of **Ellen Eastby's** talk was **"Being the Resurrection."** Ellen shared parts of her spiritual journey, which she described as a rocky curvy path – not a straight line. One part of this has been trying to understand/remember the positives of Jesus, and his lessons and teachings (*not the Christian Church*). This brought up the question of how UU's can approach the "Resurrection."

UU's can embrace the teachings – they are very relevant to our principles. At Easter, each year we are given the opportunity to reflect on the teachings; to "roll back the stone of the/our tomb," and to resurrect in ourselves a commitment to making the world a better place.

Mentioned was the film: [The Last Days of Jesus](http://www.pbs.org/video/last-days-jesus/), shown on PBS, that provides interesting new perspectives about historical connections. See: <http://www.pbs.org/video/last-days-jesus/>

Podcast at: <https://soundcloud.com/user-927528278/being-the-resurrection-ellen-eastby-april-1-2018>

Being the Resurrection

Meditation

By Victoria Weinstein

(Used by Ellen Eastby in her Easter service talk)

The stone has got to be rolled back from the tomb again and again every year.
Roll up your sleeves.

He is not coming back, you know.
He is not coming back unless it is we who rise for him
We who lay healing hands on the reviled and rejected like he did
on his behalf --
We who rage for righteousness in his insistent voice
We who love the sinner, even knowing that "the sinner" is no farther off than our own
heartbeat

He will not be back to join us at the table
To share God's extravagant banquet
God's love feast, all are invited, come as you are
And so it is you and I who must feast for him
Must say the grace and break the bread and pass it to the left
and dish up the broiled fish (or pour the wine) and pass it to the right.
And treat each one so tenderly
as though just this morning she or he made the personal effort

to make it back from heaven, or from hell
but certainly from death
to be by our side.

Because if by some miracle (and why not a miracle?)
He did come back
Wouldn't he want to see us like this?
Wouldn't it be a miracle to live for just one day
So that if he did, by some amazing feat
come riding into town
He could take a look around and say
"This is what I meant!"

And we could say
it took us a long time...
but we finally figured it out.

Oh, let us live to make it so.

You are the resurrection and the life.



April 8 - Ron Roller spoke about UCU Empowerment Grant program and recipients. We all enjoy receiving gifts. However, when we think about it, we usually enjoy giving more than receiving. In many ways, giving and receiving are reciprocals of each other. According to Deepok Chopra, "The universe operates through dynamic exchange. Giving and Receiving are different aspects of the flow of energy in the universe. In our willingness to give that which we seek, we keep the abundance of the universe circulating in our lives."

Ten + years ago, UCU received an inheritance of \$480,000 from the estate of Frances Ellison. Some of this was used to remodel the west part of our building. Much of the rest went into various forms of savings. The interest earned from the savings has funded the UCU Empowerment Grant program. The application process occurs annually. Over the years, \$92,000 has funded 86 grants, benefitting 45 entities. (a list will be included in this report).

Diane Johnson reported on the Fergus Falls Farmers Market project she was involved in – "P(power) O (of) P(produce)". Children were given tokens (worth about \$2) that they could use to buy vegetables at the Farmers Market. Through this, community was built and nutrition education was provided.

John Minge explained his project – kayak building with youth through the Kinship program of Perham. Over the past couple of years, he has assisted 7 youth with the building of 7 kayaks.

He has been able to share with the kids an experience (building) and product (kayak) that most likely they would never have had the opportunity to experience.

Janell Miersch explained a little about the MNIPL (Minnesota Interfaith Power and Light). She is the liaison from UCU to this group, which involves people from diverse faith backgrounds who work together on environmental projects.

As Allistair Begg said, "Hold material goods and wealth on a flat palm and not a clenched fist."

Note: For list of Empowerment Grant Recipients 2008-2018, see Sunday Church Report for April 8, 2018. For 2018 Empowerment Grant Awards, see April 2018 UCU Newsletter.

Recipients of Empowerment Grants, 2008-2018

Habitat for Humanity.....local home build (6)
West Central Community Action
The Bag Lady Project.....re-usable grocery bags
Schools for Shan Refugees (7)
Underwood Senior Dining.....Chili Dinner (5)
Anishinabe Center.....Local Foods
Fergus Falls Food Shelf
Camphill Community: education for disabled adults
100 Friends
Someplace Safe.....(2)
New York Mills Cultural Center
Helen Jensen Scholarship Program
A Center for the Arts (2)
Habitat for Humanity 500...bicycling charity ride
Friends of the Pelican Rapids Library
YMCA Childcare Program
Giving Plus Learning Center: immigrant language aide
Mission Manduhai: dance troupe
Humane Society of Fergus Falls
Prairie Wetlands Center: yellow bus program (2)
Perham Kinship Kayak Project
Monarch Festival
Haiti Medical Mission
Fergus Falls Farmers Market.....children's POP program. (3)
Prairie Wetlands Center.....left handed archery equipment
Churches United for the Homeless: Fargo. (2)

Total = \$94,000

<https://soundcloud.com/user-927528278/empowerment-grants-ron-roller-april-8-2018>

Attendance: 46



April 15 – Mary Anderson, “We Have a Plan?!” Outgoing UCU Board President, Mary Anderson described the need for a Strategic Plan and the history and development of the 3rd Strategic Plan for UCU. The first plan was implemented in 2008 under the guidance of Luke Anderson, then Vice President. A strategic plan gives direction to even an organization like a small church, identifying the mission and how the work will be carried out to accomplish that mission. Many dedicated members carry out that work and their accomplishments were evident in the reports at the annual meeting that followed the abbreviated service.

The 2018-23 Strategic Plan and the 2017-18 Annual Report can be found at: www.ucofu.org.



April 22 – Joan Vorderbruggen spoke on **“Getting Back to the Garden.”** Joan is only the second person in MN to be certified in the Japanese art of Shinrin-yoku, or Forest Bathing.

In 1984, the health benefits of exposure to nature were documented by Roger Ulrich. A study followed patients who were recovering from gall bladder surgery. Those who could see vegetation through their hospital windows had shorter stays and needed less pain medication than those whose windows faced brick walls.

Forest Bathing is a type of natural healing that melds nature with mindfulness to improve health. It encourages experiencing nature with all our senses. It encourages us to quiet ourselves, and to “just be” for a period. Forest Bathing is not done in a single-session, but rather is a continual practice that leads toward wholeness and health. Through nature we can experience our place in the web of life, and our connection to the earth.

Joan accompanied her talk with slides – many of her beautiful, tranquil garden in Moorhead, where she used to live.

<https://soundcloud.com/user-927528278/getting-back-to-the-garden-joan-vorderbruggen-april-22-2018>

Note: Joan will be leading a Forest Bathing walk at Glendalough State Park, Mothers’ Day, May 13 at 4 p.m. Cost per person is \$35.00.

After Service Discussion with Karen Terry



“Dear friends - the above Sunday morning was rich indeed. Joan inspired us, Karen educated us – all good! Over 20 people showed up for our after-coffee conversation with Karen Terry. Our next step will be to set up a plan with Karen, places and dates agreeable to her, and hosts for our little group “tours” to observe, learn and pool good information – and a social good time with a simple potluck at the end of each event. Depending on location, we will schedule two or three properties for each tour.

Thank you to everyone who highlighted specific concerns. Janell Miersch would like to examine the church and adjacent apartments to address any drainage issues. John & Janell would also like to provide an example of native planting and lake frontage at their home. Amy Beckman would like to address rain capture, buffers and runoff. Cathy and Tina Stone deal with serious runoff, and Cedar Walters (who just moved across from Lake Alice) is concerned about establishing the right dynamic for the integrity of their approximation to the lake. Those are just a few of the requests and our cooperative effort will be an undeniable and priceless opportunity to learn and ‘grow.’

If you missed Karen’s talk on January 28th, ‘Native Plants in Public Places – Creating Healthier Communities, you can find it at: soundcloud.com/user-927528278/native-plants-in-public-places-creating-healthier-communities-karen-terry-january-28-2018. Or go to the **ucofu.org, Sundays and podcasts** and select it from there.

If you were unable to attend the first gathering and would like details or want to be added to the contact list, contact Carole Mitchell at cmcarolemitchell@gmail.com or Diane Johnson at dbjohnson1938@gmail.com.

Together we can educate ourselves to be even better children to our Mother Earth!” *Submitted by Diane Johnson*



April 29 – Rev. Danny Givens spoke on “Intersectional Justice & UU.” Danny is with the Minnesota Unitarian Universalist Social Justice Alliance (MUUSJA) that assists congregations in a capacity building, leads a covenant group, provides leadership training in social justice work, co-sponsors webinars.

Danny learned that this church began in 1889, just years after the civil war with that oppression and white supremacy. Free-thinking Norwegians founded this church where there was an intersection of grief and rage with a motto that this would be a place of worship of God and service to man.

We are called to take the flame of the chalice out to be of service. But it is not the accomplishments to look at so much as that we challenge ourselves to impact social change. That pilgrimage is by our self. UU’s are noted for intelligence, brilliant thinking but we must make the 18-inch journey to get out of our head and into our heart. We cannot come to social action unless we do the work for our-self so we do not have to think our way through every thing but we act, trusting the leadership and able to carry the burden at the intersection between putting into practice what is in the heart. We can rally around folks doing and we can support the work. But if we don’t take care of self, we can quickly burn out and the work is not sustainable.

Our organization is top-heavy, seasoned by age – the stories will transition with them and the congregation lives on. We must be an intimate community with and for one another.

We live in the age of Jim Crow 2.0. Jim Crow focused on the non-white but was not favorable to liberals – like-minded slave owners hung with other slave owners; non-slave owners hung with other non-slave owners. We are regressing back to the mindset of Jim Crow and we are not exempt from its repercussions. There is no such thing as other people’s children. No one is coming for us but us. We need to get into the collective heart space. In the revolution, be on one side or the other. And do not expect that it comes without a price.

<https://soundcloud.com/user-927528278/intersectional-justice-uu-danny-givens-april-29-2018>

Attendance: 48

Annual Meeting April 15, 2018

The Annual Meeting was held Sunday, April 15 with 24 voting members attending. The draft minutes are included at the end of this newsletter. The 2018-19 budget, 2018-23 Strategic Plan and 2017-18 annual reports can be found at www.ucofu.org or at on google docs by clicking here: [all the documents from the 2018 annual meeting](#), including the [minutes](#).

The annual reports reflect the many activities of the many volunteers who contribute to the success of UCU as an organization in fulfillment of the Strategic Plan Goals and Objectives and our Mission: *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.*

Thank you all for binding us together in celebration, spirit, giving and decision making.

New Board of Directors & New Executive Officers

The Board of Directors met immediately following the annual meeting to elect new executive officers. Vacancies occurred with term endings for Mary Anderson, President; Norm Kolstad, Secretary; and Dave Wass, Treasurer. New Board members include: Darryl Booker to fill the 2-year term vacated by Ellen Eastby; John Minge, Ron Roller, and Shannon Smith to serve three-year terms. Stan Carignan was elected to serve a second three-year term. Executive officers elected are: Kris Warhol, President; Bob Worner, Vice President; John Minge, Secretary; and Ron Roller Treasurer.

Many thanks to exiting Board members: Mary Anderson, Norm Kolstad and David Wass. As past president, Mary led with organizational fervor, Norm went above and beyond with record keeping and David led our financial security. What a team! Mary as past President will continue per the UCU By-laws to serve for a year on the Executive Committee.

Welcome to the new Board of Directors now comprised of: Darryl Booker, Stan Carignan, John Miersch, John Minge, Ron Roller, Dave Sanderson, Shannon Smith, Connie Stigen, Kris Warhol, and Bob Worner.

Board meetings are the 3rd Wednesday of the month at 5:30 p.m. at #300 Sverdrup Suites with the exception that the Board meets quarterly following Sunday services in July, October, and January with the annual meeting in April. For the exact dates, please see the announcements. Board meetings are open meetings and you are encouraged to attend. The minutes are included in the monthly newsletter. You are always encouraged to contact any one of the Board members with your comments or concerns.

The Board of Directors is the governing body of the lay-led Unitarian Church of Underwood. They are guided in their decision making by the UCU by-laws, the seven UU Principles and Living Traditions, the UCU mission, the 5-year Strategic Plan and the established policies and procedures. Please relay your individual thanks to our Board members for their commitment and dedication to our democratic principles and UCU mission fulfillment!

Help Heal the World!

Save the Dates!!

Underwood City Wide Annual Rummage Sale

Saturday, June 2 from 8 a.m. – 2 p.m.



The Unitarian Church of Underwood will once again participate in the Underwood City Wide Rummage Sale on Saturday, June 2 from 8 a.m. – 2 p.m. Donations for the church sale should be dropped off at church on Friday, June 1 between 4-6 p.m. Please do not bring clothes, non-working items or appliances with plugs. You can contact Kris Warhol, Annual Rummage Sale Coordinator at mwarhol7up@gmail.com or 218/826-7540. Proceeds this year will go for Honor the Earth Pipeline / Water is Life. See: www.honorearth.org. This is the organization founded by Winona LaDuke who spoke to us in March.



Off They Go...

A few weeks after my mother passed, my Dad said we needed to take care of her clothing. I didn't feel ready. It seemed like we had just let her go. The first load of my mother's clothes I dropped at the donation box tugged at my heart. So, the ones I picked to start with were not the ones I particularly associated with her.

"Ouch!" I thought as I drove away, watching the box from my rearview mirror.

And then I remembered how Mom wanted to release all her component parts. That's why she chose cremation. She surely would not want us hoarding her clothes.

When I saw the free coats' rack sitting outside a shop in a little town on the Chippewa, I knew I had more to do. It was 18 below zero the morning I packed up Mom's warm coat. I put a Santa on the collar, the last Santa I had given her. Mom just loved Santa! I found a few dollars in my purse and tucked them along with a little note into a coat pocket.

One more coat hangs still in Mom's closet, in case my sister needs it when she comes up from Georgia in the winter to help with Dad. And then that coat can depart, too - along with all the coats in my own closet that no longer fit anyone in my house.

Blessed be those who have things they can give. *Submitted by Kelley Barrett, Mickie Edmond's daughter*

2018 FUNDRAISER SHAN REFUGEES



SATURDAY, MAY 12 FROM 3:00 PM TO 5:00 PM

Phoenix Theater 2605 Hennepin Avenue Minneapolis, MN 55408
HOSTS: Bernice Johnson & Shan School Board Members
Schools for Shan Refugees
612-922-5462
Light refreshments, Silent Auction, Live Music

***What do we live for, if it is not to make life less difficult for each other –
George Elliot***

Note: Plans are underway for a UCU celebration for Shan schools later this year to be held at the church in conjunction with Bernice Johnson's annual report to the congregation. Watch for later details.



National Women's Build Week

Join Women from West Otter Tail County to build homes and community!

Saturday, May 12, 2018

9:00 a.m to 3:00 p.m.

Habitat Warehouse

421 West Fir Avenue

Build window and door headers and frames for our upcoming 2018 Home Build



Fergus Falls Habitat for Humanity Board Director, April Zumach, hanging sheet rock during Lowe's training on March 28, 2018.

Habitat and Lowe's encourage all women to volunteer—

- No construction skills or experience in Habitat builds necessary
- All safety equipment provided: eye & hearing protection, hard hats, and gloves
- A light lunch will be served at no charge

National Women's Build Week, a nationwide initiative created by Habitat for Humanity and Lowe's in 2008, has brought together more than 117,000 women construction volunteers to build or repair homes with nearly 5,000 families over the past 10 years.

"We build Strength, Stability, Self-reliance and Shelter"

Calling all Women Partners! Save this date - Saturday, May 12th, and plan to join us for the 2018 Women's Build. Rain or shine. No rsvp required.

Stan Carignan
Executive Director
Fergus Falls Area Habitat for Humanity Affiliate, Inc.
421 W. Fir Ave.
Fergus Falls, MN 56537
(o) 218-736-2905
(c) 218-841-2657
www.fergushabitat.org
fergushabitat@gmail.com

Invitation from Hosts: Carole Mitchell & Cindy Johnson
Dear Lovers of Music-In-The-Woods
Saturday Concerts from 3-5 p.m.

JUNE 23 --- Ethan Adelsman and Friends:
BOWMANVILLE, from Chicago, will again treat us to
some mighty fine SWING JAZZ (think of Django
Reinhardt & Stephane Grappelli in 1930's Paris)!



JULY 14 -- Mikko Cowdery & Friends:
Love Celtic music, stories, humor, and jigs? Come!

JULY 28 - To be announced



August 11 -- Dave &
Jon are back with
OSCAR-HELEN, a
wide variety of
favorites & original
tunes.



AUGUST 25 -- The Tickwood String Band returns
for the 6th year! Always enjoyable, come hear heartfelt
story tunes from American folklore.

Where: 33928 County Highway 27, Erhard woods
When: Saturdays, 3-5 pm
Why: Great music, conversations, community, food



Details:

EVERYONE, all ages, welcome! Bring friends.
For your comfort, bring a folding chair. BYOB.

No rsvp needed; we are ON, rain or shine (weather in this area is very local; fine here, maybe raining 5 miles away!).

With community spirit, bring simple food/snacks to share.

Cash boxes will be out for donation\$ to our professional musicians. Please be generous!

We provide: filtered drinking water, utensils, electricity (for crockpots), a clean biffy on-site. Your Happy Hosts, *Cindy Johnson & Carole Mitchell (218.205.4828 or cmcarolemitchell@gmail.com)*

Community Project with Sverdrup & Tingvold Lutheran Churches

“God’s work - Our hands.”

September 9, 2018



UCU will work with Sverdrup’s GWOH committee on how we can be a part of this project. Please give your ideas to Janell Miersch, Ellen Eastby or Kris Warhol so they can coordinate with Sverdrup Lutheran Church.

Social Justice Workshop

“Outreach in Challenging Times”

St. Cloud Unitarian Church

October 13, 2018

10-3 p.m.

With Guest Speaker Danny Givens, MUUSJA, speaking at their Sunday service on October 14.

Note: Members from the St. Cloud Unitarian Church attended the UCU 2017 Fall Workshop and now they have stepped forward to host in 2018. Hopefully, many UCU members and friends can attend to show our support and commitment to our fellow UU church and to social and environmental justice actions. Contact Judy Foster @ jfoster58@charter.net or Mary Anderson @ maryanderson8380@msn.com.

MidAmerica Region Business Meeting at General Assembly: Kansas City

Just in case you missed it, we want to remind you that this year the Annual Meeting of the MidAmerica Region will be held on the opening day of General Assembly in Kansas City, Wednesday, June 20 at 4:30 pm. You don't have to register for GA to come to our meeting, but why don't you? GA is an amazing collection of workshops, worship services, and fascinating conversations about the business of the UUA and where we should be going. You can find information about GA at <https://www.uua.org/ga> and we will be emailing details about our business meeting later this month and in May. Any questions? Contact Lisa Presley, lpresley@uua.org.



All Are Called: GA 2018

Registration is now open for General Assembly 2018, June 20-24, in Kansas City, Missouri! This year's theme is "All Are Called." Join us in Kansas City as we dive deeply into questions of mission for our Unitarian Universalist Association, for our congregations and communities, and for each of us as individuals.



UUA GENERAL ASSEMBLY

For complete information on GA 2018, visit <https://www.uua.org/ga>.



Note: *At the annual meeting, the membership approved that Ellen Eastby attend the UU General Assembly. Ellen will report back to us her learnings so we may all benefit from her experience.*

**From the UU MidAmerica Region
Newsletter**

Safe Congregations: How Safe are You?

Most of our congregations—most of you—have created great safety policies concerning the young people in your congregations. You know that it's important to have two

unrelated adults in each classroom, that there should be windows in the doors, that you follow appropriate procedures when you're taking your youngest on field trips. This is excellent, and we thank you.

But did you know there's much more to safety? Are you prepared for natural disasters, such as tornadoes, flooding, power outages? Do you know how to evacuate the building in case of fire, and how to shelter in in case of tornadoes? Do you have escape routes posted? Do you have drills?

And how about your data? In this ever increasingly digital world, are you backing up your office computers, off site? Do you have practices in place to protect your children in your social media and website postings?

Have you checked your insurance coverage recently to make sure you have the appropriate levels of coverage, and that you include things such as directors and officers insurance, malpractice insurance, coverage against sexual harassment, and more?

Are you entering into limited access agreements with any members who have a history of sexual abuse, or other convictions, in order to protect both the congregation and the individual?

Have you prepared for unwanted intruders? Do you have policies in place about who can speak for the congregation in case of disaster?

All of this, and more, is part of the planning we recommend congregations do to help create the safest possible congregation. We can't stop everything, and we can be prepared for many of the things that happen. You don't have to do everything at once—take it a bite at a time. And know that we are here to help you.

Lisa Presley (lpresley@uua.org) oversees the larger Safe Congregations umbrella for us, and Nancy Combs-Morgan (ncombsmorgan@uua.org) specializes in safety around our faith formation communities. Be in touch with either of us—we're delighted to help review your plans and needs and point you to appropriate resources. Together we can help your congregation be the safest it can be.

Lisa Presley, Congregational Life Consultant, UU MidAmerica Region

Note: Safety Committee Chair, Norm Kolstad shared back with Lisa a copy of the UCU Safety Plan that was adopted by the Board of Directors in 2015. Most of the recommendations above were included in the Safety Plan. It will be reviewed by the Safety Committee for any issues still needing further development. Below is Lisa Presley's response to receipt of the UCU Safety Plan.

*Norman,
Thank you so much for sharing this with me, and for allowing me to comment on it. This is an exemplary set of policies, and I love how much care you've taken with them. (Suggestions here from Lisa will be reviewed by the Safety Committee...)*

The suggestions are really small things. You've done an amazing job. I am wondering: would it be okay with you and the leadership if we were to share your policies with other congregations, and if we were to share it on the UUA's Safe Congregations pages? (Norm responded, "YES!")

*Thanks so much, and GREAT WORK!!
Lisa Presley*

Accolades to the UCU Safety Committee: Norm Kolstad, Chair; Susie Adams, Dave Sanderson, Tina Stone, Kris Warhol & Wally Warhol and to the original drafters of the Safety Plan: Mary Anderson, Norm Kolstad and Kris Warhol!!

Legacy (Endowment) Giving in UU Congregations: FREE MONEY to UU Honor Congregations Who Participate in Legacy Programs

On April 21, Dave Sanderson, Foundation Advisory Committee Chair, participated in a free webinar on legacy giving. Jay Pacitti, UUA Legacy Gifts Officer presented the basics of legacy giving and best practices for building a healthy legacy giving program in your congregation. Laura Randall, Legacy Campaign Director discussed the **Wake Now Our Vision Legacy Challenge** (wakenowourvision.org/), which can **provide an honor congregation with a 10% free return of money on planned legacy gifts for the next two years.**

Dave learned that few other churches our size have developed a plan such as ours to advantage themselves of legacy giving. He was also pleased that the UCU Foundation is doing everything UU MidAmerica recommended. The Foundation Advisory Committee will be meeting soon for further review of our practices.

Note: UCU is an Honor Congregation having paid our Fair Share Assessment each year.

Accolades to the UCU Foundation Advisory Committee: Dave Sanderson, Chair; Stan Carignan, Connie Stigen, Kris Warhol & Mary Worner.

"Grounded, Willing, Open to New Life" by Caitlin Breedlove, courtesy of WorshipWeb

Fertility in social movements and among people is not something we control. We cannot make new life like we make plans or money.

It's hard to be fertile when we are not grounded. Fertility is about making new life that becomes self-determining: that does not belong to us.

If we drain ourselves as leaders, we don't have what that takes. If we drain other leaders of time and energy on busy work, we should not be surprised when they don't have the power to create.

If we're always looking in mirrors—made of glass or social media—and looking outward, we should not be surprised when truly new things don't want to come through us to be born.

May we be fertile in movement-building: grounded, willing, open to new life.

Find this reading and more at [UUA.org/worship](https://uua.org/worship)

Minnesota Interfaith Power & Light



Dear Unitarian Church of Underwood,
This month we share with you, reflections from MNIPL Board Member, Narayan Dhakal on the Understanding of Self through the lens of his Hindu faith. It reminds me of this Parker Palmer quote:

"As I learn more about the seed of true self that was planted when I was born, I also learn more about the ecosystems in which I was planted and about the network of communal relationships in which I am called to live responsively, accountability, and joyfully with beings of every sort. Only when I know both seed and system, self and community, can I embody the great commandment to love both my neighbor and myself." Parker Palmer

This Month's Curator, Narayan Dhakal, is a Minnesota Interfaith Power and Light (MNIPL) Board Member and a conservation scientist trained in the complexity of ecological processes involving human communities with the perspective on human dimensions of nature conservation. Janell Miersch summarized the article for this month's newsletter. (Janell can send you the full article if you contact her at: miers004@umn.edu or 218-531-1445.)

Ways to Understand Self for Climate Actions

by Narayan Dhakal

April 13, 2018

There are several ways that my Hindu faith teaches me how to understand the Self. This helps immensely to define ourselves as a responsible and moral human being dedicated to saving the environment. The ways of living and being according to the Hindu philosophy that has been practiced by millions of people tens of thousands of years ago provides an enormous reservoir of knowledge that enables people to live a happy life in harmony with nature. Anyone from any religious belief can read and write any scriptures of Hinduism for the benefit of human development. These scriptures are to enhance universal knowledge for wellness.

The ancient knowledge those practices in Asia told us how people should maintain their lifestyles by living a profound wellbeing. This knowledge resembles valuing nature and all its diversity. The Hindu belief says, "let all be happy and healthy" at the subtle level our body is made through the combination of Water, Fire, Air, Soil, and Space.

One of the pieces of literature that I am going to highlight today is the Tittiriya Upanishads. This literature is a discussion between father and son in relation to how to reach in a blissful state. It offers several tools for carving our living toward happiness. The chapter I to VI of this document explains how to gain absolute Brahman (Ultimate Bliss). Those insights were Food (Anna), Breathe (Prana), and Thought (Mana), Knowledge(Vigyana), and Bliss (Ananda).

Food (Anna) *The disciple claimed that he experienced eating food and started to believe that food is the main source of energy. Through the process of blood and body chemistry, the human body creates children through the reproductive process.*

Sense (Prana) - *The process of taking oxygen through breathing exercise is one sense. There are several other senses such as seeing, hearing, touching sensation, and reproductive system, digestive system, heart system, speaking*

system and thinking (brain) all these energy forces collectively called "Prana" the senses.

Thought (Mana) The thought is anything that originates in the brain. That could be an idea, feeling, pleasure etc. Spiritual gurus like Maharshi Mahesh Yogi clearly illustrates the origin of a thought like a small bubble that starts from the bottom of the lake and later expands through a ripple that covers the whole lake. Meaning at the beginning thought may be very subtle but later it expands and become a great endeavor that could be a big company or great idea or anything that contribute to human development and other living and being.

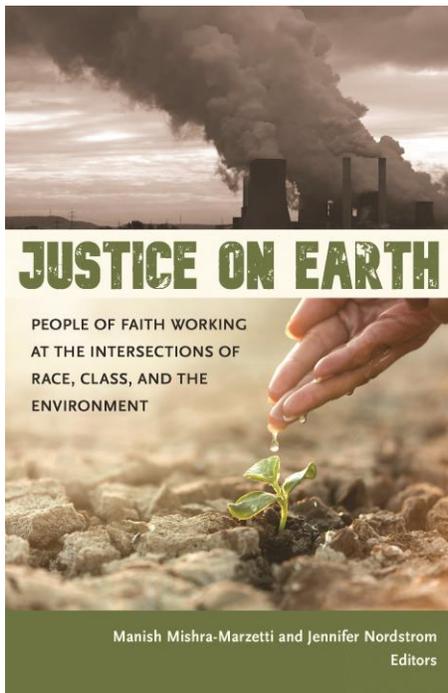
Knowledge (Vigyana) The above-mentioned steps are due to both physical and mental mechanism that one can define his/her soul. We understood the importance of food, senses, thought all these are essential for living in harmony with nature. "Knowledge" comes once we develop our thought process toward gaining knowledge for the betterment of the environment. Increasing knowledge makes us know that we remain knowing cause and effect of every phenomenon. This reduces our stress and anxiety as everything is governed by the cause and effect.

Bliss (Ananda) All above-mentioned states of mind are fulfilling the need to maintain the household and profession and maybe increase name and fame. However, there is always stress, anxiety, and trouble a person may be suffering from. The scripture explains when your mind is at peace then you may be in bliss. This state of mind is that your neo-cortex is fully in function and an individual is making his/her decision through intuition. Brahman or God or Bliss is achieved by being in the blissful state. Feeling happy and being at the blissful state is experiencing self and experiencing self is finding god within. The important to note here is the state of bliss may be different for everyone how he/she is moving toward his/her thought process.

Anyone who experiences his/her "self" by being in a blissful state knows how to live in harmony with nature. To live in harmony with nature requires consuming the only amount that requires maintaining your body. For example, the amount of food you need to maintain your physical energy? Eating these days may be consuming all sort of food good or bad. If we consume more chemically manipulated food that comes with the preservatives and added extra chemicals, then it causes disease and we may suffer. On the contrary, if we consume a good and healthy and just required food then it keeps our physical body healthy as well as maintain the positive thought process that ultimately brings happiness.



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This highly anticipated anthology presents a powerful and penetrating look at environmental justice from some of the key thinkers and activists in Unitarian Universalism today.

In *Justice on Earth: People of Faith Working at the Intersections of Race, Class, and the Environment*, fourteen activist ministers and lay leaders apply a keen intersectional analysis to the environmental crisis, revealing ways that capitalism, white supremacy, patriarchy, and other systems of oppression intersect with and contribute to ecological devastation. They also explore how spiritual practices, congregational organizing, and progressive theology can inform faith-based justice work in the twenty-first century. These prophetic voices, from a wide range of perspectives, reveal new approaches and opportunities for more holistic, accountable, and connected justice efforts. Each essay is accompanied by suggested ways to take the next steps for further

learning and action.

Manish Mishra-Marzetti serves as senior minister of The First Parish in Lincoln, Massachusetts, a dual Unitarian Universalist Association and United Church of Christ member congregation. Jennifer Nordstrom is the senior minister of the First Unitarian Society of Milwaukee and the founder of the Unitarian Universalist Young Adults for Climate Justice.

**Unitarian Church of Underwood
Board minutes for March 21, 2018**

Board members present: Mary Anderson, David Sanderson, Norman Kolstad, Kris Warhol, Bob Worner, David Wass, John Miersch, and Connie Stigen. Absent: Stan Carignan, Darryl Booker. Also present Administrative Consultant, JoAnn Larson,

The Board of the Unitarian Church of Underwood was called to order at Sverdrup Suites by Board President, Mary Anderson at 5:31 p.m. Mary Anderson shared a reading/meditation. The agenda was approved (Sanderson/Miersch). Minutes of the February 21, 2018 meeting were approved as printed (Warhol/Worner).

The appointment of Darryl Booker as a new UCU Board member was affirmed (Worner/Wass). Darryl will replace Ellen Eastby, who resigned.

Reports:

Treasurer: David Wass - **The finance committee's recommended budget of \$46,419 for fiscal year 2018-19 was endorsed for presentation at the annual meeting (Wass/Sanderson).**

Stewardship Foundation: David Sanderson - a celebration of giving planned.

Program/Worship Committee: Kris Warhol - plans for Winona LaDuke.

Administrative Consultant/Speakers Committee - JoAnn Larson – booked out 2 months.

Community Outreach: Kris Warhol & JoAnn Larson - Someplace Safe Tea done, chili dinner plans underway.

Worship: Mary Anderson - working on children's RE, Worship Committee renamed Sunday Service Coordination Committee.

Facilities Committee: Kris Warhol – identified projects for FY2019 budgeting.

Sverdrup Suites: David Wass - No issues.

Safety Committee: Norman Kolstad

Membership Committee: Mary Anderson - new member orientation planned.

Communications Committee: Norman Kolstad - additional equipment needed.

Space Planning Task Force: Mary Anderson – identified objectives for Strategic Plan.

Nominating Committee: Mary Anderson - committee (Susan Groff, Ellen Eastby, Mary Anderson, Bob Worner) identified three willing nominees for UCU board.

Unfinished Business:

The Sunday service cancellation policy was reviewed. Stewardship Celebration plans discussed. Wally Warhol, Norman Kolstad appointed to conduct UCU audit.

New Business:

Ten Empowerment Grant applications totaling \$10,000 were accepted: A Center for the Arts, Churches United for the Homeless, Fergus Falls Farmers Market POP Program, Friends of the Prairie Wetland Learning Center, Habitat for Humanity 500 Bike Ride, Giving and Learning Program of Pelican Rapids, Minnesota Interfaith Power and Light, Nonviolent Peaceforce, Shan Refugee Program, Fergus Falls YMCA Child Care Program (Miersch/Stigan).

The 2018-2023 Strategic five-year plan was endorsed to present to the congregation at the annual meeting (Warhol/Sanderson).

A Record Keeping Committee was established; the newly named Sunday Service Coordination Committee (aka Worship Committee) is considering having the Technology Team under their Committee; new Board member orientation is scheduled for the May meeting; annual meeting plans discussed.

Following a report from the performance evaluation team, the Administrative Consultant contract was renewed at the present rate of pay (Worner/Sanderson).

The next board meeting will be following the annual meeting, Sunday, April 15, 2018.

The meeting was adjourned by President Anderson at 7:10 pm.

Respectfully submitted,
Norman Kolstad, secretary.

**Unitarian Church of Underwood
Draft Annual Meeting Minutes
April 15, 2018
(to be approved at the 2019 Annual Meeting)**

Board members present: Mary Anderson, David Sanderson, Norman Kolstad, Connie Stigen, David Wass, Kris Warhol, Stan Carignan, Darryl Booker, and Bob Worner. Absent: John Miersch. Twenty-seven congregation members were present.

The 129th congregational meeting of the Unitarian Church of Underwood was called to order by President Mary Anderson at 10:51 a.m. Stan Carignan shared a meditation/reading.

The **agenda** was approved (Richard Kagan/Darryl Booker).

Minutes of the April 23, 2017 annual meeting were approved as corrected (Tere Mann/Katy Olson).

Committee Reports (detailed in separate document): President's report (Mary Anderson), Treasurer (David Wass), Administrative Consultant (JoAnn Larson), Stewardship (David Sanderson), UCU Foundation (David Sanderson), Membership (Mary Anderson), Communications (Mary Anderson), Technology Team (Tere Mann), Record Keeping (Norman Kolstad), Nominations (Susan Groff) Celebrants (Katy Olson), Sunday Speakers (Kris Warhol), Sunday Service Coordination (Mary Worner), Program (Kris Warhol), Speakers (Betsy Wells), Sunday Service Coordination (Mary Worner), Adult RE and Mindfulness (John Minge, Bob Worner, Stan Carignan), Children's RE/Child Care (Kris Warhol, Mary Anderson), U-Groups (Stan Carignan), Community Outreach (Kris Warhol), Empowerment Grants (Mary Anderson), Social Justice Actions (Kris Warhol, Mary Anderson), Environmental Justice (Mary Anderson), Facilities (Susan Groff), Safety (Norman Kolstad), Sverdrup Suites (David Wass), Space Planning (Mary Anderson), Environmental (no report).

A budget for fiscal year 2019 of \$46,414 (presented with treasurer's report) was approved (Richard Kagan/Donn Siems).

Nominations for the board (presented in committee report) were: John Minge (three-year term), Shannon Smith (three-year term), Stan Carignan (three-year term), Ron Roller (three-year term), and Darryl Booker (two-year term). A motion passed to accept the slate by unanimous ballot (Tere Mann/David Sanderson).

Old Business: a favorable opinion to starting services during the past year at 10 o'clock was noted by President Anderson.

New Business. The 2018-2023 Strategic Plan document was available for inspection.

The meeting was adjourned at 12:55 p.m. by President Anderson.

Respectfully submitted,
Norman Kolstad, secretary

UNITARIAN CHURCH OF UNDERWOOD

BOARD OF DIRECTORS

MINUTES—APRIL 15, 2018 MEETING

(This meeting took place immediately after the Annual Meeting of the Church on April 15, 2018.)

Board members in attendance: Mary Anderson, Darryl Booker, Stan Carignan, Norm Kolstad, John Minge, Dave Sanderson, Shannon Smith, Connie Stigen, Kris Warhol, Dave Wass, and Bob Worner

The meeting was called to order at 1:00 P.M. by outgoing Board President Mary Anderson.

1. Election of officers. Daryl B. made the following motion: That the following slate of candidates be elected to the following positions on the Board of Directors:

Kris Warhol as President

Bob Worner as Vice-President

John Minge as Secretary

Ron Roller as Treasurer

The motion was seconded by Dave Sanderson. The motion passed.

2. Dave Sanderson made the following motion: That Ron Roller be given the authority to sign such documents as are from time to time required of him by the Farmers State Bank in Underwood, MN, in order for him to perform those functions required of him in his capacity as Treasurer of the Church—including but not being limited to signing checks. The motion was seconded by Bob Worner. The motion passed.

The meeting was adjourned by new Board President Kris Warhol.

Dated April 22, 2018.


John Minge, Secretary