

Unitarian Church of Underwood October, 2013 Newsletter

The Unitarian Church of Underwood is a welcoming community of diverse people where our celebration of life and common search for meaning bind us together.

Coming Up in October

Sunday Morning Service Begins at 10:30

- October 6 – *Style & Grace* – DVD – Linda Friend
- October 13 – Sarah Lysaker – Tsunami Relief in Ishinomaki, Japan
- October 20 – David Simpkins – The Influential Women of Sinclair Lewis
- October 27 – David Gaian (Formerly known as David Schachtschnieder)

Sunday Morning Meetings Begin at 9:15

- October 6 – Adult RE
- October 20 – Writing As Spiritual Practice
- October 27 – Book Club – *The New Jim Crow - Mass Incarceration in the Age of Colorblindness*

Potluck and Board Meeting October 20th

There will be a potluck followed by a board meeting after Sunday Service on October 20th. Please join us.

Sunday Speakers

October 6: Linda Friend - During this service there will be a complete showing of the film “Style & Grace” by Linda Friend. Linda spoke at church Sunday, August 18, and discussed her experiences making the film.

Senior Producer Linda Friend retired from Wisconsin Public Television after 25 years, where she was awarded more than forty national and international broadcast and journalism awards, including two DuPont-Columbia Silver Batons, the Pulitzer Prize for television.

Photo Directory

If anyone did not get their photos taken and either wants yet to submit one or make arrangements for their picture to be taken, please contact Norm Kolstad (kolstadn@yahoo.com) or Mary Anderson (maryanderson8380@msn.com). We will send you the Authorization and Directory ordering form to include your picture and/or contact information.

November 9th UU Area Fall Workshop- Building Stronger UU Congregations

Plans are coming together nicely for the Unitarian Church of Underwood to host the UU Area Fall Workshop "Building Stronger UU Congregations" on November 9th from 10 a.m. to 3:30 p.m. A number of area UU churches have responded with registrations soon to come in. We look for many of you to join in November 9. We need lots of volunteers to help provide: Treats for a.m. and p.m. coffee, registration, greeters, presenters, facilitators and recorders for the workshop sessions and lunch topics, help with set-up, cleanup, and table décor. Lunch will be provided by Betty's Pantry in Ottertail but we need servers.

There are many opportunities to participate and still have time to attend some of the sessions on Building Spirituality, Community Service & Outreach (including Social Justice issues) and Building Vital Congregations. Registration materials will continue to be in the Sunday service programs and on the table. The volunteer sign up will be on the downstairs bulletin board.

Planning committee members include: Ellen Eastby, Shannon Smith, JoAnn Larson, Bob Worner, Diana Ziesmer and Mary Anderson. Please talk to anyone of them if you have questions or ideas!!

The New Jim Crow Book Review

Consensus of the UCU members reviewing the book *The New Jim Crow* by Michelle Alexander was that it was too valuable of a topic to spend only one day reviewing the material. We will meet on the fourth Sunday of October at 9:15 A.M. to examine what our congregation, group, communities, and/or families can do to bring information about dismantling a racial caste system, educate others about the mass incarceration of people of color in the War on Drugs, and the discrimination within our judicial system. The discussion is open to anyone who has read the book. We will meet on Sunday, October 27th at 9:15 A.M. at the UCU.

UU Quotes

"Resistance to oppression is often based on a love that leads us to value ourselves, and leads us to hope for more than the established cultural system is willing to grant...such love is far more energizing than guilt, duty, or self-sacrifice. Love for others leads us to accept accountability (in contrast to feeling guilt) and motivates our search for ways to end our complicity with structures of oppression. Solidarity does not require self-sacrifice, but an enlargement of the self to include community with others." Sharon Welch

"Life does not call us merely to do over and over again what we have already done; nor does it call us to act out, as puppets, parts already assigned to us. No. In the midst of a situation which is itself ever changing, we are free to bring into realization new relationships of understanding and good-will, and new acts of courage." Frank O. Holmes, *My heart Leaps Up: A Lenten Manual for 1956*

Writing as a Spiritual Practice

Writing as a Spiritual Practice is a Religious Education (R.E.) program at the Unitarian Church of Underwood. It meets from 9:15 to 10:15 A.M. every third Sunday. Anyone wanting to try creative writing as a spiritual practice is welcome.

All creative art/disciplines, like writing, meditation, prayer, yoga, music, painting, and sculpture can lead us toward an elevated sense of wholeness – transcendence – spirituality.

Our R.E. writers group is about the practice of creative writing. We write, not to impress one another, but to connect with ourselves and one another. We write to break through clichés, to challenge old assumptions, and to step beyond our anxieties and discover what we really want to say. Sometimes it is difficult to uncover the authentic, the true, the spiritual. Other times it is a transcendent rush to find new insights for ourselves and with others.

- We meet in the Fellowship Hall.
- We write at home between third Sundays.
- When we are ready to share our writings, we budget time to do so.
- We do not critique or grade one another's writing.
- We listen and try to understand and encourage one another.
- We assume, if you say your work "spiritual," then it is "spiritual."

Please join us.

Luke Anderson

Fall Trash Clean-Up and Potluck

Our church community has sponsored clean-up of trash along a stretch of County Highway 1, just near Sandy Barnhouse's home. Spring trash clean-up was a fun time of getting work done together and enjoying a delicious potluck supper at Sandy's house. Thank you to everyone who made that a great success!

Now it is time for fall trash clean-up. Everyone please come out for a gangbuster time of doing good work and eating good food! Meet at Sandy's house (30016 County Hwy. 1, Underwood) at 3 PM on Wednesday, October 9th, and please bring a potluck dish to share. All trash picking supplies will be provided. In case of rain or increment weather, we will reschedule for Thursday, October 17th, 3 PM. For more information, please contact JoAnn or Ellen at eastofellen@hotmail.com or 218-731-0803. See you then!

U-Group News

Four U-Groups (known in the UUA as covenant groups) were formed and met for their first meetings in September. The topic was "Letting Go". Participants reflected on several quotes including from Joseph Campbell, "We must let go of the life we have planned, so as to accept the one that is waiting for us"; and from Mary Campbell, "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."

There are about 40 people involved in U-Groups, which is pretty astounding considering that is about half of our membership. Each group has trained facilitators and meets in the home of a group member. Lesson topics are provided each month by the facilitators. U-Groups provide the opportunity for spiritual growth and for the strengthening and deepening of friendships. Groups meet in Fergus Falls, Battle Lake, and Perham. For more information, contact Ron Graham (universeron@hotmail.com); Connie Stigen (dcstigen@gmail.com); or Steph Sanderson (highlife@prtel.com). We welcome you!

Sustainable Food Production Program

The Sustainable Food Production Program formerly at MState Fergus Falls has teamed up with CURE (Clean Up our River Environment) and SFA (Sustainable Farming Association) to educate local communities about the importance of affordable training for local food producers. SFA will be sponsoring the program for a three weekend intensive this fall (Dates/Place?) . These alliances are crucial for building the local food systems and educating the public about why local food is important.

The Sustainable Food Production Program is a positive force in our community - its graduates have been instrumental in starting two local farmers markets. Young adults from the program have been welcomed to our church. The goals of the Sustainable Food Production Program fit solidly with our UU principles of justice, equity and compassion in human relations. Good food is a human right and this program is an important tool in helping provide good food to our community. The Sustainable Food Production Program further teaches students respect for the interdependent web of all existence of which we are all a part.

Cancellation of the program by MState Fergus Falls and how to help save it is a social justice issue that the UCU Board referred to the Community Service and Outreach Committee. To members who want to join efforts in putting together an action plan in support of this program, please see Ron Roller, Dave Sanderson, John Hoff or Mary Anderson, committee members

Meantime, donations are much needed and would be most welcome to maintain Standforfood.com, a blog dedicated to promote the Sustainable Food Production Program. Please see Katy Olson, Ron Roller or Cedar Walters and give generously.

American Flag

The American Flag that is in the sanctuary needs replacing. If anyone is interested in donating a flag, please contact Dave McRoberts at microberts_pd@hotmail.com.

Test of Accessibility Certification Program Underway

Taken from the UUA Website

<http://tipsheet.blogs.uua.org/resources/test-of-accessibility-certification-program-underway/>

A two-year field test is underway to create a program that will help congregations become more welcoming to people with disabilities.

[EqUUal Access](#), in partnership with the Unitarian Universalist Association, has developed a program that will allow congregations to work toward certification in the area of accessibility and inclusion.

EqUUal Access is a UU group that advocates for increased inclusion and access in congregations and throughout the UUA. A pilot test of the certification process is underway in ten congregations. The certification program is expected to be available to all congregations by 2015, said the Rev. Barbara F. Meyers, chair of the EqUUal Access Policy Committee, and coordinator of the certification effort.

The program, with the working title Disability/Ability Action Program, leads congregations through a process that begins with an assessment of how accessible it is. The program helps congregations learn about accessibility issues through worship, workshops, and other means. When the certification program has been completed a congregation can vote to be recognized by EqUUal Access.

The program is modeled after the UUA's Welcoming Congregation and Green Sanctuary programs. Said Meyers, "We are highlighting the religious and spiritual dimensions of becoming certified. Our certification program addresses changing hearts and living our faith, not just building ramps and installing hearing loops, as important as those actions are." For information about the program, contact Meyers at com_minister@mpuuc.org.

Quote

"Traveler, your footprints are the road, and nothing more; traveler, there is no road, the road is made by moving." Antonio Machado (1875-1939)

Underwood Unitarian Church Board Minutes for August 21, 2013

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

The meeting was called to order by Board Chair Ellen Eastby at 6:33 p.m.

Norman Kolstad offered a meditation/reading.

The agenda was approved (Miersch/Sanderson).

The minutes of the July 21, 2013 meeting were approved as printed (Anderson/McRoberts).

Reports:

Treasurer: David Wass

Administrative Consultant: JoAnn Larson

Program Committee: Mary Worner

Outreach Committee: Mary Anderson

Facilities: Dave McRoberts

Old Business: The Strategic Plan (attachment to minutes) was reviewed and adopted (McRoberts/Miersch). No action was taken to recoup structural damages from the city water leak. Chair Eastby was authorized to sign a rental agreement with the city for the Community Center during the Unitarian Regional Workshop November 9, 2013 (Anderson/Kolstad). A Planned Giving committee was established to set up and administer a Church Foundation (McRoberts/Anderson). JoAnn Larson, Mary Worner, and Ellen Eastby will select and purchase child-protection barriers for the windows, not to exceed \$150.00 (Wass/Worner). Other topics discussed: new board binders, congregation picture directory photo schedule September 15, 22, and 29.

New Business: A gift card of \$100 will be purchased for Bill Nead in appreciation for his assistance in setting up the sound system (McRoberts/Siems; Worner dissenting). Celebrant training at Meadville Lombard Theological School was authorized for Ellen Eastby January 21-25, 2014, with a budget of \$2745 (Sanderson/Anderson). Other topics discussed: UUA Fair Share estimate, sound system performance.

The meeting was adjourned at 9:00 p.m.

Respectfully submitted,
Norman Kolstad

