



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.



(Photo courtesy of Susan Groff, October 2015)

October 2016 Newsletter **Unitarian Church of Underwood**

**206 North Main Street
Underwood**

Phone: 218/826-6553

Website: www.ucofu.org

www.facebook.com/www.ucofu.org

Sunday Services begin at 10:30 a.m.

October 2016						
◀ September						November ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Celebrant, Shannon Smith, "Living Life as a Poem" New Member Welcoming Adult RE – <i>The New Jim Crow</i> 9:15-10:15 am Child Care	3 Church United Homeless Fundraiser Fargo Holiday Inn AA 7 pm	4	5	6 Worship Committee @ 9:30 am @ Susan Groff's	7	8
9 Song Fest – Susan Groff, Andrew Persson, Mikkel Thompson Women's Spirituality 9:15 -10:15 am Children's RE 10:30 am	10 Higher Moral Revival – Plymouth Church, Mpls. 7 pm AA 7 pm	11 Battle Lake U Group 3 pm @ Joanne Cress'	12 Alexandria U-Group 7:00 pm @ Widseth, Smith & Nolting Office Bldg Green Committee/Sola r TF 6:30 pm @ church	13 Perham U Group 3:30 pm @ Louise Lovdah's Executive Committee Meeting 6:30 pm	14	15
16 Rev. Stefan Jonasson: "The Good We Seek for All" Mindfulness/QQ 9-10 am Board Meeting Child Care	17 AA 7 pm	18 Fergus Falls U Group 6:00 pm @ Tere Mann's	19 Speakers Committee 5 pm	20	21	22
23 Yahya Fredrickson, "Islam 101" Spong's Book of Matthew - 9:15-10:15 am Child Care	24 AA 7 pm	25 U Group Facilitators @ church @ 7 pm	26	27	28 Habitat for Humanity Fundraiser @ FF Applebees 8- 10 am	29 House Concert @ Carignan's 6:30 pm
30 Cathy & Tina Stone – "Day of the Dead" Kids RE with Bonnie Albers	31  HAPPY HALLOWEEN AA 7 pm	Notes:				

More about October Speakers

Oct. 2 – Celebrant, Shannon Smith: “Living Life as a Poem” - Shannon will explore poet Naomi Shihab Nye's thoughts around her premise that we are living in a poem. In her interview with Krista Tippett in the On Being radio program this past July, Naomi discussed her belief that our life, lived in consciousness of the present, can be described through poetry. A narrative that describes what we see, feel, or experience. How we view the world. She believes we think in poetry.

New Member Welcoming

Oct. 9: Susan Groff, Anders Persson, & Mikkel Thompson, Music Service

Children’s Religious Education

Oct. 16: Rev. Stefan Jonasson, “The Good We Seek for All”: “The good we secure for ourselves is precarious and uncertain,” claimed Jane Addams, “until it is secured for all of us and incorporated into our common life.” At its worst, public life involves jockeying for position and the advancement of our own personal interests; at its best, it involves a quest to find the common good, to create the good society – one in which every person might lead a rewarding life. In the end, it is in serving the common good that we best secure the well-being of ourselves and our descendants.

Rev. Stefan Jonasson is a Unitarian Universalist minister from Winnipeg, Manitoba. After 24 years with the Unitarian Universalist Association, during which he held various regional and national positions, he became editor of Lögberg-Heimskringla in 2015, an Icelandic community newspaper published in Winnipeg.

Board of Director’s Meeting Follows Sunday Service and Hospitality Time

Oct. 23: Yahya Fredrickson, “Islam 101,” - the basics of Islam, what you'd notice if you saw those basics being adhered to, and how those relate to Christianity and Judaism.

Yahya is a Scandinavian born on Christmas; currently an assistant professor at Moorhead State University where he’s been teaching since 1999. He has a PHD from the University of North Dakota and a Master of Fine Arts degree in poetry from the University of Montana. He is a former member of the Executive Committee of the Islamic Center in Fargo-Moorhead. Yahya grew up in Moorhead, served in the Peace Corp in Yemen, came back to Moorhead and discovered that there was a mosque serving the Fargo/Moorhead area, further studied Islam and recited the *shihadatayn*, the two testimonials, in December of 1990, thus converting to Islam. For more see: <http://web.mnstate.edu/mcmdwest/Fredrickson/Fredrickson.htm>

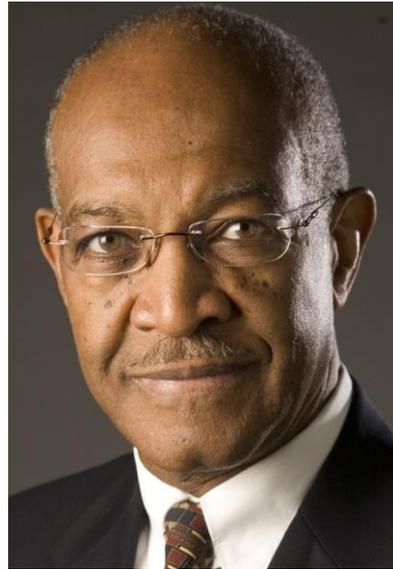
Oct. 30: Cathy & Tina Stone, “Day of the Dead” – a presentation incorporating a synopsis of the elements and what they represent in recognizing Day of the Dead, substituting for the Chalice Lighting a Day of the Dead black candle ceremony. You will be invited to call out the names of their ancestors in honor as we light candles. We will also have an area where people can display photographs of their ancestors should they wish.

A Revival Seeking Higher Moral Ground

Repairers of the Breach



Rev. Dr. William J. Barber II
Architect of the Forward Together
Moral Movement



Rev. Dr. James A. Forbes, Jr.
Senior Minister Emeritus,
The Riverside Church

Come stand up for economic, racial and social justice; for equal education for all; for access to healthcare; for reform of the criminal justice system!

Come and be inspired to more vocally oppose harmful policies that impact the poor, the ill, children, immigrants, communities of color and religious minorities.

Minneapolis

Monday Oct. 10, 7 p.m.

Plymouth Congregational Church

Nicollet and Franklin Avenues

Everyone is invited to this family-friendly free event.

Hello, friends,

Rev. Dr. William J. Barber II and Rev. Dr. James A. Forbes bring *The Revival: Time for a Moral Revolution in Values* to [Plymouth Congregational Church in Minneapolis](#) on Monday, October 10, at 7:00 p.m.

Rev. Barber founded Moral Mondays in North Carolina and also [Repairers of the Breach](#); Rev. Forbes is senior minister emeritus of The Riverside Church in New York. During this 20-city tour, they and other moral leaders are launching a broad social, economic and racial justice effort. They will ask political candidates—and all people—to sign the Higher Ground [Moral Declaration](#).

With word and song, The Moral Revival will focus on inspiring advocacy on five issues: economic justice for all, access to quality education for every child, healthcare access for all, criminal justice reform, and ensuring equal protection under the law for historically marginalized communities.

Details are online at <http://bit.ly/therevivalmpls>.

Martha Tilton
Coordinator of Communications
Unity Church-Unitarian
733 Portland Avenue • Saint Paul, MN 55104

*Note: Fliers are posted on the UCU Bulletin Board and information is available on the ucofu.org website and Facebook. Here is the [link to the Facebook event](#) for digital sharing. **If interested in attending and ride sharing, contact Mary Anderson @218/346-6638 or maryanderson8380@msn.com.***

Churches United for the Homeless Fundraiser October 3, Fargo Holiday Inn

Bob and Mary Worner will be attending the annual fund raising dinner for Churches United for the Homeless, to be held on Monday, October 3 at the Fargo Holiday Inn. We'll give a follow-up report about how our church can be involved in working to reduce homelessness in our area. This year an Empowerment Grant provided \$500 to assist in building a condo with low income housing in which working homeless can move into their own home. At present there is opposition in the neighborhood to this being built so one of the tasks is to change those attitudes. *Bob Worner*

HABITAT FOR HUMANITY PANCAKE BREAKFAST October 29, 8-10 a.m.

Habitat for Humanity is holding a pancake breakfast at Applebees on Saturday, October 29th from 8-10 a.m. The cost of the breakfast is \$7.00 with children under five admitted free. Please continue to support our local Habitat and have an excellent breakfast. It is a great way to start a Saturday. The menu includes all you can eat pancakes, sausages, orange juice and coffee. See Bob Worner for tickets. Our church is represented at Habitat by Stan Carignan, the

Executive Director, Dave McRoberts, Vice Chair of the Board, and Bob Worner, a member of the Fund Raising Committee. *Bob Worner*

Monthly Adult Religious Education Classes

1st Sunday Adult RE - John Minge, along with the class attendees have decided to read and discuss: *The New Jim Crow* by Michelle Alexander and *The Third Reconstruction* by Rev. William Barber.

2nd Sunday Adult RE –Sandy Barnhouse will lead studies on the history of the women’s spirituality movement: October 9 – History, Part II; “Signs out of Time,” DVD, the life of Marija Gimbutas; book assignments.

3rd Sunday Mindfulness/Quaker Quiet, 9:00 – 10:00 a.m. Ellison Room

4th Sunday Adult RE –Bob Worner’s class will continue the study of the New Testament using John Shelby Spong’s book, *Biblical Literalism: A Gentile Heresy* with the emphasis on the Book of Matthew.

Children’s Religious Education

Katy Olson and Betsy Wells will lead Kids RE on the 2nd Sundays of each month at 10:30 a.m. with the next class October 9. Cedar Walters is looking forward to working with our youth, ages 13-16. We are still looking for leaders for another Children’s RE Sunday each month but meantime, child care will be provided the 1st, 3rd & 4th Sundays. Whenever there is a 5th Sunday in the month, (October 30 and January 31), Bonnie Bell will involve the children on vision and preparation for the Eden Play to be presented April 9, 2017.

Please contact Katy @ katyjolson@gmail.com or 218/495-3235 or Betsy Wells @ betsyanddougwells@gmail.com or 218/736-4469 if you are able to assist with Children’s Religious Education.

Child Care

Child care providers for this year, are Jewel Swanson (14) and Breanna Boomgardaan (14) with Cedar Walters substituting when needed. Because we welcome families with children, it behooves us all to encourage and support good behaviors so parents are not adverse to you respectfully correcting behaviors and providing accolades for good manners, good behaviors, fair play and cooperation to and from our children. After all, “It takes a village!”

Special Thanks!!

Betsy Wells and Katy Olson with Hart’s help, cleaned out and organized the library/office/kids area and supply closet. It was a mess! And now it is neat and orderly. We thank you, JoAnn thanks you and the kids thank you!!

Thanks to Tere Mann for acquiring for UCU a large screen for projected needs. It stands steady and allows for much easier viewing!

In Grateful Abundance

Dave Sanderson, Chair of the Stewardship Committee, reported that for the first 5 months of the 2016-17 Fiscal year, \$17,900 was budgeted for anticipated collections to meet expenditures (23% increase over the previous fiscal year). Actual collections for this period total \$20,700 so your giving has exceeded projections and for that we are grateful. Thank you!! Dave also reminds us that we can sign up for direct deposit so that funds can be moved automatically from our individual bank account to the church account and thus, provide regularity to our giving. Direct Deposit Authorization Forms can be obtained from JoAnn Larson, Administrative Consultant. *Stewardship Committee: Dave Sanderson, Kris Warhol, Mary Worner.*

Habitat Humanity

Thank You

We received a thank you from Stan Carignan, Executive Director of Fergus Falls Habitat for Humanity for the gift of \$500.00 given them from the annual rummage sale proceeds. Stan is also a member of the UCU Board of Directors so he hand-delivered the letter and his thanks!

“Choices”



Sometimes difficult to make – painting by Mickie Edmonds

Newsletter Submissions

Please submit your ideas and articles for the Newsletter to: maryanderson8380@msn.com. Editing is provided by Stephanie Sanderson and emailing/ mailing is provided by Ellen Eastby

and JoAnn Larson. Mickie Edmonds usually provides one of her paintings each month for our appreciation! When you have photos of a UCU event and are willing to share, please forward them to Mary.

Note: I goofed! There are two corrections pointed out by readers of the September Newsletter. It should have been "Ron Shebeck" (not Shernack), President of the Underwood Farmers State Bank. The correct name of the book by Rev. Wm Barber is "The Third Reconstruction" (not "Revolution"). I appreciate your editing eyes!! *Mary Anderson – Newsletter Editor*

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

Note: The monthly Newsletters and other items of interest are updated regularly and can be viewed at: www.ucofu.org

Last Call – Order New Church Directory

Note - Additions/Changes

If you were not pictured in the 2014 Church Directory or if you would like to include a more recent picture or if your contact information is incorrect or changed, please contact Mary Anderson so photo taking arrangements or corrections can be made: maryanderson8380@msn.com or 218/346-6638. Also, to order your new directories, give your name and your \$10 per copy to Mary Anderson. The plan is to have the Directories published sometime in late November or early December.

Invitation to Join UCU

As a Voting Member

Welcoming October 2 - During Sunday Service

To become a voting member of the Unitarian Universalist Church of Underwood, you indicate your wish by signing the membership book. We invite you to participate in new member orientation and the welcoming new member ceremony that is held twice a year, **the next planned for October 2, 2016 and then March 5, 2017**. Please see JoAnn Larson for further details.

U-Groups

The U Groups were off to a good start with good attendance and monthly schedule resumption in September. If you or others you know are interested in participating in a U-Group, contact Co-Facilitators: Connie Stigen @ dcstigen@gmail.com or 218/731-1443 or Tere Mann @ teremann@gmail.com or 218/205-4931.

U Group Schedule

- Alexandria U-Group: 2nd Wed @ 7:00 pm beginning September 14 @ the office building of Widseth, Smith & Nolting Office Bldg.: Facilitators: Lee Becker/Susan Sanford
- Battle Lake U- Group: 2nd Tuesday beginning September 13 @ 3:00 p.m. @ JoAnne Cress' 846 Lake Shore Drive, Battle Lake; Facilitators: Bob Worner and Joanne Cress.

When Joanne and Luke are gone for the winter, Kris Warhol will co-facilitate with Bob and the group will meet at another home.

- Fergus Falls U-Group: 3rd Tues @ 6:00 pm beginning September 20 @ Tere Mann's, 1319 N Park, Fergus Falls; Facilitators: Tere/Connie/Mary Worner
- Perham U-Group: 2nd Thursday @ 3:30 p.m., October 13 @ Louise Lovdahl's, - 42720 490th Ave., Perham; Facilitators: Stan Carignan/Louise Lovdahl

Each U-Group holds an empty chair for anyone who wants to join with a group.

October Topic: "Citizenship" or "Resistance"- TBD



House Concert Rescheduled "Country Roads - Take Me Home"

Songs and Stories about Family, Farm and the
Mountains - with Steve and Linda

To Benefit Perham Kinship
~John Minge's project - building kayaks with
youth~

Saturday, October 29, 2016

**6:30 pm - Gather at the home of Stan and Lisa Carignan
(35452 Inlet Estates Drive, Ottertail)
for finger food and socializing
before the concert.**

**7:00 pm - The concert will begin.
A hat will be passed - All funds raised will go directly to
Perham
Kinship.**

**The audience is limited to 25 people.
To reserve your spot call Lisa @ 218-841-
2302**

Directions: take Highway 78 to 355th to Inlet Estates Drive

“The Write Stuff”

The *Fall 2016 OT Family-Friend & Fun* magazine includes an article with photos written by Karen Tolkkinen that features John Miersch and pictures not only John, but also Sandy Barnhouse and Diane Johnson, all members of the Fergus Falls Writers Group. Check it out.

Underwood Harvest Festival Parade, Pie, Pleasure and Precious!

Three year old, Precious Czeck riding her miniature pony, Crash, was a in the Underwood Harvest Day kiddie and main parade. She was accompanied by her brother, Sterling; sister, Jewel; friend, Breanna; Heather, Mom; Great Grandma Mary Anderson and Bob Worner. Sterling and Breanna and Bob carried the UCU banner and the UN peace flag.

Following the parades, many from the town and area came to the UCU Open House for pie and coffee and made generous donations. It was hard to decide which pie to choose so many had samples of several. Thanks to all the pie makers!! And thanks to JoAnn Larson and Sequoia who staffed a table to sell produce and Shan merchandize raising more money for the Shan school children.



Sterling Czeck, Heather Czeck, Precious Czeck on Crash, Breanna Boomgaarden, Jewel Swanson



Photos provided by Mikkell Thompson, Parade viewer

Making Bags For Shan Kids

Bonnie Bell Albers, Mary Anderson, Chanda Brandes, Ellen Eastby, Katy Olson and Betsy Wells stayed after services on September 18 to sew small bags for the Shan children that will be transported by Bernice Johnson when she leaves for Thailand the end of October. They made 62 bags at that setting and took fabric home to sew more to reach as close as possible the 100-150 Bernice said she needs for the Shan school children. Maggie Meehan had cut out fabric prior to the gathering and Mary Worner will transport the bags made when she attends the Shan Schools Board meeting of which she is a Board member. Now we are wondering what idea Bernice will come up for us to do for next year's project!!

For a lovely birthday song from the Shan youth to Bernice Johnson on her birthday, see:

www.facebook.com/www.ucofu.org



Greeters are always needed for Sunday services. Please contact JoAnn Larson @ redswilds@gmail.com or @ 218/405-0752. This is an easy and fun way to serve and to get to know other UCU members and friends.

Help with Children's RE. Please contact Katy @ katyjolson@gmail.com or 218/495-3235 or Betsy Wells @ betsyanddougwells@gmail.com or 218/736-4469 if you are able to assist with Children's Religious Education.

Lower Level Acoustics

The Facilities Committee, joined by Tere Mann, obtained a quote for fabric covered acoustical panels to be installed in the lower level for sound absorption. Meantime, the musty smell of the lower level was brought to the attention of the Board so the Board approved purchase of another dehumidifier and two air purifiers. Members of the Facilities Committee decided that before purchasing more equipment, they'd investigate further the source of the mold/mildew and they are in process of following up with action.

All efforts underway are to provide a comfortable space to carry out our conversations, to ensure the safety and well-being of UCU members and friends, to preserve the structure and aesthetics of our historic building and to conserve money and energy. But, we do want you all to know that work continues slowly but steadily to address noise abatement in the lower level.

On Turning Forty

Written by Bob Worner

*Why should you fret when middle age draws near
And thoughtless youth goes dancing on its way.
As summer's smoldering sun begins to cool,
As busy days give way to evening calm,
So are the passions of a younger fool,
In midlife tempered by a new "shalom."
The world bedecks itself in harvest hue,
And daylight softens with the setting sun,
A life in transience finds itself anew,
And takes the mark for races yet to run.
Your eventide, your autumn equinox,
Springs life abundant from Pandora's Box.*

In Memory of George Stone October 16, 1922 – July 23, 2016

From the Leader-Telegram, Eau Claire, Wisconsin:

George C. Stone, 93 of Clitherall, MN and Eau Claire, WI died on Saturday, July 23, 2016, surrounded by the love of his family.

Born to Francis and Ella (Hutchinson) Stone on October 16, 1922 in Cokato, MN, George served in the U.S. Army for 3 ½ years during WW II in France and Germany. He graduated from the University of Minnesota with a B.S. in Business Administration. He was married on September 10, 1943 to Frances G. Diebold until her death in 1996.

George worked for Swift & Company in South St. Paul for 22 years. In 1971 he purchased a plumbing business in Alexandria, MN, that he and Francis ran until their retirement in 1984. George earned his private pilot's license and enjoyed flying.

He married Bonnie Branson of Eau Claire, WI on January 8, 2000.

He enjoyed fishing, sailing, ship building, reading, bridge, dancing, and his love of history. He was very active; enjoyed swimming, walking and the YMCA. He was also a practical joker and enjoyed his nightly 5 o'clock peanuts and martini but most of all, his summers at his favorite place in the world, his cottage on Stuart Lake, MN.

He is survived by his wife of 16 years, Bonnie Stone; seven children: John (Kathy) Stone Poland, OH, Paul (Jeanne) Stone Minneapolis, MN, Tom (Linda) Stone St. Paul, MN, Barbara Stone Clitherall, MN, David (friend Molly O'Brien) Minnetonka, MN, Laura (Michael) McKnight Baxter, MN, Suzanne (Larry) Law Loveland, CO; Eighteen grandchildren and 19 great grandchildren. He is also survived by Bonnie's children: Susan (Todd) Krueger, Son-in Law Martin Klauber, Robert (Jane) Branson, Ruthie (Ray) Nyland. Ten grandchildren and 1 great grandchild.

A Celebration of Life was held privately by the family.

George was a member of the Unitarian Church of Underwood, signing the book November 2013. He wasn't able to often attend but he faithfully sent a check each month in support. In George's note dated November 23, 2015, in response to the UCU Plan to Grow survey, he said "I consider myself a Humanist with a Unitarian background. It is pleasant to see the UCU very much alive and doing well." Wally Warhol notes that he attended Children's Religious Education classes at First Unitarian Society in Minneapolis with one of George's sons.

The Virginia Railroad Tomato

"Virginia Railroad tomatoes are an antebellum heirloom reported to have been grown (and sold) by railroad workers at watering stops for the steam engines."

Mark Jacobson further says "the best time of year is when these tomatoes are ripening!"



Counter top ripening VRR



Sliced VRR and Parsley Presto on Baguette

Standing Rock Protests Against Dakota Access Pipeline

On September 5th, Ellen Eastby brought to this editor's attention with an email to me, this concern:

"Subject: Standing Rock

It amazes me that this isn't all over the main stream news, because it is really big stuff. Over 100 tribes from across the US and Canada are at the site that Enbridge is building a pipeline in Native American soil, without the government securing the easement properly. They are plowing through sacred sites and it can affect their water supply at Standing Rock. This is taking place in North Dakota. Enbridge has hired "security" or mercenaries to keep the protesters in line. Saturday this "security" company used dogs and pepper spray on the crowd. They have shut off the water supply to the Sacred Stone Camp where protesters are living. But, more people are arriving every day. This is the sacred site of the Dakotas where the bloodiest conflict took place between the Sioux Nations and the U.S. Army ever on North Dakota soil. That Native land that was given to Enbridge to use without proper tribal permission is unconscionable. This is the link to the Facebook page of the Sacred Stone Camp: <https://www.facebook.com/CampOfTheSacredStone/>"

Since Ellen's initial email, you can follow through these links to see the attention that has sprung forth at the national and even international levels.

UN Permanent Forum Rebukes U.S. for Ignoring Standing Rock

UN said: <http://indiancountrytodaymedianetwork.com/2016/09/02/un-permanent-forum-rebukes-us-ignoring-standing-rock-and-other-tribal-nations-165657>

Obama Administration: Dakota Pipeline 'Will Not Go Forward ...

<https://insideclimatenews.org/news/09092016/energy-transfer-dakota-access-oil-pipeline-construction-standing-rock-sioux-tribes-obama-administration>



1,200 archeologists denounce desecration of Standing Rock burial grounds by DAPL, UN agrees

www.dailykos.com

Campaign Action In a Friday letter to President Obama, the United States Department of Justice, Department of the Interior, the Army Corps of Engineers, a coalition of more than 1,200 archeologists, museum directors, and historians from institutions...

<http://www.dailykos.com/story/2016/9/23/1573641/-1-200-Archeologists-denounce-desecration-of-Standing-Rock-burial-grounds-by-DAPL-UN-agrees>

From Ellen, September 28, 2016: "A lot has happened since I began following the events of the Water Protectors of the Standing Rock Sioux Tribe almost a month ago. Too much to list here. I will say that this has now become a GLOBAL movement. There are demonstrations with people standing in solidarity of Standing Rock ALL OVER THE WORLD. Likewise there are people arriving at the Sacred Stone Camp from ALL OVER THE WORLD. Contributions are being sent in. The camp has put wish lists on Amazon and those wishes are being fulfilled very quickly. Money for legal fees and for supplies are needed. You can go here for more information: <http://www.sacredstonecamp.org>.

Unitarian Universalists have become involved. Peter Morales, president of the Unitarian Universalist Association has asked UUs to join him in opposing the Dakota Access Pipeline. The link to his remarks can be found below. The Bismarck Mandan UU Fellowship is aiding the movement too. The link to their website is below. I hope that you will join with them and with me to stand with Standing Rock." *Ellen Eastby*

[UUA President: Join Me In Opposing the Dakota Access ...](#)

www.uua.org

The Rev. Peter Morales, president of the Unitarian Universalist Association (UUA), issued this statement on the protests of the Dakota Access Pipeline:

<https://www.uua.org/pressroom/press-releases/uua-president-join-me-opposing-dakota-pipeline>

Bismarck Mandan UU Fellowship website has good info about what UUs can do for Standing Rock. <http://www.bismanuu.org/>

- **Standing with Standing Rock: Social Action**

Dear UUs Who Stand on the Side of Love with Standing Rock,

Thank you so much for your dedication to justice for Native people and sacred water. Please forgive this standardized reply to your request for information about supporting Standing Rock and the water protectors. We're receiving lots of requests from dedicated UUs, and we're having a tough time keeping up.

Right now, I would say we're in the 3rd phase of UU involvement:

1. Raise awareness among UUs.
2. Encourage UUs to witness what's unfolding here and tell the story back home.
3. **Build solidarity at home -- right now -- wherever home is for each of us.**

If you choose to come to Sacred Stone Spirit or Red Warrior Camp, you will be welcomed, whether you are Native or otherwise. If you're like any of the other UUs who've visited, this journey would support your spiritual development and sense of hope for humanity. It would be something like a spiritual pilgrimage.

That said, if your primary intention is to stop construction of the Dakota Access Pipeline, which is the original purpose of the camp at Standing Rock, the biggest need I can see at this time is one which UUs across the country know how to do: **organize actions -- right where you are -- to stop the pipeline, which is what the water protectors here are all about.**

I can't tell you how encouraging it is to local people when we hear about solidarity actions and nonviolent resistance in other parts of the country. "**Stand with Standing Rock**" demonstrations, concerts, fundraisers, Sunday services, letters to the editor, congregational pictures with supportive banners, etc., are crucial to create a nationwide movement like the one that stopped Keystone XL.

Of course you are welcome to visit our uniquely beautiful state whenever you choose. We'd love to see you at 10:30 on Sunday mornings in our sanctuary at 818 East Divide Avenue in Bismarck -- or bump into you at the camp.

Please understand, though, that we are very involved in bringing supplies to the camp and doing our best to build solidarity in our area. This needs to be our priority, and right now we just don't have the capacity to provide the number of rides, home stays, directions, and updates by phone that we would like. We may be slow in getting back to you, but we are working to build our capacity and are hopeful we can be more supportive before long.

If you would like to stay current on the supply needs at the camp, please visit sacredstonecamp.org. If you would like to be connected with UUs who are organizing local solidarity actions, you can visit a new Facebook page: [UU Presence at Sacred Stone Camp](#). To stay relatively current with on-the-ground news, you can check our website again soon, as we will begin sharing brief updates here.

Again, thank you for all the ways you Stand on the Side of Love!

With gratitude and spirit,

Karen Van Fossan, M.Div.

Minister,

Bismarck-Mandan Unitarian Universalist Fellowship and Church

For more information and to help, see: <http://sacredstonecamp.org/about/>

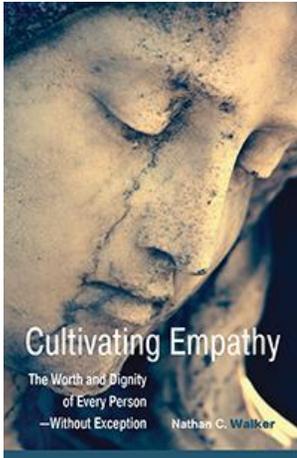
Continued Ways to Deepen Your Faith/ Participate in Social Action



inSpirit

Your Search for Truth and Meaning Begins Here

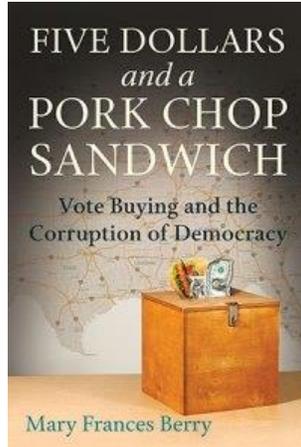
As the November elections loom closer we offer these important resources to help Unitarian Universalists bring their religious convictions to bear on the issues of our time and navigate a season of tense political upheaval. As a congregation, you can turn political differences into a faith development opportunity with a timely new toolkit, [Beyond the Partisan Divide](#), from the UUA's Faith Development Office.



***Cultivating Empathy: The Worth and Dignity of Every Person—Without Exception* by Nathan C. Walker**

In this emotionally honest and personal exploration of conflict, Nathan C. Walker will help you nurture greater empathy—even for those you have previously held in contempt.

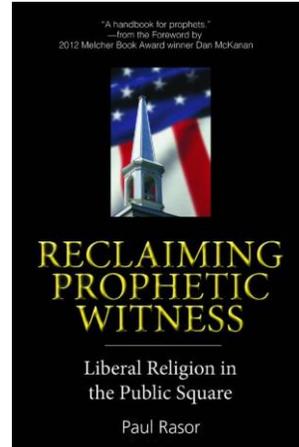
[Purchase today.](#)



***Five Dollars and a Pork Chop Sandwich: Vote Buying and the Corruption of Democracy* by Mary Frances Berry**

A timely and nonpartisan book on voter manipulation, electoral corruption, and the importance of stimulating voter turnout and participation.

[Purchase today.](#)



***Reclaiming Prophetic Witness: Liberal Religion in the Public Square* by Paul Rasor**

In this clarion call to action, leading Unitarian Universalist theologian Paul Rasor dispels the myth that conservative Christianity is the only valid religious voice in the national debates.

[Purchase today.](#)



UU Bulletin

A monthly newsletter from the Unitarian Universalist Association to keep you and your congregation informed.

UUA Common Read: The Third Reconstruction



The Third Reconstruction: Moral Mondays, Fusion Politics, and the Rise of a New Justice Movement, by the Rev. Dr. William Barber II and Jonathan Wilson-Hartgrove (Beacon Press, 2016), is the 2016-2017 Unitarian Universalist Common Read. UUs were electrified at General Assembly 2016 by Rev. Barber's call for building and

sustaining a movement for justice for all people. The Third Reconstruction offers helpful, practical guidance for engaging with justice movements born in response to local experiences of larger injustices. Congregations, groups, and individuals may purchase the book or find it in a public library and begin reading. A paperback edition will be available for purchase at [inSpirit: The UU Book and Gift Shop](#) in late September; bulk discounts for both hard cover and paperback are available. A discussion guide for UU congregations, groups, and individuals will be available for download October 1. Visit the [Common Read](#) page for more information.

Introducing Braver/Wiser

Are you craving ways to feel braver, more compassionate, and more connected to life as it unfolds? Are you a congregational leader seeking inspiration for worship services or material for small group ministry? Beginning Wednesday, Sept. 14, WorshipWeb will deliver a reflection and brief prayer to your inbox, written by one of our hand-picked authors. These eight contributors-each



**COURAGE AND COMPASSION
FOR LIFE AS IT IS**

of them authentic, flawed, and faith-filled-will share what helps them through hopes and hurdles. To fill your week with comfort, insight, and the inspiration to meet life with more courage and compassion, subscribe to [Braver/Wiser](#) on our website. For questions, contact WorshipWeb Curator Erika Hewitt at braverwiser@uua.org.

Voting Rights & Mobilizing for the 2016 Elections

The 2016 election season will include the first presidential election in 50 years without the protections the Supreme Court gutted from the Voting Rights Act. While victories have been won in some states, there are still 20 states with more restrictions than in 2012. A powerful way to counter voter suppression is to hold voter registration drives reaching out to historically disenfranchised people. Resources, suggestions for partner groups, and \$500 grants are available to help congregations engage in registering people to vote. Wear your Love shirts, proclaim your values, and strengthen and build new partnerships! Visit our [website](#) for more information and to share stories about your congregation's work. Questions? Contact Susan Leslie, UUA Congregational Advocacy & Witness Director, at sleslie@uua.org.

Take Part in the Defying the Nazis UU Action Project



#WeDefy

Carry on the legacy of Waitstill and Martha Sharp by defying hatred, fear, Islamophobia and senseless refugee policies today. Ken Burns PBS film airs 9/20/16, with book from Beacon Press.

uua.org/sharpstory

Unitarian Universalists across the country today are fighting Islamophobia and religious intolerance as modern-day parallels to the brave actions of WWII Unitarians Waitstill and Martha Sharp. With the September PBS release of Ken Burns' *Defying the Nazis: The Sharps' War*, the inspiring tale of how the Sharps helped hundreds escape Nazi Europe, UUs are taking action to follow their example. The Defying the Nazis UU Action Project, co-sponsored by the UUA, UU Service Committee and the Fahs Collaborative at

Meadville Lombard, helps congregations and individuals take action and share their story. Visit the [project site](#) to download the congregational action guide, refugee action toolkit, and add your action to the map. Carry on the Sharps' living legacy by promoting interfaith justice in the face of anti-Muslim bias and

the refugee crisis. Visit UUA.org/sharpstory and follow the discussion on social media with #WeDefy.

UU World "Seeker" Issue Heading to Congregations

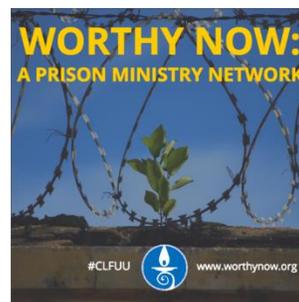


UU World's first "seeker" issue is designed specifically as an introduction to Unitarian Universalism. The 32-page magazine is an anthology of articles and photographs originally published in UU World and other sources, organized in four sections: Who We Are, What We Believe, How We Gather, and What We Do. Featuring Melissa Harris-Perry, Galen Guengerich, Gail Geisenhainer, Kendyl Gibbons, and more, the seeker issue is an excellent membership growth tool and is suitable for use in path to membership classes and congregational or individual outreach to people interested in learning more about Unitarian Universalism. Complimentary copies are on their way to congregations, ministers, and membership professionals. Purchase in packs of 10 or 25 today from inSpirit: The UU Book and Gift Shop!

Note: We have copies available on the cupboard in the entry.

Teach or Become a Pen Pal with CLF Prison Ministry

[The Church of the Larger Fellowship \(CLF\)](http://The Church of the Larger Fellowship (CLF)) Prison Ministry needs congregations to teach religious education correspondence classes to members in prison, and also needs individuals to become pen pals with an incarcerated member. Whether assisting as a congregation or an individual, the CLF will provide support and guidance. Can you help? For more information, contact the prison ministry team at WorthyNow@clfu.org.



Grow Yourself, Grow Your Congregation

Would you like to deepen your own UU faith? Would your congregation like to attract and keep new members? Would you like to shift your church culture from "[false fights](#)" to transformative ministry? Deeper than a single webinar or workshop, [UU Leadership Institute](#) offers courses for leaders, seekers, new members, church staff, and ministers. Courses open Sept. 2, 2016 and run through Jan. 15, 2017. The cost is only \$30 per course per semester. "Flipped Classroom" materials are provided for local study groups. For more information, visit [the website](#) or contact info@uuintstitute.org.



September Speaker Notes

September 4, 2016 - Bob Worner: "Autumn Days," referring to UU Principle #7. Bob spoke of autumn as a part of:

- 1) The **individual's** aging process with Bob reciting a poem he'd written when he was 40. In our later years, we reflect on the richness and the sadness of our life, think more earnestly, give thanks daily and give more generously. Autumn time for us is a time to accept our mortality, to "settle things." The cost side of our diminishing health may deplete our resources, there may be memory loss. He "thinks he read somewhere" that we all experience some degree of Alzheimer's after 80 but he can't remember if/where he read it :). In these years, we may be coming to terms with our unfulfilled dreams.
- 2) Our **nation's** autumn days – "there is trouble in River City." Do we need to become "great again?" Or are we already "great?" Can capitalism survive? Can our planet survive? We know we have a broken health care system and seem to lack the courage/heart to fix it. Washington politics is contentious: there is division within/about the Supreme Court, internal strife around terrorists, immigrants, gun violence. But there is in America still beauty, innovative ideas, charity, good-ness, good and generous people. It may not be autumn for America but it may still be the early days of our country and the work begins with us.
- 3) Autumn years of **our church**. When Stefan Johannsen spoke at our 125 year anniversary celebration, he said the average life of a church is 75 years. We have long surpassed that but there were times of tiny membership, no services, only able to keep our affiliation with UU because of an individual's contribution, few or no children. Now we are a vibrant church, maybe a beacon – a light to the world.

As a retired minister, over the past years, Bob was called upon to speak, perform weddings, funerals and other officiate duties. Now he can say, "I did it!" He began a group of

“celebrants,” now six individuals to study, plan, think, and enjoy each other. One of them conducts the service the first Sunday of each month. They are being used for celebratory duties both at church and beyond this church. We have to think about how to replace our leaders and congregants – how to pass the mantle and for each to be willing to pick up those duties.

UCU was recently recognized for our role in the community by Ron Shebek of the Farmers Bank of Underwood with a \$500 donation. We are looking to making a difference in social justice, decisions to strengthen our community. Because of Francis Ellison’s bequest of over \$400,000, we were able to remodel the building, provide empowerment grants and even buy the building next door. We have had days of opportunities because we have the resources.

Bob then relayed the story of John Steinbeck’s novel, *East of Eden*. A main character was Lee, a Chinese family attendant. In his novel, Steinbeck relates to his characters, the story of the Bible’s Cain & Abel. After Cain killed Abel, God marked him for protection. There are two interpretations of Genesis 4 regarding God’s instructions to Cain: one writing “thou shall rule over sin” meaning you will conquer sin; the other writing “Do thou rule over sin” – ordered to conquer sin. The novel’s character, Lee consulted Buddhist philosophers as to which was the real meaning. After contemplation of two years, the Buddhist philosophers who in turn had consulted a Jewish Rabbi, came back with the answer “*timshel*,” meaning in two words – “*Thou Mayest*” – you have a choice.

We, at UCU, are excited about social justice, racial justice, environmental justice, our children, how to listen, how to better speak in the market – we are uniquely alive, the choices are ours and within our power; “*Timshel*” – “*Thou Mayest*.”

Attendance: 45

September 11 – Van Gooch: “How You Can Un-change Climate Change”

“Climate change is a danger to our environment, food supply, economy and health. Let us not leave this as a legacy for our children. The primary cause of climate change is the burning of fossil fuels, but there are other good sources of energy we could use instead. Our government and the world has recognized this problem, but it is going to take time for them to react. But you and I can take action today to reduce our fossil fuel usage. Conservation, along with use of technology can greatly reduce our contribution of green-house gasses to the environment.”

Dr. Van Gooch is a retired professor of Biology from the University of Minnesota of Morris. Dr. Gooch was a respected teacher and received the Horace T. Morse Teaching Award. He received his Ph.D. in Biophysics from the University of California, Berkeley in 1973. Upon retirement, Van and his wife, Sue, built a zero energy home 12 miles southwest of Alexandria. They are also involved with the Citizen’s Climate Lobby, a nonpartisan group interested in curbing climate change.

Attendance: 42

September 18- Kevin Hutch, Hip-Hopper, Rapper, Film Maker, Musical Collaborator, began his program by performing 3 Hip Hop songs that he had written. He followed this by sharing several things about himself and his music.

He grew up in NYC in a musical family. He explained that Hip Hop was created by fathers to keep their kids out of trouble. Hip Hop has several aspects including DJ, Beat Boxing, Dancing, Graffiti, and lyrics/songs. Kev's primary 'element'/gift is in composing lyrics. His message is one of unification of peoples, and of reaching out to kids. Over the years he has studied and grown in his music, and has branched out into film making.

At some point, he developed diabetes. For a time, he had to set aside his music, etc. to make the life style changes he needed to make, such as ceasing to drink alcohol and making dietary changes. He also moved to Minnesota and had to adjust to many changes (such as the weather). His music has continued to evolve. He has created "Dr. Philly," who is a creative artist who helps people (particularly young people) through music. He tries to reflect beauty and love in his work; has paid attention to his elders and learned from them and from books; is trying to live and think healthfully; and is trying to build connections and inspire others through his music.

More at: <https://www.reverbnation.com/kevhutchhustle>

Attendance: 47

September 25- Dr. Wayne Barkhouse, "The Building Blocks of the Universe"

Dr. Wayne Barkhouse, an Associate Professor of Physics and Astrophysics at UND was the speaker. His main research interests include understanding the evolution of galaxies in clusters. He spoke about dwarf galaxies, spiral galaxies, elliptical galaxies, and much more. He was a great speaker/teacher – was able to explain some complex concepts in understandable terms

Wayne explained that his interest in astronomy began with realizing that the sun is a nearby star. It is a shame that light pollution interferes with the ability of so many people today, to experience the night skies.

Distances in space are measured in light years. One light year = 6 trillion miles. The nearest galaxy to our Milky Way is Andromeda, and it is 2,300,000 light years away.

The oldest galaxies are made of hydrogen and helium. Newer galaxies are made of heavier elements. (Wayne pointed out that the iron in our hemoglobin originated in the stars; we have the cosmos in our blood). Gravity pulls particles together, eventually forming dwarf galaxies. According to Wikipedia, "a dwarf galaxy is a small galaxy composed of about 100 million up to several billion stars, a small number compared to the Milky Way's 200–400 billion stars." These often are part of a larger group of stars, and revolve around a parent

galaxy. Over time, the parent galaxy can destroy the dwarf galaxies by swallowing them up through “galactic cannibalism.” In the Milky Way, a few dozen dwarf galaxies have been identified. Andromeda and the Milky Way are spiral galaxies which are moving towards each other. When they collide (in about 5 billion years), scientists believe they will form an elliptical galaxy, which does not have the “arms” that spiral galaxies have.

Wayne also gave a great, brief explanation of what is known about dark matter and dark energy, and is willing to return to UCU at a later date to share more information.

Attendance: 34

Unitarian Church of Underwood Approved Board Minutes for August 17, 2016

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

The meeting was called to order at the church by Board President Mary Anderson at 6:32 p.m. Mary Anderson shared a reading/meditation. The agenda was approved (Warhol/Sanderson).

The minutes of the July 17, 2016 meeting were approved as corrected (Wass/Worner).

Reports:

Executive/Finance Committee met August 11- to prepare the work for this meeting

Treasurer: David Wass - expenses to date for Sverdrup Suites. Dave stated that Tere Mann and Ron Roller prepared the revenue/expense report for the Sverdrup Suites. The line items were reviewed and any unanswered questions will be brought back to Tere and Ron for clarification. Dave also read a letter from Ron Shebek (FSB) thanking the UCU for the on-going service to the community and included a \$500.00 donation. Dave also reviewed the first quarter budget and UCU is about even with the budget at this time. Bob Worner stated this is good considering it is the summer quarter when church attendance is historically lower.

Administrative Consultant: JoAnn Larson - first draft of the church key list was passed around for everyone to enter the # of keys in their possession. Joanne will contact other church members to identify how many keys have been handed out. The Speakers Committee: see handout for scheduled speakers.

Stewardship: David Sanderson - No report at this time.

Program :

- John Minge, Sandy Barnhouse and Bob Worner will be conducting Adult RE sessions on the 1s, 2nd and 4th Sundays respectively. Mindfulness will be led by Stan on 3rd Sunday. See handout.

-U-Groups - Connie Stigen: Tere Mann and Connie Stigen met on 8/25/to plan the first 5 topics with the first one to be “Civility”. Four U-Groups including Alexandria. The Facilitator’s Meeting (with training and procedure review) will be Tues, 8/23/16.

Facilities Committee: Kris Warhol - noise abatement, floor painting, lift repair. Estimates for noise abatement will likely make up most of the allotted budget and floor painting may need to be postponed. Mike Hagen inspected and did a minor repair on the lift door and it is working at this time. More major lift repair estimates will be obtained, but we made it an urgent item to proceed with as quickly as possible.

Sverdrup Suites Review-Lease inspection must be done with all new tenants. Emergency contacts will be obtained from current tenants and retained by Cathy, Susan and Norm.
Lawn Mowing Charges - mowing contracted service payment was modified from \$35.00/hr to \$65.00/time. Change approved (Sanderson/Warhol).
Replace Water Heater- water heater should be replaced vs repaired. Cathy will be asked to get estimates from a licensed plumber and the committee can approve by electronic vote.

Safety Committee:

Apartment inventory - must include appliances with serial #'s, garage door openers and guide books. Safety Committee will conduct this inventory.

Community Outreach Committee: Sanderson - July 16 Bike Ride for Shan refugees had 15 riders. Dave would like to do it again next year with increased promotion for the event.
Underwood Harvest Festival activities September 3, 2016. Kris is collecting shirts from the organizations that have received empowerment grants, Heather and 4-H kids will ride horses and invite others to ride in the parade and Heather will assist with the Kiddie parade. UCU open house will be from 3-5 pm. Joanne will make Bernice Johnson's remaining jewelry, scarves, etc, available to purchase during the open house
God's Work, Our Hands - Sept 11, 2016 -UCU will have a service as usual in our own facility.

Membership Committee - meeting 8/24.

Directory- Norm continues to take pictures for the directory. A "Memorial" page will be added.
2017-2018 Pledge/Volunteer Appreciation Event - April, Membership-Stewardship Committees- Adam & Eve Play - 4/9/17.

New Member Sunday -Oct 2 and March 2017 - coordinating with celebrants.

Unfinished Business - Discussion topics:

Lift repair will proceed as quickly as possible with Mike Hagen. Option is to repair vs replace the door.

Peace Flag - purchased and will be placed as soon as appropriate hanger is determined.

Review of child care services/expenditures: This was tabled at this time. Consensus is this is a necessary service and should be continued. Evaluate at a later date.

Continuation of policies and procedures adoption -

1. Contract Policies, Section 1: Two sentences and word "unpaid" removed. Contract services will require the individual to purchase their own personal liability insurance. Add to procedure. Approved (Warhol/Sanderson)

2. Proposed adoption of Accounting Procedures Section 9 - including Budget Request Form, Collection Reporting/Monitoring, Investment Policy and Record Keeping. Approved (Miersch/Sanderson).

Race Dialogue 8/14 following service was very successful. Many requests to continue with more dialogue with Victoria and other actions.

New Business

Stan received a communication from MUUSJA Social Justice group requesting a representative from UCU. Stan will respond that we wish to wait until further development of our social justice efforts.

Carpenter's Club - Stan proposed that we offer assistance to Heidi Paulson to stain her house.

Proposed dates: Sept. 24th with Oct. 1st as a backup in the event of inclement weather.

Gathering to make bags for Shan Refugees scheduled for Sept 18th. Joanne also noted that she sold some of Bernice's jewelry, scarves, etc, at the Farmers Market raising an additional \$240.00 for the Shan Refugees.

The **next meeting** is scheduled for Wednesday, September 21, 2016 at 6:30 p.m. Executive Committee September 21 at 5:30 pm. Six month review of Strategic Plan, Goals and Objectives.

The meeting was adjourned at 8:16 pm.

Respectfully submitted,
Connie Stigen for Norm Kolstad, Secretary