

Newsletter September 2019

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.

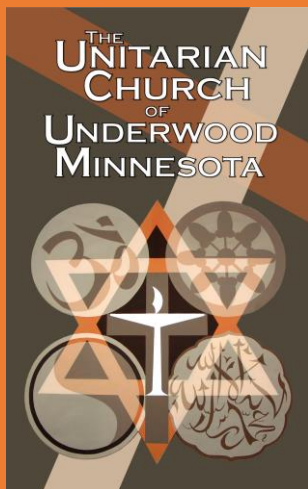
Unitarian Church of Underwood

PO Box 58, 206 North Main Street
Underwood

Phone: 218/826-6553

Website: www.ucofu.org

www.facebook.com/www.ucofu.org



Ron Graham with RE Children

Sunday Services 10 a.m.

September 1 – Bob Worner, “A Late Summer Day’s Dream”

September 8 – Rev. Roger Parks, “Holy Envy—Appreciating Alternative Spiritual Practices.”

September 15 – John Donahue, “All the World’s a Stage”

September 22- Lindsey Scherloun, “We Tell Time...”

September 29 - Larry McDonough, “Resistance”



| ~ September 2019 ~ | | | | | | |
|---|----------------------|--|--|--|-----------|-----------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 1 Bob Worner, "A Late Summers Day Dream" Children's RE 10-11 am #300 Mindfulness Sitting 9:15-9:45 am #300 | 2 AA 7 PM | 3 | 4 Membership Committee 4 pm @ #300 Finance Committee 6 pm @ church | 5 | 6 | 7 |
| 8 Rev. Roger Park, "Holy Envy..." Ancient Religions Adult RE 8:45-9:45 am Children's RE 10-11 am Mindfulness Sitting 9:15-9:45 am #300 | 9 AA 7 PM | 10 Battle Lake/Underwood U Group @ Bergs @ 3 p.m. | 11 Alexandria U-Group: 2 nd Wed @ 7:00 pm @ Widseth, Smith & Nolting Office Bldg., | 12 Perham U Group @ Stan Carignan's 6:30 p.m. Speakers Committee 3 pm @ #300 | 13 | 14 |
| 15 John Donahue, "All the World's a Stage" White Fragility Adult RE 8:45-9:45 am. Children's RE 10-11 am #300 Mindfulness Sitting 9:15-9:45 am #300 | 16 AA 7 PM | 17 | 18 Board Meeting 5:30 PM | 19 Fergus Falls U Group @ Diana Ziesemer's @ 3:30 p.m. | 20 | 21 |
| 22 Lindsey Scherloun, "We Tell Time..." Spong; Adult RE 8:45-9:45 am Children's RE 10-11 am # 300 Mindfulness Sitting 9:15-9:45 am #300 | 23 AA 7 PM | 24 | 25 | 26 | 27 | 28 |
| 29 Larry McDonough Children's RE 10-11 am #300 Mindfulness Sitting 9:15-9:45 am #300 | 30 AA 7 PM | Notes: Adult Religious Education Classes and U Groups resume meeting. | | | | |

Coming in September

September 1 – Bob Worner, “A Late Summer Days Dream” addressing UU Principle: #6 The goal of world community with peace, liberty and justice for all.

September 8– Rev. Roger Parks, “Holy Envy—Appreciating Alternative Spiritual Practices.”

“In my Father’s house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you?” *JESUS OF NAZARETH*. Drawing on Barbara Brown Taylor’s work entitled HOLY ENVY, this talk will focus on a growing understanding of spiritual life and its diverse expressions.

September 15 – John Donahue, “All the World’s a Stage” is a poetic view of infancy to old age. Donahue draws from Shakespeare, Edgar Lee Masters, Sylvia Plath, and many others as he uses his acting skills in presenting a series of poetic portraits.

September 22 - Lindsey Peck Scherloun, “We Tell Time by the Sun and the Moon: Humbled by the Ethnosphere.” Lindsey is a multidisciplinary artist whose social engagement practice has landed her in relationships with diverse communities and tackling hard topics like human migration and climate change. Her recent project, The Color of Strength, focuses on a community of Somali Bantu refugees in Pittsburgh, PA. The experience of making this and other collaborative works will offer touch points for reflecting on our own biases in her talk about cultural expression and tolerance.

September 29 - Larry McDonough, “Resistance.” Larry McDonough has been performing for over 40 years. He received his Bachelor of Science Degree in music education from the University of Minnesota in 1978, performing on piano and trumpet, and in ensembles. He is a jazz pianist and vocalist, composer, arranger, and educator. He has developed several programs around UUism and social justice themes. Larry presentation will include piano, voice and essays with Carol Bergquist playing flute. Larry spoke at UCU in April and we welcome him back.

Notes from August Speakers

August 4 - **Barb Honor, “The Good, the Bad and the Humanity.”** Podcast @ <https://soundcloud.com/user-927528278/the-good-the-bad-and-the-humanity-barb-honer-8-4-19>

Also, Bernice Johnson gave an update on the Shan Schools. See below for details.

Attendance: 50





August 11 - Willard Yellowbird, "Understanding the Oneness of the Spirit in the Native American Tradition." Podcast link @: <https://soundcloud.com/user-927528278/understanding-the-oneness-of-the-spirit-willard-yellowbird-august-11-2019>

Attendance: 47

August 18 – Tere Mann led a thoughtful, delightful service and program on "**Building Community.**" We sat in a circle under blue skies and a warm sun.

Following her reading of some Opening Words, we sang "Let's Get Together" by Chet Powers.

Instead of the normal Chalice Lighting and sharing of joys and concerns, we went around the circle and shared – our names and where we were from; one thing we wanted the group to know about us; and one thing we love about being alive on EARTH.

Our responsive reading was from Joanna Macy and Molly Brown, titled "We Journey Together". In unison, we read "Seeing with New Eyes" by Rainer Maira Rilke.

Tere led us in an interactive 'Systems Game' that demonstrated how systems are dynamic and fluid when moving, and how they are destroyed when stopped. Following a passage by Gloria Steinem, "Going Forth," we sang "Step by Step" (Waldemar Hille & Pete Seeger) and "Will the Circle be Unbroken" (traditional tune).

We shared a delicious potluck meal and great visiting.

(No recording made for podcast.)

Attendance: 29

August 25 – Dr. Hilda Koster, "Planetary Solidarity: Women, Theology, and Climate Justice"

<https://soundcloud.com/user-927528278/planetary-solidarity-women-theology-and-climate-justice-dr-hilda-koster>

Attendance: 58



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August Special Musicians: Sally Avant, Jerry & Shirley Spanhanks, Terry Shaw

Note: To find July 21 speaker, Dr. Marta Adelman's "Musings" blog for examples and questions to prompt human growth, go to:
<https://drmartasmusings.com/>

Adult Religious Education Classes Resume this Month

1st Sunday of Month – After 12 years, John Minge has opted out on leading an adult education class this year. If you are interested in leading a class on the 1st Sunday of each month, please contact Kris Warhol @ 218/ or mwarhol7up@gmail.com

2nd Sunday of Month – Ancient Religions. Sandy Barnhouse will lead the class based on the book, *Sacred Pleasure* by Riane Eisler. This year we will finish discussing Riane Eisler's "Sacred Pleasure" beginning with Chapter 13. Participants are encouraged to review Ch. 11 & 12, and read Ch. 13 prior to the September meeting. Our calendar will shift as follows: We will not meet December, January or February. Beginning the second Sunday in March, we'll wrap up the last Eisler chapters we've finished over the winter and begin a new source and direction as suggested and/or agreed upon by participants. From March 2020 through the summer, and until November 2020, we'll meet every month, comprising a nine-month cycle, which allows summer attendance. If the class is well attended, we'll hopefully adopt this new calendar and make it less difficult to attend in the early hours during the darker winter months. Meeting time: 8:45 a.m. *Sandy Barnhouse*

Note: *There will be no formal mindfulness class the 3rd Sunday of the month. Mindfulness sitters will share literature on mindfulness that they have with others wanting to learn more about mindfulness meditation. There is a small loan library of materials in the Mindfulness Sitting Room at #300 of Sverdrup Suites*

Instead on the 3rd Sunday of Month – Ellen Eastby will lead the discussion using the book, *White Fragility, Why It's So Hard for White People to Talk About Racism* by Robin Diangelo.

From Ellen: "...I believe that white progressives cause the most daily damage for people of color. I define a white progressive as any white person who thinks he or she is not racist, or is less racist, or in the 'choir,' or already 'gets it.' White progressives can be the most difficult for people of color because, to the degree that we think we have arrived, we will put our energy into making sure that others see us as having arrived. None of our energy will go into what we

need to be doing for the rest of our lives: engaging in ongoing self-awareness, continuing education, relationship building, and actual antiracist practice. White progressives do indeed uphold and perpetuate racism, but our defensiveness and certitude make it virtually impossible to explain to us how we do so.” Robin Diangelo – *White Fragility – Why It’s So Hard for White People to Talk About Racism*.

While the previous paragraph is difficult for many of us to read, there is much truth to it. That is why reading this book is so important for ourselves and for humankind as a whole. On the third Sunday of the month, from 8:45 to 9:45 at the church, Adult RE will consist of reading and discussing the book *White Fragility – Why It’s So Hard for White People to Talk About Racism* by Robin Diangelo. (The book is available at the UUA bookstore, as well as places like Barnes & Noble, and Amazon. If it isn’t available at Lundeen’s in Fergus Falls, they will order it for you.) Ellen Eastby will be leading the class. On Sunday, September 15th we will focus our discussion from the forward on page ix through page 14. Please be prepared to be uncomfortable, honest, and gentle with yourself as we discuss this difficult, but potentially life changing, subject.

4th Sunday, September 28 – Bob Worner will lead the class, finishing the Spong book and then deciding as a group what they’d like to study next.

Note: Mindfulness Sitting each Sunday from 9:15-9:45 a.m. in Suite #300, Mindfulness Sitting Room.

Check out Sandy Barnhouse’s writing as published in the Fergus Falls Daily Journal, August 23, 2019. Norm Kolstad makes it available at Google.Docs by clicking: [Here is Sandy's article.](#)

Stay^oinformedED

Website:
www.ucofu.org

**Sunday Talks available via
PodCasts @ soundcloud.com/user-927528278**

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

Contact Mary Anderson @218/346-6638 or maryanderson8380@msn.com for Sunday announcements. Contact Kris Warhol @ 218/205-1644 or mwarhol7up@gmail.com for local media notifications.

U Group Schedule (Meetings Monthly)

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

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

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

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

Please submit your ideas, articles and photos to:

maryanderson8380@msn.com

Editing: Stephanie Sanderson

Emailing/mailling: Ellen Eastby and Mary Anderson

Website: Ellen Eastby

Facebook: Melody Shores

Photos courtesy of Norm Kolstad & credited others.

Note: Send Announcements for church bulletin and monthly newsletter to Mary Anderson @maryanderson8380@msn.com. She forwards 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.

Adult Religious Education Classes & Mindfulness Sitting

2nd Sunday of the month, 8:45- 9:45 a.m. – Sandy Barnhouse leads the Ancient Religions Class using *Sacred Pleasures* as resource.

3rd Sunday of the month, 8:45 – 9:45 a.m. – Ellen Eastby will lead a discussion using the book, *White Fragility* by Robin Diangelo.

4th Sunday of the month, 8:45-9:45 a.m. Bob Worner leads the discussion completing the book, *Unbelievable* by Jon Shelby Spong.

Each Sunday of the month, other than 3rd Sundays (see above): 9:15 – 9:45 a.m., Stan Carignan leads Mindfulness Sitting @ #300 Sverdrup Suites.



Children's Religious Education

Words from Children's Religious Education Coordinator, Kris Warhol: "At the helm Leaders, Ron Graham and Kris Warhol thank Cedar Walters, Jon Solinger, Richard Kagen, Bonnie and Lance Albers and Wally Warhol for providing lessons to our children. We are all sailing this ship, the blue boat together, finding important messages to share with our children.

We continue using "Home" as the main theme. There is a vast Universe guiding our lessons defining what home means. Heart is where you find home. In our town of Underwood, full of life and purposeful action, is a Heart Shop.

Many are busy and one can listen as the shop murmurs like a beehive. Working with those gathered on a windy day is like taking a journey through a kaleidoscope. 'The great person is one who hasn't lost the heart they had when once a little child.'

Parents: we thank you for trusting our leaders with your children - they are a joy to us. The Heart Shop Suite 300 is full of life, bringing the Unitarian Principles to life." *Kris Warhol*

Throughout the summer lessons we had the usual opening, attendance taking, chalice lighting sharings, and short reviews of Unitarianism, the Universe and the Bible story of creation. We also took time to play at the park and prepare healthy snacks. We encourage having fun and learning together over the wide range of children's ages from 2-12. *Ron Graham*



For the fall, we will continue with the UUA, Tapestry of Faith curriculum using the "Home" (See <https://www.uua.org/re/tapestry/children/home>). Lessons 1-10 were completed already so on September 1 and 8, Cedar Walters and Ron Graham will lead with lesson 11: Bless this Meal. Perfect for harvest time! Activities include breaking bread, saying grace, and maybe learning a new song to share with the congregation.

We are evaluating some adjustments to the children's program to have more time at church before departing for the lesson and activities. If you have ideas, please contact Kris Warhol, Ron Graham or Cedar Walters.

Special on September 15: Mary Graham from California will be teaching about being deaf and deafness. She will also teach us some signs. Mary has spent decades signing for and interacting with deaf persons. The children will also discover that Ron's brother, Eddie is an interesting person to get to know. Like Ron, he truly enjoys children.

U Groups Resume

U Group sessions will start up again in September. U Groups are small meeting and discussion spaces where the folks there discuss topics in a thoughtful way. The topics are presented by the group leader and the four groups all discuss the same topic each month. The topic for September is Creativity.

U Group meetings are held once a month, and are currently being held in Battle Lake, Perham, Fergus Falls, and Alexandria. *Each group holds an empty chair for anyone who wants to come and join the group.*

If questions or to join a group, please contact Shannon Smith@ shannon.smith20@gmail.com or 320-630-6229.

U Group Monthly Meeting Schedule

- Alexandria U-Group: 2nd Wed @ 7:00 pm @ the office building of Widseth, Smith & Nolting Office Bldg., 610 Fillmore, Alexandria: Facilitators: Lee Becker/Susan Sanford
- Battle Lake U Group, the 2nd Tuesday @ 3:00 p.m. @ **Sverdrup Suites #300**. Facilitators: Bob Worner/ Joanne Cress/Kris Warhol.
- Fergus Falls U-Group: 3rd Thursday @ 6:30 pm @ Diana Ziesemer's, 934 W. Linden St., Fergus Falls. Facilitator: Melody Shores.
- Perham U-Group: 2nd Thursday @ 6:30 p.m. @ Stan Carignan's. Facilitator: Stan Carignan.

*Make Membership Official
Become a UCU Voting Member*



Participate in New Member Orientation September 22 and New Member Welcoming, October 2, 2019

The Unitarian Church of Underwood has expanded in numbers over the last several years. We continue to have friends who are regularly coming through our door wondering if this is a permanent place for them. Visitors and new members often ask for further information on Unitarian Universalism and what the Unitarian Church of Underwood stands for. To help answer questions, the Membership Committee offers a New Member/UU Introduction one-hour session. New Member Orientation will be held again September 22 following Sunday

Service. Please contact Mary Anderson @ maryanderson8380@msn.com or 218/298-4942 to make your reservation. **New member welcoming is October 2 during the Sunday service.** New Member Welcoming is held twice a year, the first Sunday in March and October.

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

“It was we ...the whole people, who formed the Union. And we formed it, not to give blessings of liberty, but to secure them; not to the half of ourselves and the half of our posterity, but to the whole people. ~ Susan B. Anthony

Sunday Volunteers Always Needed!!



Greeters are always needed for Sunday services. This is an easy and fun way to serve and to get to know other UCU members and friends. **Let Kris Warhol know which Sundays you are available to greet.**

Sign Up to Bring Treats, Set-up, Serve and Clean-up – Sign the list on the kitchen counter. Prepare and bring treats of your choice. On your sign-up day, come ½ hour early to set out your treats, make coffee and arrange dishes, etc. Enjoy the time visiting behind the counter as you serve and clean up after. Treats for the freezer are always welcome to fill in for those Sundays when no one does sign up. On the Sundays of freezer treats, jump in to help set-up, serve and clean-up. Some of the best visiting and fun times go on in the kitchen!!



One of the Summer Floral Arrangements by Bev Parker – Thank you, Bev!

Sverdrup & Tingvold Lutheran Churches
God's Work, Our Hands
Annual Community Clean-Up, Fix-up Projects
September 8, 2019
(See Kris Warhol to sign up to participate)

Work Behind the Scenes at UCU

Search Task Force

The Search Task Force has completed its work to find a candidate to fill the position vacated March 31, 2019. The UCU board had directed the task force to present them with two finalists to be considered for a position as an employee of our church.

The task force has been meeting nearly weekly since April. The list of steps we took would be at least as long as this sheet of paper. As our primary guide, we used a document on hiring, From Starting to Parting, put out by the Unitarian Universalist Association,

Last week the two finalists had a second interview with the task force and board members. It is now up to the board to decide on the candidate to be offered a contract. The board will announce their decision to the congregation.

Task force members to be thanked were: John Miersch, Connie Stigen, Betsy Wells, Bob Worner, and Mary Worner. *Mary Worner, Search Task Force chair*



UCU Records Committee

The Records Committee has been meeting monthly. They have located the Articles of Incorporation (the church's constitution) last dated 1974. It is kind of a muddle after that with no further reference to the Articles, but governance was conducted instead under by-laws that were last modified April 23, 2017. The Records Committee will be drafting amendments to the Articles of Incorporation and the Bylaws and bring their recommendations to the Board of Directors for potential consideration for changes with the voting membership at the 2020 annual meeting. Thank you to committee members: *Norm Kolstad, Chair; Mary Anderson, John Minge, Bonnie Showers, Kris Warhol.*



Safety Updates

The Safety Committee continues to fulfill its goals *to assure a safe church environment for UCU members, friends, visitors, employees, and the public and to assure safe keeping of the church building and property.*

The Safety Committee has implemented several measures to further assure safety:

- Installed new signage and evacuation instructions in the church and Suite #300.
- Installed additional fire extinguishers (now totaling eight) that up are to code in the sanctuary adding to those in the kitchen, and in each of the four apartment suites, subject to annual inspection and costing \$216.00 total.
- Replaced batteries in the smoke detectors at church and in #300
- Replaced batteries on the automated external defibrillator (AED) (see below).
- Assigned Safety Committee members to act as “sergeant at arms” to be seated in the Ellison room during Sunday services to alert to “stranger danger” and other health and safety concerns of attendees.
- Regularly check buildings and grounds during the week.
- How many extinguishers are there in church and the suites?
- What type of extinguishers are they? A, AB, ABC?
- Are they all the same type or is the one near the kitchen different?
- Where are they located?
- When were the new extinguishers installed?
- How much did they cost?
- What size are they?
- How often must they be checked?
- Are they refillable?
- How does one operate an extinguisher?

For the past three years, we’ve had on hand an automated external defibrillator (AED). The is a portable device that checks the heart rhythm. If needed, it can send an electric shock to the heart to try to restore a normal rhythm. AEDs are used to treat sudden cardiac arrest (SCA.) During this course of its ownership, Dave Sanderson has maintained the check-off list and done the recommended regular inspections of the equipment. Dave will soon provide training/refreshers AED training to Board members and others interested. One of the Safety Committee Members or Board Members are at hand in case of emergency.

Thank you to Safety Committee members: *Norm Kolstad, Chair; Susan Groff, Dave Sanderson, Kris Warhol, Wally Warhol.*

Facilities Improvements

Under the Strategic Plan, the Facilities Committee’s goal is *“to preserve and maintain the structure and integrity of the historical church building purchased as Union Hall in 1904; to enhance the aesthetics and functionality of the church building; to adopt environmentally friendly, safe practices within and without the facilities and grounds; to maintain the buildings’ exterior and grounds making a statement to the community of our care and values.”*



The Facilities Committee is moving forward on their 2019-20 budget approved items, findings of the Space Planning Task Force and their Strategic Plan annual goals and objectives.

After careful consideration of the benefits of replacing the six sanctuary windows or restoring the existing windows, the decision was made for window restoration with storms, thereby meeting our aesthetical, functional and environmental values. The Board approved funding of \$25,340 for restoration of the six sanctuary windows and add Mon Ray double-hung storm windows. The work is scheduled to begin in September with John Shaw and Susan Groff coordinating work with window restoration company.

After restoration of new windows that can be opened and closed, the Board may move forward with a further air quality study to determine if other remedial action is necessary.

The Facilities Committee also has work soon underway to do some leveling and planting to deflect water away from the church building's foundation. Along with this, a walkway of pavers will be installed to ease the pathway between the church and Sverdrup Suites. Katy Olson and Darryl Booker are managing the landscaping project with work to begin in September using the \$2000 budgeted.

Kris Warhol and Lee Hamness are completing the plans to replace lower level lighting with more energy efficient 15 w LED lighting.

Thank you to the *Facilities Committee*: Susan Groff (Chair); Darryl Booker, Katy Olson, Kris Warhol.



Communications Committee/Technology Team

Using various methods of communication, the Communication Committee members and other volunteers work together to provide information on Sunday speakers, religious education classes, activities, Community Outreach events and other matters of interest for UCU members and friends. Their efforts together build visibility and keep UCU members and friends informed on a continuous basis.

Ellen Eastby, Committee Chair, maintains the Unitarian Church of Underwood's website at www.ucofu.org. Ellen also sends out the weekly newsletters, monthly newsletters and other announcements using Mailchimp. Mailchimp's tracking statistics show a total tracking audience of 179. Statistics show an opening rate of 31.7%.

One of the findings of the 2016 Plan to Grow Study and the 2018-2023 Strategic Plan has been to increase visibility for UCU and using social media is proving successful. Many first timers tell us that they found our church through the website.

Communication's Technical Support Team rotate responsibilities each Sunday to set up and monitor sound and visual equipment. To improve these services, the Tech Team recently met with a Consultant, Mike Donoho. We discussed our current system, as well as, our goals and dreams for a future system. Mike gave us some tips for running the sound board, which will be of help to all team members. He also gave us some advice that will hopefully improve the quality of the system without spending any money. He will be writing up a summary with steps beginning with low cost tweaks and additions to our current system up to the system we would like to see in the future. We talked about designing the system so it can be purchased in increments over the course of a few years, as opposed to a large lump sum at the onset. Our vision for our sound system is to one day have everything run through an iPad, laptop or tablet, so the sound technician can make all adjustments while sitting anywhere in the sanctuary. Once we receive the summary, we can work out a proposed budget and present it to the board of directors for approval. The tech team feels that sound quality is one of the most important aspects of the Sunday morning service. It is the key component to allowing all persons in attendance to hear every word the speaker is saying. We will be working hard to reach that goal.

The Tech Team also manages the recording of the Sunday service so it can be sent out via the podcasts. A link to the podcast talk is included with each weekly Sunday church report and the monthly newsletter. So, for those unable to attend or wanting to re-hear the talk, this feature is available.

Thank you to the Communication Committee and Technical Support Team: Ellen Eastby, (Chair and Website Administrator); Mary Anderson (Newsletter Editor), Norm Kolstad (Google Docs Administrator), Melody Shores (Facebook Page Administrator), Bonnie Showers (Advisor); Tech Team: Ellen Eastby, Tere Mann, Amy Beckman, Wally Warhol, Ron Roller, Melody Shores.

Beginning Experience
Fergus Falls Support Group
For divorced, widowed, separated
Coping with Life Alone
10-week session begins:
Monday, September 9, 2019
Registration at 6:30 pm at
Zion Lutheran Church, Fergus Falls
For more information call 218/998-4300
Walk-Ins Welcome

Kaddatz Galleries Features Former UCU Speaker, Martha Bird

Minneapolis-based artist, basket maker and nurse Martha Bird, Alumni Hinge Artist, announces a joint exhibition of new and retrospective work at Kaddatz Galleries and Otter Tail County Historical Society in Fergus Falls, Minnesota from Wednesday, September 11 through Friday November 1, 2019!

"Reclaiming Basketry: Working Through Stigma to Reach Creative Potential," Saturday, September 21, 1:00 p.m., Otter Tail County Historical Society, 1110 W. Lincoln Avenue, Fergus Falls, MN 56537. Free and open to the public.

Reception: Saturday, September 21, 3:30 - 5:30 p.m. Artist talk at 4:00 p.m. Kaddatz Galleries, 111 W. Lincoln Avenue, Fergus Falls, MN 56537. Free and open to the public.

September 2019 Health Note from the Welcome Place

With the start of September, school activities will be back in swing for those with school age families. For many families, including grandparents, these activities include sports. This short poem was shared by Lois Ustanko of the Sanford Faith Community Nurse program and reminds us of what these sports really mean. For those with school age families, remember to enjoy the years....they go by fast!

Sports Parents Prayer

Lord, help me remember I'm having fun—the chaos, the rushing, the meals on the run.

Don't let us forget the equipment we need, and not get delayed, so we don't have to speed.

May I cheer even if my child is benched, or it's raining or snowing, and I'm cold and drenched.

And may I not right in mid game stop to think, "Oh no, I forgot it's my day for drinks!"

For I know it's important to show my support, to be there for my kids, as their youth is so short

I thank you for having this time with them, Lord...for being a Sports parent is its own reward.

Amen.

Note: Katherine Jordahl, RN, BS is now retiring as the Health Nurse at the Welcome Place in Pelican. She plan to continue sending her health updates to several local churches for their newsletters.

CAREGIVER DISCUSSION GROUP

WEDNESDAY SEPTEMBER 25, 1-2:30 p.m.

At The Pelican Rapids Welcome Place

Open to anyone involved in the care of a friend or family member

No preregistration required

Living Out Our UU Principles

Literacy

Sharing the power of learning through education, community building and advocacy

The Minnesota Literacy Council is looking for volunteers to help adults learn English, prepare for the GED, practice reading and writing and gain computer skills. Join this important work by volunteering with us. Call the Hotline: 1-800-222-1990, text us: 612:424-1211 or email Kelly: krynda@mnliteracy.org

Yearning for Yarn



Hats, Mittens, Sweaters shown knit by Marianne Bryan for Homeless Shelter

Knitting warm hats, mittens, scarves and sweaters for folks in poverty is another passion of Marianne Bryan when she is not playing the piano!! She would graciously accept any odds and ends of yarn that you might have around your home that you are not going to use so she can continue knitting warm things for people in need. If you have yarn you would like to donate, please bring it to the church and she will accept it and bring it home to continue her knitting. When she is not in northern Minnesota, Mary Worner would gladly accept the yarn for her and deliver it to her when she returns. For more information, contact Marianne @ mfbryan12@icloud.com or 651 353 4755.

Shan Fund Raiser

Thank You for your generosity! We raised \$3275.00!!



Founder: Bernice Johnson



Shan School Students, Thailand



Board Member: Mary Worner

“Thank you to everyone that supported Schools for Shan Refugees (SSR) in August with their attendance at the Thai dinner, contributions, and purchases of Thai merchandise. The fundraising goal was \$2,000 and you surpassed the goal with contributions totaling \$2,540. Purchases of the merchandise added another \$125.

Thanks to Kris Warhol, the money raised by our June rummage sale added more than \$500, for a total of \$3,275, that has been sent on to Schools for Shan Refugees. Bernice Johnson is delighted as this amount brought SSR close to the income budgeted for the year.

When organizations meet and even surpass their monetary goals there are usually lots of people to thank for the ideas and implementation. That is true here. The idea for the fundraiser came from Katy Olson. A carload of groceries and pails and pails of produce used for the dinner were provided from Katy and Ron Roller. Tere Mann did the grocery shopping. The choppers of bowls and bowls of veggies and fruit were, again, Katy and helping her Kathy Kensinger, Amari Stone, and myself. Ron Roller went to the garden for more of whatever we needed. Cedar Walters made the spring rolls. Chris Walters provided and served the refreshing beverages. Bernice Johnson made a special trip from Minneapolis to be with us.

To wrap up a great afternoon of dinner, conversation, and information on SSR from Bernice, there was the tour of Ron's amazing gardens. We appreciated every person's contributions. Thank you again." *Mary Worner. SSR Board Member*

"Never doubt what a small group of dedicated people can do. I look forward to next year and more good food, good people and conviviality.

Thank you to my dedicated and hard-working team, Mary W. Kathy K. and Cedar and Chris Walters! And as always, thank you Ron Roller for your hard work and support in all of my endeavors." *Katy Olson*





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Thank you to my dedicated and hard-working team, Mary W. Kathy K. and Cedar and Chris Walters! And as always, thank you Ron Roller for your hard work and support in all of my endeavors." *Katy Olson*

Here are the links to the recipes that we used. Bon Appetite! Katy

<http://www.eatingwell.com/recipe/262787/tea-leaf-salad/>

<https://www.happyfoodstube.com/vegetarian-fresh-spring-rolls/>

<https://jessicainthekitchen.com/thai-green-curry-vegan-gluten-free/>

<http://burmeseasy.com/index.php/recipes/shan-rice/> <https://www.196flavors.com/burma-shan-noodles/>

<https://loveisinmytummy.com/2018/01/vegan-shan-noodles-w-tofu-curry.html>

<https://www.allrecipes.com/recipe/150313/thai-sweet-sticky-rice-with-mango-khao-nee-mamuang/>

Read this article by Ozzie Tollefson found by clicking: [Bernice Johnson in yesterday's Fergus Falls Daily Journal](#) (courtesy of Norm Kolstad).

Another Opportunity to Help Young Students

Alvin Young High School Scholarship

(From Barb Honer who spoke on her service trip to Belize on August 4)

Donate to Help Belize Student, Jason

Ms. Lavern, the principal of Victorious Nazarene in San Jose Succutz, Belize and two teachers, Ms. Dee Shanely and Mr. Kevin Rosales, have developed a scholarship sponsor program. They have identified ten (10) students in their school who are at risk of not graduating due to lack of money. This is an opportunity to help one of those students Jason, the son of Aby and Jose.

Here is a little bit about what life is like for Jason's parents, Aby and Jose:

Jason's mother, Aby is the youth director at her Church where she tries to help the youth using her own money when she can. She has wanted to take her group on a mission trip to an even poorer community but has been unable to raise enough money to do a trip for the last two years. Several years ago, I gave her a sewing machine on which she has learned to sew, and she makes bags and items out of old blue jeans and other discarded clothes. She sells what she can to make a little money for her family.

Jason's father, Jose works as a chef. However, during the slow season he goes without work. A year ago, he was without a job, so he rented a car, paid for the license and gasoline and provided a taxi service. But it cost him \$50.00 a day for rent and he often did not make that in fares. He then took a job on the Caye as a chef, but this meant he had to stay away from home and send the money he earned back home.

At that time Itzel, the oldest daughter, had graduated from high school but could not go on because there was not enough money for tuition. When Jose returned home and found another chef job, he helped Itzel pick up pop bottles, wash them and turn them in for money so she could start college.

Aby, Jose and their four children lived in a 2-bedroom house without indoor plumbing and for some reason now have had to move. Life is a struggle for Aby, but she has a great faith in God

and has raised her children with that same faith. Jason is a kind and loving boy who helps his mother when he can.

Aby and her family's situation is not unlike many other families in the Succotz area. Students come to school with heartbreaking stories.

Student Costs

It costs \$350 US to send a student to school for a year.

Lunch program cost - \$400

Transportation cost - \$400

We Can All Help

Jason lives near the school and would only need \$350 to secure an education as he will not need a meal plan or transportation. Barb Honer is working with Faith Lutheran in Pelican Rapids to help with this scholarship. Please be a part of this four-year commitment. We can expect to get letters and updates from Jason.

Consider and give your donation for Jason's education to Barb Honer. Make any checks payable to: First Lutheran Church, memo: Belize. These donations will be added to those of Faith Lutheran.



Janell Miersch, UCU Connector Reporting for MNIPL

Over the past six years, MNIPL has grown to 400 congregations, bringing a powerful moral voice to the climate justice movement with notable victories. In March, the spiritually grounded group contributed to an important win in the movement to stop the Line 3 pipeline; the Walz administration cited MNIPL's interfaith action as an important factor in their decision to continue a key legal appeal. Through in-person meetings, letters, and calls, MNIPL influenced the Governor in advancing a goal of 100% renewable electricity by 2050.

MNIPL believes that cultivating leadership is key to political change, and since January, they have trained and coached more than 600 adults and youth in MNIPL climate justice leadership programs. Their summer Youth N' Power camp was a beautiful testament to the vision for climate justice, with twenty youth gathering on the House floor of the Capitol to articulate bold ideas for a Green New Deal.

Now they're stepping into a major month of climate action, with a goal of mobilizing people from 120 faith communities to attend the Global Climate Strike on Friday, September 20th, followed by a week of action that includes hosting a second major gathering at the Mississippi Headwaters.

With UCUs continued support as a sustaining member MNIPL will:

- **Mobilize people from 120 faith communities** to participate in the Global Climate Strike on September 20th and build momentum beyond the action
- **Stand up to Enbridge** by gathering 100 people at the Mississippi Headwaters on September 21-22 in heart-led resistance to the Line 3 pipeline
- **Support 20 congregational teams** to engage their communities in committed action through our Climate Justice Congregation program
- **Sign up dozens of households and renters** for Just Community Solar Gardens, accessible to everyone regardless of income or credit score in the Metro Area

Executive director Julia Nerbonne thanks us for our commitment, involvement, and generosity. She has spoken at UCU in the past and has staff that also can come to UCU in the future to describe the work of MNIPL.

For the EARTH remember these upcoming events:

September 20 Global Climate Strike On Friday September 20, at the request of our youth, people of all ages and around the world will be walking out of workplaces and homes to demand emergency action on climate change. In St. Paul there will be a youth-led rally at the Capitol following a march which begins at St. Paul College. To change public thinking and actions, we need everyone to join together to stop "business as usual" and demand that our leaders take action. This will kick off a week of climate action all over the world; visit the Minnesota Interfaith Power & Light website at mnipl.org for more details on the week of action!

Protecting our Sacred Water: A Gathering at the Headwaters Join a family-friendly community gather and prayer circle on September 21-22. This is the second year of camping at Lake Itasca to honor the sacredness of water, develop relationships, and renew our commitment to stop Line 3. The event is co-hosted by MNIPL and Honor the Earth, funded through donations, so if you can swing it we are requesting a \$15 -25 per person donation to cover the cost of meals; and a \$20 per tent/ bed donation to cover the cost of your stay at the group camp. There are a limited number of beds for elders and those who need to sleep inside. Payments can be made online at mnipl.org/donate/ or in-person the weekend of the trip.

Gichi-gami Gathering to Stop Line 3! You are invited to join hundreds of people from across the Midwest on the shores of Gichi-gami--Lake Superior on September 28, to stand against the Line 3 pipeline and build community. Please register here! <https://www.gichi-gami-gathering.com/rsvp> Now is the time to gather at Gichi-gami and raise our voices so that Governor Walz, our state agencies, and all Minnesotans can hear. We need to protect this Great Lake and stop this toxic pipeline. This event follows the Global Climate Strike, a youth-led week of action to demand climate justice for everyone and an end to the age of fossil fuels. Building Line 3 would lock us into 50 more years of climate crisis level emissions from the Canadian tar sands. Join one of the Global Climate Strikes on September 20th in your own community, then come from near or far on the 28th to Gichi-gami to protect the water and say no to this pipeline that affects us all. This Facebook event in Duluth will be updated as more information

becomes available. It will include a rally, march, and festival with family-friendly activities.



YOU'RE INVITED! Be part of **Building on Faith**, Put God's love into action through the Habitat for Humanity and Thrivent Partnership. Join with Thrivent and Habitat in a Building on Faith event and make a real impact on local community needs! No special skills are needed—just a generous heart. So, gather your family, friends and other church members and sign up today.

September 28th Garage Build Event @ 303 Moen Drive in Battle Lake: 9am -4 pm (lunch provided)
September 29th Open House (tour the home!): 1pm-3pm

For more information & to register for the build, visit www.ffhabitat.org/buildingonfaith or Call: 218.736.2905.

<https://drive.google.com/file/d/1CTPsOGGPEnEPlhxdM4Ei0pXx1QbLb913/view?usp=sharing>

Stan Carignan
Executive Director
Fergus Falls Area Habitat for Humanity Affiliate, Inc.
421 W. Fir Ave.
Fergus Falls, MN 56537
(o) 218-736-2905

We are Part of the Larger UU





Friends,

We are living in difficult, and frightening, times. Daily, we are made aware of the fact that horrendous events can happen any moment. Just look at the shootings in El Paso, and here in MidAmerica in Dayton, Ohio, which followed not that long after tornadoes tore through their neighborhood. Such disasters and tragedies mount up—even if not in our back yard—and the thought they could happen any time keeps us awake at night, and on edge during the day.

Many of these events are ugly, and some of us can be tempted to hold back, and say that this mess is not about me, not about us, and that there is nothing we can do to make a difference. But we all know that holding back is a choice only some of us can make, and if we are to be true to our Unitarian and Universalist ancestors, we can't rest in that privilege. We are called by our tradition to fight for a just and loving world.

Depending on our personal stories, and how this impacts us (especially if in a historically marginalized community) we might need a break. But for those of us not directly impacted, we can and must step up to heed that call and strengthen our resolve to work to make the work that just and loving place. We cannot do it alone, and so we must also look for partners in the work—within our walls, and with others outside.

Your MidAmerica staff is grateful to each of you for being our partners in this work. We can't do it alone. We want to let you know that we are here for you, for conversation, partnership, pastoral support. Please, reach out to us and give us the honor of serving you again.

We are here with you, and for you.

Your MidAmerica Staff team
(with gratitude to our Southern Team Colleagues for letting us borrow
some of their words in part of this message to you.)

Nancy Combs-Morgan, ncombsmorgan@uua.org
Sharon Dittmar, sdittmar@uua.org
Phil Lund, plund@uua.org
Lisa Presley, lpresley@uua.org



The MidAmerica Region is where UUs visibly live our faith, create
connections, grow our membership, and welcome
all persons who share our UU values.

STAY CONNECTED
midamerica@uua.org
312-636-9724
uua.org/midamerica

From the:

MidAmerica Messenger

Volume 7 Issue 1 / August 2019

Found at <https://mailchi.mp/uua.org/midamerica-messenger-august-2019?e=08669689ec>

A Year of Learning and Connection for Smaller Congregations

Brought to you by your Regional UUA Congregational Life Staff

We know that small congregations are sharing the Love and Grace of
Unitarian Universalism with their people and their communities every day.
We also know that small churches can be faced with big challenges.

Together we can help small congregations reach toward their greatest potential.

Register your congregation to participate in:

Four Webinars!

Smalls Making a Big Difference Oct. 16

Right Sizing Your Congregation's Operations Nov. 13

Stewardship and Sustainability for the Long-Haul Jan. 15

Being Beloved Community Feb. 12

Pi Day In-Person Event Near(ish) You! March 14, 2020

Why Pi Day? Small number, infinite possibility!

Facilitated by our regional staff with a video welcome from UUA president

Rev. Susan Frederick-Gray

Meet other smaller congregation leaders

Meaningful conversations

Share support, ideas, and resources

Explore opportunities for collaboration and ongoing shared learning

Of course, there will be PIE!

Registration Opens August 15, 2019

Cost: \$45 per congregation gets you:

Access to all four webinars—for any number of your members (offered twice on each date—at 7:00 pm eastern and 7:00 pm pacific times)

Recordings of all webinars to share with your membership

Access to your Regional Congregational Life staff live on each webinar

Invitation to in-person Pi Day gatherings (locations & costs TBD, to be posted as they are confirmed)

If you have questions about this event, please contact Phil Lund at plund@uua.org.

UCU Board Meeting July 17, 2019

Approved Minutes

Attendees: Bob Worner, Mary Worner, Kris Warhol, Bonnie Showers (acting secretary,) Ron Roller, Darryl Booker, Tim Lanz, Connie Stigen, Allison Francis

Tony Lorenz reading by Bob Worner. Meeting called to order at 5:32 pm

Approve Agenda – The agenda was approved (Stigen/?)

Approve: June Minutes – The minutes were approved (Francis/Lanz)

Need to add to the minutes: Motion to sign the windows contract but doesn't specify how many. Motion was to approve 6 windows @\$25,340 needs to be added to the minutes. (Roller)

Reports

Hiring Task Force: Mary Worner – Mary W. read UCU Search Task Force report (attached.) Mary will add to the report the fact that Kris removed herself from the task force.

Mary reviewed recommendation of having a policy in place that defines hiring members for staff position. She submitted several articles on the subject for the board to review and document a policy.

Ron read a sample personnel policy.

The board discussed the policy of hiring members. Kris discussed making the position a salaried position. (but Ron said this position doesn't have as defined tasks as a janitor, for example.) see Connie's responses by a show of hands.

Task force wants to be able to tell candidates how this job will affect their membership and interactions with members of the church.

Additional Questions that the task force is looking to the board for recommendations:

Membership versus Non-member

Employee will report to President but decisions would managed by Executive committee.

Ron suggested a 90 day probationary period.

Voting privileges: Recuse themselves if it's a conflict of interest, otherwise employee can vote.

Treasurer: Ron Roller Financial Report –Ron past out balance sheet as of June 30th. \$44,714 liquid cash.

Ron asked Tere to document hours spent on book keeping and he will report back next minutes.

We all appreciate Tere's detailed accounting!

Ron is meeting with our acct. next week (Dick Picket)

Stewardship: Tim Lanz – No July meeting.

Facilities: Darryl Booker – Air quality report – in talking with env scientist, best time to do the study is in the winter. Mac's plan is to measure on a Sunday morning before and after the service. This test will be \$1500. Part of fee is special equipment from U of M.

Lots of conversations about how to treat the facility ground. Darryl suggested we need a master plan and volunteered to do the master plan. Darryl will have outline of property development. Part of plan will be connection from church to Sverdrup. Also included will be water retention, children's play area, meditation garden. Document will be distributed to members and start informal conversation.

Membership Committee: Bonnie Showers - Membership Committee will meet in Sept to get ready for new member welcoming in October

Presidents Updates. – Moosejaw – sent a letter stating they want \$440 annually. We can fundraise or donate the rummage sale money. Bob asked why it isn't in budget. Per Ron, Moosejaw is an independent non profit of which we have chosen to be a member. Ashley Horan can come help us raise money. We did not make a decision on this.

Tech committee wants to bring in another consultant to analyze sound issues. They have \$930 in budget but requested \$160. The board is not addressing this issue because the committee hasn't spent their budget yet.

New Business:

\$445 for ½ day of board training. Through Mid America. Board approved that Kris proceed with obtaining information

Meeting adjourned 7:12pm