



Unitarian Church of Underwood September 2015 Newsletter

www.ucofu.org

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.

Sunday services begin again at 10:30 a.m.

September 6 – Bob Worner, "Let Justice Roll Down Like Waters" UU Principle #2

September 13 – Join God's Work, Our Hands community projects beginning with worship service @ 9:00 a.m. at Sverdrup Lutheran Church Underwood or attend UCU @ 10:30 a.m. as usual for abbreviated U group experience.

September 20 – Rod Broding, "Misfits, Part 2"

September 27 - Kris & Wally Warhol, "Francis Ellison, the Gift That Keeps on Giving"

Note: Prior to beginning of service, at 10:20 a.m. there will be issued a "Call to Gather" to alert folks to assemble in the sanctuary so that the service can start promptly.

September 6 – Adult Religious Education – John Minge

September 20 – Mindfulness Sitting – Stan Carignan

September 27 – Bob Worner, a study of the Old Testament using HOW TO READ THE BIBLE by Harvey Cox

Children Religious Education and Coming of Age classes will resume in September, date to be announced.

Other Meetings

September 6 – Children's RE Planning Meeting following Sunday Service

September 8 – Plan to Grow Task Force 4-6 p.m. @ church

September 9 – Safety Committee 6:30 pm @ church (5:30 p.m. inventory taking)

September 16 – Board Meeting 6:30 p.m. @ church

September 23 – Green Sanctuary Task Force 6:30 p.m. @ church

Note: AA Meets every Monday evening @ 7 p.m. at UCU

Resuming Full Schedule in September

More about September Speakers

September 6 – Bob Worner, "Let Justice Roll Down Like Waters" UU Principle #2

September 13 – God's Work, Our Hands – community project with Sverdrup Lutheran Church beginning at 9:00 a.m. or at UCU at 10:30 a.m., experiencing a U-group (for details, see below).

September 20 – Rod Broding, "Misfits, Part 2" - What does it mean to be "average? Why is "labeling" such a precarious act? Rabbi Kushner said, "Never attribute to evil that which can be explained by stupidity." And David Wilkerson said in his book, The Cross and the Switchblade, "The person with an experience is never at the mercy of the one with an argument." Why is the concept of grace so crucial to our understanding of the Christian life? How do these statements reflect on our principles of faith?

September 27 - Kris & Wally Warhol, "Francis Ellison, the Gift That Keeps on Giving" -

UU Principles 1, 2, & 3 and Living Tradition Sources 1 & 2. Remembering those who are no longer among us. Yet, in many ways inspiring us towards a guaranteed future. Francis Ellison, Blanche and Harold Gray, Jim Gray, and others from our past continue to illuminate the present.

Adult Religious Education

First Sunday of Each Month

On the first Sunday of each month beginning **September 6 from 9:15-10:15 a.m., John Minge** will lead a group on a topic of their choice. Previous topics have included: Readings of Ralph Waldo Emerson and Native American Spirituality. At this first class, the group will have the opportunity to choose with John this year's topic. Classes are held in the lower level of the Fellowship Hall.

Mindfulness Sitting

With Stan Carignan

3rd Sunday of each Month

"When is the last time you were reading a book and saw the clouds in the sky and not the ink on the paper? Have you admired a beautiful flower this summer and sensed your own mortality? These are a couple of the profound insights that mindfulness helps to foster. As each of us attempts to put in practice the Seven UUA Principles, mindfulness can be an immeasurable help. We can begin to experience and understand the interdependence of life. We can create a quiet space within ourselves that fosters our sense of peace with ourselves that affects every person we meet. Within ourselves we can realize a vital search for truth and meaning. In truly loving, forgiving and accepting ourselves, we discover empathy for our fellow beings.

UCU Mindfulness begins on September 20th from 9:00 – 10:00 in the Ellison Room. Group Sitting will take place each month on the third Sunday from September thru May. Participants

should bring their own cushion and wear loose fitting clothing. If you do not have a cushion, a pillow works well. At the beginning of each session, we will share a short reading from “How to Sit” by Thich Nhat Hanh. We will then sit for 20 minutes in silence. We will finish each session by discussing the reading and how it resonated in our silence.

“Mindfulness goes by many names. I learned the practice as zazen at Loyola University back in the mid 80’s. It is popularly known as meditation. In truth, it is simply sitting, focusing on your breath, and being in the present moment. How this practice transforms a person is a mystery to me. But what I can tell you from experience is that it has helped to transform me into a better person.

The Mindfulness group is new to UCU – as a matter of fact there is no “group”. I have socialized the idea in the church this past summer and am aware of a few people that practice on their own and a few people who have come from traditions that appreciate the value of silence. I have not contacted any of these people nor have I lobbied for anyone to participate. I have committed to showing up on the third Sunday of each month for the next nine months and will sit with anyone who shows up. I will not be “teaching” but will share my experiences of sitting if asked, as I hope everyone who attends will share their own insights into a successful practice.

When we join the UCU, we promise to bring our talents and abilities to the community. As I pondered what I could bring to the Unitarian Church of Underwood it became apparent that I could and should share the fundamental spiritual practice of my life; a practice that transcends doctrine or any words for that matter; a practice that transcends the need to explain or justify the existence of God or a Higher Power; a practice that gently works on my innermost being, transforming me into a more peaceful, patient, and kind person; a practice that aids me in becoming fully alive.” *Stan Carignan*

Fourth Sunday of Each Month

The fourth Sunday of each month, beginning **September 27 from 9:15 – 10:15 a.m.**, in the lower level of the Fellowship Hall, **Bob Worner will reprise his Bible Study.** “This year we will look at sections of the Old Testament which is the core of Hebrew scripture, comprises much more than half of the Christian Bible, and is a part of Islamic tradition as well.

For a text we will use HOW TO READ THE BIBLE by Harvey Cox published in 2015 by HarperCollins. He studies Genesis, Exodus, Joshua, Job and Amos & the Prophets, to which we might add the Book of Psalms. He is a professor of Divinity at both Harvard University and Harvard Divinity School and a member of the faculty of Arts and Sciences. A bit more of a centrist than John Shelby Spong, he addresses the Old Testament from three perspectives: (1) Its Historical or Narrative perspective; (2) as Biblical Criticism, looking at the date of its writing, its authorship and particularly the reason it was written at that time and later included in the Bible, and (3) its Spiritual perspective meaning what the message means to particular people and groups today, and how it addresses our own needs.” *Bob Worner*

Children's Religious Education

Plans are underway for resumption of Children's Religious Education (Kids' RE) starting with a meeting with all parents/grandparent/others interested on September 6 following the Sunday service. If you have children or ideas for Children's RE, you are invited to join Betsy Wells and JoAnn Larson or contact them; Betsy at betsyanddougwells@gmail.com or 218/736-4469, JoAnn at redswilds@gmail.com or 218/405-0752.

How many remember these days?



Harvest Break by Mickie Edmonds

September Events

Underwood Harvest Festival Parade

Saturday, September 5

Members and friends of UCU are invited to join the parade at Underwood's annual celebration of the Harvest Festival, September 5!! Kris Warhol is organizing our participation to showcase UCU's "Going Green." Kris has blue and green t-shirts with green slogans to wear as we walk the parade route to show we celebrate the earth and our connectedness. If you have a wagon to loan to pull kids in, it would be great. For details and to sign up, contact Kris @ mwarhol7up@gmail.com.

Habitat for Humanity

Thursday, September 10

Habitat for Humanity is building a new home at 215 Bancroft in Fergus Falls. Work is being done each Tuesday, Thursday and Saturday from 9-3. Our church is asked to send workers, men and women, on **Thursday, September 10th**. There will be a sign-up sheet at church on Sunday, September 6th for workers and for those who can help prepare a lunch. We will be the first church to respond to this new build and will set the tone as other churches are asked to build as well. The work will be putting up exterior and interior walls. We need bodies more than skills. If you have tools, please bring them. *Bob Worner*

God's Work, Our Hands
Sunday, September 13

UCU Joining with Sverdrup Lutheran Church

On Sunday, September 13, 2015 nearly 10,000 ELCA (Evangelical Lutheran Church in America) churches will roll up their sleeves and get to work with their annual program called "God's work – Our hands" (GWOH). This year Sverdrup has invited us, the Unitarian Church of Underwood, to participate. There will be a worship service at Sverdrup Lutheran Church at 9 a.m. At 10:00 we will do community service projects. At 11:30 those who participated will meet at Sverdrup for lunch and fellowship. The community service projects have been selected for all ages, and all mobility and physical capabilities. Following is a list and description of projects that will be done during GWOH. **If you would like to participate, please contact Ellen Eastby at 218-731-0803 or eastofellen@hotmail.com. Please note that there will be a Sunday Service at the Unitarian Church of Underwood at 10:30 a.m. for those who choose not to participate in GWOH. It will feature an abbreviated U group format for those who may be new to U groups to experience.**

Project #1: Demo dugout at old football field & level ground – This will be a physically demanding project. You will need tractors with buckets or bobcats, shovels, rakes, gloves, garbage bags to carry trash. We will have a trailer to collect the demo. Adults and/or senior high age appropriate.

Project #2: Curb painting at Tamarac Manor Parking Lot – This will be a moderately physically demanding project. You will need gloves, garbage bags to carry trash, steel brushes, paint brushes and/or rollers. Linda Lerfeld, Property Manager, will obtain the paint and a few brushes or rollers.

Project #3: Cleaning & dusting Underwood school library – This will be a minimal physically demanding project. Dusting and vacuuming will be done in teams of adults/kids. You will need dust rags, buckets, Underwood School has vacuums for us to use. We're trying to arrange a shuttle to UHS so older adults may participate in this project too. If you have a love for books and learning this is your project!

Project #4: Tingvold road ditch clean-up – This will be a moderately physically demanding project. Will be done in teams of adults/kids (12 years or older please). You will need gloves. Vests and garbage bags will be furnished.

Project#5: Tree trimming for Underwood – This will be a physically demanding project. You will need gloves, chain saws, and weed eaters. A trailer will be furnished to collect branches and trimmings.

Project #6: Clean Community Center basement – hang up banners and sort items to trash, recycle, or save – This will be a moderately physically demanding project. You will need gloves,

buckets for cleaning and cleaning supplies, garbage bags for trash, bring trash to outside the Community Center for pick-up by City.

Project #7: Weed flower bed at Bicentennial Park and Rake the Swimming Beach Area – This will be a moderately physically demanding project. You will need gloves, hand trimmers, rakes, buckets, and garbage bags to carry trash. Adults and junior or senior high age appropriate.

Project #8: Mow old football field and trim trees & branches as needed. This will be a moderately physically demanding project. You will need gloves, lawn mowers, weed eaters, hand trimmers, rakes. A trailer will be available for branches and trash. Adult and junior or senior high age appropriate.

Project #9: Organize supplies and pack Lutheran World Relief school kits – this will be a non-physically demanding project. We need rubber bands. 4-5 adults and students are appropriate.

Project #10: Paint goal posts on Underwood football practice field – This will be a moderately physically demanding project. You will need gloves, brushes, ladders, (IDEALLY DOES ANYONE HAVE ACCESS OF A BUCKET TRUCK?) UHS will furnish the paint. Adults and junior of senior high age appropriate.

Project #11: Apple picking at the parsonage & deliver produce to Tamarac Manor – This will be a minimally physically demanding project. Apples and produce will be brought over to Tamarac Manor residents via wagons. We need bags to collect apples in. (Else will bring any surplus to Fergus Falls Food Shelf on Monday.) 4-6 adults and pre-K, K, and 1st & 2nd grade age school children appropriate.

Project #12: Clean up the walking path parallel to Woodland Ave. – This will be a moderately physically demanding project. You will need gloves, weed eaters, hand trimmers, buckets, and garbage bags for trash. A 4-wheeler with a trailer will be available for branches and trash. Adults and junior or senior high age appropriate.

Project #13: Lunch set up crew – This will be a minimally physically demanding project. 6-7 adults needed.

Project #14: Photography & pictures shared of service projects – this will be a minimally physically demanding project. 2-3 adults of high school students.

To sign up for a project please contact Ellen Eastby at 218-731-0803 or eastofellen@hotmail.

“Walking the Tightrope”

September 18-20, 2015

Fergus Falls Center for the Arts

“Walking the Tightrope” is a production that explores the history of the Fergus Falls State Hospital. It is directed by retired high school drama coach, **Lowell Carpenter** and created with

the assistance of a local group of writers. The play is intended to continue the tradition of exploring the Kirkbride's history through theater. It is the highlight of the 2015 Kirkbride Arts and History Weekend to take place at the Fergus Falls Center for the Arts Theatre:

- Friday, September 18 at 7:30 p.m.
- Saturday, September 19 at 7:30 p.m.
- Sunday, September 20 at 2:00 p.m.

Tickets for Adults \$12.00 and Students \$5.00.

**A Pete Seeger Songfest
With Singer, Song Writer Jim Scott
September 20, 2015, 6:30 p.m.
Unitarian Church of Underwood**

Jim Scott collaborated on many projects with the folk legend and leads a celebration of Pete's and his own of earth, justice and peace. A prolific composer in his own right and former guitarist with the Paul Winter Consort, Jim created the "Earth and Spirit Songbook" and his hymns are in the UU Hymnbooks. Jim's guitar skills and infectious manner brought Pete to call him "some kind of infectious magician." Suggested donation, \$15.00, kids under 12 free. Doors open at 6:00. For further information, contact Ellen Eastby @ eastofellen@hotmail.com and see <http://www.jimscottguitar.com/>. See also our Hymnal, Singing the Living Tradition numbers 163, 167, 316 and 347, the last one "Gather the Spirit," one of our favorites. Come and bring friends!

Green Sanctuary

A team is being formed to determine how/should UCU become accredited by UUA as a Green Sanctuary. If you are interested in joining the Green Sanctuary Team, please contact Mary Anderson at: maryanderson8380@msn.com or 218/346-6638. The forming meeting is scheduled for Wednesday, September 23, 2015 at 6:30 p.m. at church. Full information can be found at: <http://www.uua.org/environment/sanctuary/why>.

U Groups

U groups will resume meeting again in September. Sign-up sheets were available at church but if you missed signing up, please contact: Connie Stigen at dcstigen@gmail.com or phone: 218/731-1445 or Tere Mann at teremann@gmail.com or phone: 218/205-4931 or your U Group facilitator. Days and times to meet will be open to discussion within the group and so may change as the sessions get underway. There is always an empty chair placed to welcome you!

If you haven't been part of a U group before, this is a small group ministry that binds people together, offers quiet reflection and sharing and builds community. The Sunday service September 13 will be an abbreviated version of the U group experience.

2015-1016 Schedule

- Battle Lake Afternoon Group – 2nd Tuesday of each month beginning September 8 at 2:45 p.m. at the home of Ross and Mary Larson, 531 E Summit St., Battle Lake. Co-facilitators: Bob Worner, Joanne Cress and Kris Warhol,
- Fergus Falls/Erhard Evening Group – 2nd Tuesday of each month from 7-9 p.m. starting, September 8 at the home of Carole Mitchell, 33928 County Highway 27, Erhard. Co-facilitators: Diane Johnson and Carole Mitchell.
- Fergus Falls Afternoon Group – Wednesday afternoons - date and host home to be announced later. Watch the bulletins. Co-facilitators: Bonnie Bell Albers and Tere Mann.
- Perham Afternoon Group – the 2nd Thursday of each month 3:30 p.m. beginning September 10th at the home of Mary Anderson, 455 5th St. SW, Perham. Co-facilitators: Mary Anderson and Mary Worner.
- Alexandria vicinity group forming – dates to be announced later. Co-facilitators: Lee Becker, Connie Stigen, Tere Mann.

September Topic: Inner Peace

And Planning Ahead for October New Member Invite & Welcome

We celebrate the addition of new members twice a year, with the next special welcoming of new members scheduled for October 6, 2015 during Sunday service. To become a member, you can at any time sign the silver book. Please see JoAnn Larson, Administrative Consultant, on becoming a member and the many ways you can become involved with our UCU community. Prior to the New Member Welcoming, we will have a “getting acquainted with UU and UCU” session. To be notified of that session, please give your contact information to JoAnn at redswilds@gmail.com or 218/405-0752.

Progressive Dinners Sunday, October 6, 2015

The progressive dinners we had last year as part of our 125 year celebrations were so well received that we plan to repeat them again following our New Member Welcome on October 6.

The goal of the progressive dinners is to provide a smaller, private setting for groups of 8-10 to gather at member homes for good food and a fun format to get to know each other or catch up with each other.

We will begin with appetizers at church and then have several hosts in the Underwood area open their homes to provide the entrees. The reason for inviting Underwood area hosts is to accommodate easy travel and timely access following church. After some time together to eat and visit at the entrée host site, the attendees will disperse for desserts at other host sites, hopefully close to their home of residence, again to accommodate travel time and access.

To carry this out, we need volunteers for:

- 1) Appetizers at church (2-3 people to bring an assortment of appetizers)
- 2) 4-5 host homes in the Underwood area to serve the entrée with help from one or more other volunteers.
- 3) 4 Host homes to serve desserts with help from other volunteer(s) in Fergus Falls, Battle Lake, Pelican Rapids and Otter Tail or other accessible areas.

To volunteer per above, please contact: maryanderson8380@msn.com or call 218/346-6638 or sign your name on the sheets that will be available in the upstairs foyer. Once hosts are known, members/friends can fill in your names at the sites of your choice. That way the hosts will be able to anticipate how many to prepare for and you will know where you are going!

Last year, almost half of you participated in the Progressive Dinners. This year, we hope to have even more!!

Stewardship Giving

With the growth of UCU, the church budget has also grown. For the 2015-16 church year, the UCU Board of Directors budgeted \$35,000 to come from Sunday collections. This was an increase of 10% over the 2014-15 budget of \$32,000 in offerings. Dave Sanderson, chair of the Stewardship Committee recently reported that from April 1 – July 30, Sunday collections are under projected budget by \$1000.00.

To assist you in planning your giving and to take advantage of best business practices, we are exploring the option for automated bill paying. More information will be available soon.

To keep us apprised of balancing our budget, the Stewardship Committee will be giving quarterly updates on our progress, as opposed to the previous once a year report.

If you are interested in joining the Stewardship Committee, now composed of Dave Sanderson and Mary Worner, please let Dave or Mary know. They would welcome you!

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 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.

Handicap Accessible Parking

Please be aware that the curb immediately in front of the church entry has been painted blue to designate handicap accessible parking for those with handicap parking stickers. Please extend every courtesy to assure that persons in need are accommodated.

Hats in the Making For the Shan School Kids



Chanda Brandt's hat making

A number of hat makers are at work to complete fleece or knit hats to send with Bernice Johnson to the Shan refugee children she works with in Thailand. It is our goal to finish the hats by October 25 so that Bernice can transport them when she leaves in November. Hat's off to the Hat Makers!!

News from our Unitarian Universalist Association (UUA)

Boy Scouts of America Ends Policy of Discrimination

On July 27, the Boy Scouts of America ended its discriminatory ban on openly gay adult leaders. While the new policy still allows local unit leaders to restrict leadership positions to heterosexual men, the policy change is a step in the right direction on the path to full inclusion for lesbian, gay, bisexual, transgender, and queer people. As a faith community that has consistently spoken out in support of full inclusion for LGBTQ individuals, and amending the Boy Scouts' policies, Unitarian Universalists welcome this change. UUA President Peter Morales issued a [statement](#) applauding the decision stating, "a more inclusive BSA will not only strengthen it as an organization, but will benefit all boys and young men who look to scouting for guidance... Together, we can create a welcoming community for all UU boys and young men who want to participate in scouting."

August UUReads: Black Prophetic Fire

Beacon Press wants to help you connect with other UUs through books. Each month, we feature a UUReads title about a topic that is meaningful to UUs to prompt discussions in your book club or with your family and friends.

Income inequality in America is at an all-time high, and African Americans are disproportionately victims of the prosperity gap. *Black Prophetic Fire* sheds light on what is missing from the fight for justice today by examining past Black leaders who, Cornel West explains, "courageously raised their voices in order to bear witness to people's suffering. These Black prophetic figures are connected to collective efforts to overcome injustice and make the world a better place for everyone."

Offering wide-ranging examinations of six African American leaders, West discusses how each of them transcended their times, from the barbarism of slavery to the Jim Crow era, while being very much shaped by the

social movements around them. Now available in paperback, order *Black Prophetic Fire* from the [UUA Book Store](#).

Your Search for Truth and Meaning Begins Here

The 2015-2016 [UUA Common Read](#) is *Just Mercy* by Bryan Stevenson. Get a great start to the church year by gathering a group to participate in a shared discussion of vital issues that resonate across our faith movement.

***Just Mercy: A Story of Justice and Redemption* by Bryan Stevenson**

Bryan Stevenson was a young lawyer when he founded the Equal Justice Initiative, a legal practice dedicated to defending those most desperate and in need: the poor, the wrongly condemned, and women and children trapped in the farthest reaches of our criminal justice system.

One of his first cases was that of Walter McMillian, a young man who was sentenced to die for a notorious murder he insisted he didn't commit.

Just Mercy is at once an unforgettable account of an idealistic, gifted young lawyer's coming of age, a moving window into the lives of those he has defended, and an inspiring argument for compassion in the pursuit of true justice.

You can order this book from the UUA Book Store.

Five ways to support Black Lives Matter

Many Unitarian Universalists want to support the Black Lives Matter movement. Check www.ucofu.com Facebook pages for five ways to get started.

Wrap-up of August Sunday Talks And Events

**August 12-16, 2015
Monarch Festival**



"The first Fergus Falls Monarch Festival had as its foundation the wonderful exhibit, Kaleidoscope, at the Kaddatz Gallery. This was truly an amazing gathering of butterflies (a group of butterflies is a kaleidoscope, a rabble or a flutter) as more than 30 artists submitted their work for the exhibit that was amazing in its diversity of mediums and styles. The exhibit extended to the Center for the Arts throughout August.

Besides the exhibit there were a number of art workshops: for families—a Wing Making, a mobile Making and Family Art tables at the library, Concerts in the Park and the Farmers market. The Botanical Art Watercolor workshop (which got Katy Olson primed to do more art), and the Multi-media Mono-print workshop were all well attended.

The week of concentrated activities started out with the book club at the library, discussing Barbara Kingsolver's Flight Behavior. This activity had the surprise of witnessing a monarch caterpillar changing into a chrysalis.

On Thursday the 13th there were a number of activities to choose from the Artist's Reception at the Kaddatz, and at Roosevelt Park we had: Patty Kakac performing in Concerts in the Park, the Family Arts Table, and Dis:Engage—Connect with Nature(a time to set aside your phone and contemplate the nature around you).

On Friday the 14th, Deb Wallwork's film "The Butterfly Effect" premiered at the Center for the Arts. There was a great turn out for this event and Deb had a second showing at the Library on Saturday. One person's response was that it was an amazing personally emotional film. (There have been calls to show it more and we will be sure to let UCU members know of those).

Following the premier, we had Writer's Reading & Open Mic at The Spot. Once again, we had a great number of UCU regulars who shared their stories and poems of emergence and transformation. Joann Cress, Luke Anderson (the elder), Athena Kildegaard, Kevin Zepper, Char Woldah and Rod Broding read and Diane Johnson was the facilitator of this event.

Saturday was a full day of activities starting at the Farmers Market in Fergus Falls with music from String Beans, The Way of the Monarch puppet show, and Dance Butterflies Dance - a square dance called by Cedar Walters.

Monarch Tagging happened that Saturday and will continue to happen there until freeze up.

Activities moved up to the Kirkbride campus for kite flying, music and Dis:Engage. Unfortunately, it was too windy for the Way of the Monarch puppet show to be performed on Saturday, but fortunately for us, we enjoyed the full show at the UCU on Sunday following service.

The Dean Magraw concert was the final event Sunday evening at the Center for the Arts. It was a small intimate crowd and was enjoyed by all who attended.

Laurie Witzkowski was the speaker at church on Sunday and she shared with us her passion for Monarchs and how the puppet show came to be. Having this sharing and then the puppet show itself, was an awesome experience. During the service, Laurie's depictions led our emotions to carry us full circle with the story and science of the monarchs experiencing for ourselves the wonder and delight of the metamorphous.

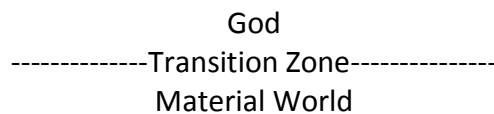
All and all, the Festival was a success. Not all the parts worked as originally planned but it did heighten people's awareness of the threat that all pollinators are experiencing. There are new Monarch Way Stations in the Area (One Mile Prairie and some private gardens). Prairie Wetlands Learning Center had visitors during the week because of the Festival. The Fergus Falls Monarch Festival brought artists, arts organizations, children, environmental and government agencies, and individuals together to celebrate a small insect which holds a special place in so many people's lives." *Tere Mann*

From all of us, "Butterfly Kisses" to Tere Mann and her team for their outstanding job on organizing and orchestrating this event!

August Sunday Speakers

August 2 - Shannon Smith presented a summary and her thoughts on Depak Chopra's book, HOW TO KNOW GOD. Shannon worked from her summary included below to explain the "Reality Sandwich" and the "Seven Stages of Understanding God" in Depak Chopra's book.

The Reality Sandwich - Our common-sense view of Humans and God in the universe. Shaped as a 'reality sandwich' it looks like:



- The Material World - where we live on earth, with things known by our five senses.
- The Transition Zone - the area where God and humans meet on common ground.
- God's Realm – where the Divine is known to be present.

The Seven Stages of Understanding and Meeting God

Stage One: God is a Protector – to those who see themselves in danger.

Human Response to God – Fight or Flight Experience: danger, threat, and survival.

You fulfill your life through family, community, a sense of belonging, and material comforts
God protects us like a father or mother

Stage Two: God is Almighty – to those who want power (or lack any way of getting power).

Human Response to God – Reactive Experience: striving, competition, and power.

You fulfill your life through success, power, influence, status, and other ego satisfactions.
God makes laws and rules over society

Stage Three: God brings Peace – to those who have discovered their own inner world.
Human Response to God – Restful Awareness Experience: peace calm, and reflection.
You fulfill your life through peace, centeredness, self-acceptance, and inner silence.
God brings inner peace

Stage Four: God is a Redeemer - to those who are conscious of committing a sin.
Human Response to God – Intuitive Experience: insight, understanding, and forgiveness.
You fulfill your life through insight, empathy, tolerance, and forgiveness.
God encourages human beings to reach their full potential

Stage Five: God is the Creator – when we wonder where the world came from.
Human Response to God – Creative Experience: aspiration, creativity, discovery.
You fulfill your life through inspiration, expanded creativity in art or science, and unlimited discovery. God inspires us to explore and discover

Stage Six: God is behind Miracles – when the laws of nature are suddenly revoked without warning. Human Response to God – Visionary Experience: reverence, compassion and love.
You fulfill your life through reverence, compassion, devoted service, and universal love.
God makes miracles.

Stage Seven: God is existence itself - to those who feel ecstasy and a sense of pure being.
Human Response to God – Sacred Experience: unbounded unity. You fulfill your life through wholeness and unity with the divine. God brings us back into unity with himself.

August 9 - Jason Bergstrand spoke on “Posture or Purpose”

Inspired by two community gardens in WI and MN, Jason had the opportunity to propose to LRHC, who had been offered property, to create a community garden with volunteers in order to provide healthy food for those most in need - WIC, food shelves, and others. They have gone from 1600 lbs the first year to 4600 the second with the ultimate goal of 20,000 lbs. It is all volunteer and the UU Church is invited to help build a healthier community in any way they can.

August 16 - **Laurie Wizkowski** spoke on “A Calling of Monarchs,” UU Principle #7. Laurie is an associate artist at the Heart of the Beast. “I’m being converted to Unitarianism.” Raised Catholic, she liked the sense of theater, ritual, ecstasy and a sense of mystery. She longed for an experience like that in Song of Bernadette. She visited Mexico several times and was at the International Peace March in 1988, the time of the Iran Contra Affair.

Another time she was in Mexico City and learned about the Monarch butterflies that winter near there at Anganguero. She journeyed there with a friend and was overcome - monarchs were everywhere, branches were undulating with the movement of huge numbers of butterflies. “One of the most transcendent moments of my life.” Her moment of ecstasy was realizing for herself that the “divine is embedded in the fiber of being.”

Laurie went through the stages in the life of the butterfly as if she were one, in a most animated, articulate, passionate way. She had spent hours, now as a “naturalist” observing the monarch’s life cycle at the Black Lock Nature Center- from eggs on the milk weed leaf, to the larvae splitting, shedding, vulnerable, flinging the face off, to hanging from a spun button to a neon green blob gyrating and then awkwardly opening its wings to dry in the sun, finally to find the flowers and a partner and begin again the cycle. From the words of St. Bernadette – “build me a temple,” Laurie hopes to – is building a temple to the Monarch.

August 23 – Rev. Roger Parks led the service and shared with us his talk “Watering the Divine Presence” UU Principle #1. Roger always comments on how readings and songs that he did not pick out so appropriately go with his message.

The holy and divine presence in our being needs to be watered and replenished. There are 2 ways to shape our perspective 1) each of us is a unique, autonomous being and 2) we are connected to ALL. A plant needs water but the plant has a DNA of its own, its essence. Thomas Merton speaks of the “point of nothingness” inside – that is the spark of the pure glory of god in us.

How do we connect – you can think of the body and spirit divided or think in non-dualistic ways integrating the body and soul. One holiness, we cannot be separated from one another and that applies to our connection to all of creation. Meditation, contemplation is not easy – it takes practice, need to be attentive. Silence is fundamental to practicing our principles. Others shared their thoughts from “flying day” for fledglings, slow down and notice, pay attention to intense moments, how do you and I help overcome what is so destructive to someone else – damning the darkness doesn’t cure it. It is a struggle to stay present, hard to free thoughts of judgment, frustrations, annoyance. The difference between the Judea’s teaching: Thou Shall not kill and Jesus’s teaching: Thou shall love thy neighbor.

August 30 – Lowell Carpenter, “Unitarian Principles at the Fergus Falls State Hospital.” Lowell did much research on the history and philosophies of the Fergus Falls State Hospital in preparation for the writing and directing of the upcoming production, “Walking the Tightrope.” (see above).

Lowell Carpenter spoke on Unitarian Principles at the Fergus Falls State Hospital. Lowell did much research on the history and philosophies of the Fergus Falls State Hospital in preparation for the writing and directing of the upcoming production, “Walking the Tightrope.” It will play at the Fergus Falls Center for the Arts on September 18th, 19th, and 20th.

Lowell: “What did I learn?” “A lot.” He learned that the Unitarian principles were in play at the FF state hospital: patients were treated with dignity and compassion and visitors were treated with courtesy.

Yes, medical practices of that time were used including shock treatments, lobotomies, etc. Heroin was used to get a patient off morphine. Over-crowding was so bad patients had to crawl

over many cots to get to their own. There were a few abuses but management handled appropriately. Because Iowa's facilities were better than MNs, patients were sent there, until there were too many. MN first began building institutions at Rochester, then Anoka and then, in 1890 Kirkbride at FF.

George Welch and Wm Patterson served as the only two directors, 1891—1927 and 1927, respectively. They were both respected as outstanding leaders. Occupational Therapy was created – 1920. World War I resulted in shell-shocked veterans – now called PTSD. Now 90% in prisons are mentally ill.

Life magazine in a 1946 article entitled “Bedlam” told that mental hospitals were a disgrace and brought to attention through the story and photos, the abject conditions. 1946 – Jenny Cook took pictures around the country. 1951 – Life magazine now writes Scandal Results in Reform. Fergus Falls' hospital was mentioned in complimentary ways.

MN governor, Luther Youngdahl initiated and passed the largest funding bill. In 1950 the Mpls. Star did a ten part series on MN hospitals. Due to the influence of the single woman on the board, a beauty parlor was opened in 1928. The first patient advocate nation-wide was FF advocate, Wild Bill Johnson. Dr. Jeanette Baker was first female doctor in the nation. One successful initiative was “Total Push,” taking 20 of those assessed as the most hopeless and giving them extra staff and supports with the result that 17 were able to work productively in the hospital. Two patients that married each other (ceremony performed by Stephanie Sanderson's father, Rev. Armin Mueller) was a story shared around the country.

A farm, as part of the hospital food supply, was closed in 1969 because working patients were seen to be indentured.

In 1969 it was no longer just a hospital for the mentally ill. It became a Regional Treatment Center with chemical dependency, developmentally disabled, and mentally ill all there but in very low numbers. At the very end, there was only chemical dependency treatment there. After Patterson retired in 1968, they created positions, medical director: Jeanette Baker and an administrator: Robert Hoffman, but no longer had the position of a superintendent. The hospital was officially closed in 2007.

As a result of mental hospitals closing, some mentally ill are in group homes, but many are in prisons or homeless. The hospital setting provided a community, social opportunities and a support system, including strong family support. Much of that is now lost and patients are isolated and mental health conditions have worsened for many.

The play's name is taken from a statement made by Victor Machaart that his illness is like “a tight rope over the grand canyon of depression.” Victor was hospitalized as a teen-ager in Fergus Falls in 1962-63. To this day, he speaks highly of hospital staff and his treatment while there. Victor is expected at the play in September and will be part of a “talk back” panel on Saturday after the production.

Unitarian Church of Underwood Board Minutes for July, 19, 2015

Board members present: John Miersch, Norm Kolstad, David Sanderson, Lee Becker, Alisha Piekarski, Mary Anderson, Diane Johnson, Kris Warhol. Absent: David Wass, Stan Carignan. Also present: Joanne Larson

The meeting was called to order at 11:15 by President, John Miersch.

Kris Warhol shared a reading.

An addition to the Agenda regarding air conditioning was added by Mary Anderson.

The Agenda was approved: (Warhol/Sanderson).

The minutes of the June 15, 2015 meeting were approved (Warhol/Becker).

REPORTS:

Treasurer – no report

Administration Consultant – JoAnne Larson. Need replacement of laptop – suggestion that one be included in next year's budget.

Program Committee – Lee Becker. Speakers Committee has programs planned through September. Brief update from Mary Anderson on child care. Diane Johnson reiterated the request from the Speaker's Committee that possibly the organ be moved and/or the stage refigured for better access. Referred to Facilities Committee.

Outreach committee – Kris Warhol, no report.

Facilities Committee – John Miersch. Check has been given to company for \$3000 for installation on the boiler.

Safety Plan – Norm Kolstad reported that the Safety Committee had met, done some signage and moving forward on other tasks of the plan. The AED has been purchased and is ready for installation.

Membership Committee – no report

Stewardship Committee – David Sanderson, will report to congregation quarterly, rather than annually.

Foundation Advisory Committee – David Sanderson, future presentation of brochures.

Plan for Growth – Mary Anderson

Old Business: See Reports

New Business:

Need outside audit – objective for fiscal year 2016-2017

Green Sanctuary Plan: Mary Anderson proposed we look into it with a small task force, members to be invited and led by Mary. Adopted Mary/Norm (one suggestion to change over to LED lighting. Cindy Johnson may have prior list with other suggestions.)

Air Conditioning – Facilities Committee will look into it.

Next meeting – Wednesday, August 19th at 6:30 p.m.

Meeting adjourned at 11:53 a.m.

Respectfully Submitted, Diane Johnson, sect.