

Newsletter October 2020

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

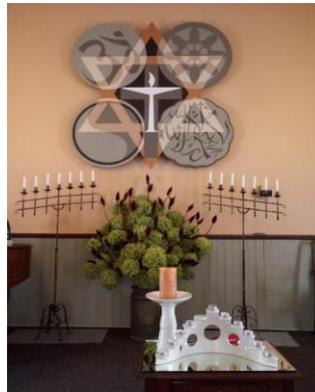
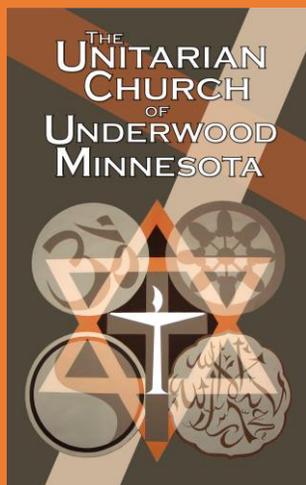
PO Box 58, 206 North Main Street

Underwood, MN 56537

Phone: 218/826-6553

Website: www.ucofu.org

www.facebook.com/www.ucofu.org



Due to continued precautions against the spreading of the COVID-19 church services, meetings & activities are suspended until further notice.

Watch for ucofu@ucofu.org messages, the Sunday "UCU Weekly" and check:

www.ucofu.org or

www.facebook.com/www.ucofu.org

To Contribute to UCU:

Sign up for automatic funds transfer or

Mail your check to: UCU

Attn. Treasurer

PO Box 58

Underwood, MN 56586

(Automatic Funds Transfer form at end of newsletter)

Stay^oinformED

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

U Group Zoom Meeting Schedule

- Alexandria U Group: 4th Sunday each month @ 7 p.m. Facilitators: Lee Becker/Susan Sanford
- Battle Lake U Group: 2nd Tuesday each month @ 3 p.m. Facilitators: Bob Worner.
- Fergus Falls U-Group: 3rd Thursday @ 6:30 pm.
- Perham U-Group: 2nd Thursday @ 6:30 p.m. Facilitator: Mary Worner

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

For details or questions, Contact Lead Facilitator, Luce Reese @ lucereese@gmail.com or 218/495-2449

Watch for information on special events and other offerings via the ucofu.org announcements with the Zoom links provided.

Building Access

For safety and sanitation purposes, if you access or need to access the church building, please call or text Susan Groff (Janitor) @ 218/205-0439.

Giving in Gratitude

August Collection of \$1,776.67 was down significantly from the \$3,402.58 monthly budgeted. Sign up for Automated Funds Transfer or mail your contribution to: UCU, Attn: Treasurer, PO Box 58, Underwood, MN 56537

UCU Weekly

Watch for these and other

ucofu@ucofu.org email messages.

Participate in the **ZOOM** invitations for **Sunday service, social hour & other meetings**

Note: Send Announcements for UCU Weekly and monthly newsletter to newseditor@ucofu.org. As appropriate, some will be forwarded for inclusion @ www.ucofu.org and Facebook Page.

Need help with Zoom?

Email: techhelp@ucofu.org

Want to volunteer to be part of the Tech Help Team?

Also email: techhelp@ucofu.org

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

Please submit your ideas, articles and photos to:

Writer/Editor: Mary Anderson @

newseditor@ucofu.org

Editing: [Stephanie Sanderson](#)

Emailing/ mailing: [Ellen Eastby and Mary Anderson](#)

Website: [Ellen Eastby](#)

Facebook: [Melody Shores](#)

[Photos courtesy of Norm Kolstad & credited others.](#)

[Credited Articles](#)

Note: For security, personal telephone numbers and email addresses will not be used within the newsletters except with the express permission of the individual.

UCU Weekly:

Designed and written by Ellen Eastby

Editing by Mary Anderson

Church Happenings

Message from Board President, Norm Kolstad



Our church is fortunate to have Celebrants; lay members trained and authorized to perform rites and speak on Sundays. However, we have not had a lay person trained in rudimentary pastoral care - until now. At our September board meeting, Ellen Eastby was endorsed to become our first Lay Spiritual Care Provider, or as she prefers, Lay Spiritual Companion. She has completed a UUA course of study that prepared her to provide this service with a commitment to a code of ethics, integrity, accountability, and confidentiality.

She explained: "The objective of Spiritual Companionship is to help an individual tune into that still, small, voice speaking from within. Spiritual companionship is never counseling, advising, fixing, or directing people to make any kind of decision. It is asking the right questions and then helping the person hear what they have said. It is always about reflecting back what you have just heard and giving the individual space to hear and interpret what they have said."

We are fortunate to have such a thoughtful, caring person in our congregation. I have no doubt she will live up to the promise of her new calling.

If you feel you could benefit from a conversation with Ellen, please contact her. (See details in feature below.) *Norm Kolstad, President*

September Board Meeting Highlights

- Approved Ellen Eastby's proposal to provide Spiritual Companionship.
- Accepted Racial Justice Task Force Plan for Anti-Racist building and established on-going Social Justice Committee.
- Adopted Personnel Policy.
- Consented to Individual Diversity Assessments (IDI) assessment, Viable Futures planning, Manual Revision/Review; Review/Revision of Articles of Incorporation & By-laws.

Full Minutes of September 16, 2020 Board meeting will be included in the November newsletter. Remember, if you have any suggestions, questions, feedback, praise, or constructive criticism you can talk to any member of the Board of Directors at any time. Take the opportunity to chat with one or more Board member the first Sunday of each month during the after-service breakout sessions. *Board Members: Norm Kolstad (President), Shannon Smith (Vice President), Mary Anderson (Secretary), Ron Roller (Treasurer), Amy Beckman, Tim Lanz, John Minge, Wally Warhol, Mary Worner.*

So, what is Spiritual Companionship?

By Ellen Eastby

This summer, after taking a discernment course, I was granted permission by the UCU Board of Directors to take the course, Spiritual Care Training for Congregational Leaders: The Art of Spiritual Care. The course was offered by the UU Leadership Institute, a resource of UUA. The class description states, “companionship one another spiritually is one of the most important ministries of a faith community. It’s often referred to as ‘Pastoral Care,’ which might imply that the Pastor should do all of the care. But ministry in congregations is meant to be shared between ordained and lay leaders.

This training has been created for non-ordained congregational leaders (usually lay leaders and/or paid staff who have been endorsed by other leaders in the congregation (the minister, or the board in lay-led congregations).”

The course was all done online at my own pace and took approximately 25 hours to complete. The course was divided into eight modules designed to teach skills ranging from the art of listening to death and grief to doing your inner work. It covered topics such as BioEthics (which I found very interesting), boundaries, pastoral care and oppressed folks, and question-based listening.

After completing the course, I went to back to the board of directors, to talk to them about what I had learned, how I would like to see it implemented, and get permission to provide spiritual care. They granted permission. Some of the fine details are still being worked out.

So, what is this spiritual care stuff anyway? First, I’d like to say that I prefer the term spiritual companionship. This was used on occasion during the course and I think it is an apt term. During the course lay pastoral care/lay spiritual care/ spiritual companionship is defined “as being the presence of the congregation with intentional compassion within a set of healthy boundaries in times of joy and sorrow.”

Spiritual companionship is grounded in question-based listening. My role is to listen and reflect back what was said. This allows an individual to tune into the still, small voice inside, known by many names. Inner wisdom, God, higher consciousness, higher power, the universe, higher self, are some of the words used to describe that voice. It is ultimately their knowledge of themselves that defines where that voice comes from.

Spiritual companionship is not counseling, advice giving, fixing, or directing anyone to do anything or make any decision. It is always a time to give an individual the space to hear and interpret what they themselves have said.

How does this work? You can give me a call or send me an email. My number is **218-731-0803**. Please leave a message if I don’t answer. You can email me at ellen.eastby@ucofu.org. Typically, we would meet for about an hour. The meeting would take place via Zoom or on the

phone during this time of COVID. It's that simple. If you find that it was helpful you will be welcome to set up more meetings. Please know that what you say is confidential. I will not share our conversation with anyone.

So, there you have it. A new type of "ministry" at the Unitarian Church of Underwood. Please don't hesitate to contact me with any questions. I'd be happy to answer. *Ellen Eastby*



Introduction to the Unitarian Church of Underwood

September 30 @ 6:30 p.m.

Join Zoom Meeting

<https://zoom.us/j/99275702483?pwd=RmgYbVVuL0VZQINMaXM2eXhGcXExdz09>

Meeting ID: 992 7570 2483

Passcode: 840724

Call in on your phone:

312 626 6799

Just over the past five years, 26 individuals have joined as new members of the Unitarian Church of Underwood. We continue to have friends who are regularly coming through our door, i.e. Zoom CAMERA, wondering if this is a permanent place for them. Visitors and newer 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 one-hour session, "Introduction to UCU" **September 30 6:00 p.m. via Zoom**. Please contact Mary Anderson @ mary.anderson@ucofu.org or 218/346-6638 to indicate your interest in participating. If unable to attend that session, Mary is willing to do an introduction via appointment. Just let her know what date and time would work for you. Your participation is informative only with no pressure to join as a member of the church.

New Member Welcoming, October 4, 2020

New member welcoming is October 4 during the Sunday service. The New Member Welcoming Celebration is held twice a year, the first Sunday in March and October.

Make Membership Official Become a UCU Voting Member

To become a voting member of the Unitarian Universalist Church of Underwood, you indicate your wish by signing the "silver" membership book. Due to the temporary inaccessibility to the "silver" book, anyone who wishes to become a member may express that wish in writing and email mary.anderson@ucofu.org.

10:00 a.m.

(Check in 9:45-10:00 a.m.)

See the ucofu.org emails and Weekly for link specifics)



October 4 – Ellen Eastby - “Community: Its Power. Its Compassion.”

We are part of a community. Many communities, actually. With that comes the privilege of power, but also the responsibility of compassion. Ellen will be addressing this privilege and responsibility when she speaks on October 4th.

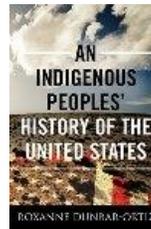
Ellen Eastby is first and foremost a grandmother. In her spare time, she likes to be active at the Unitarian Church of Underwood. Of the numerous committees she has served on or positions she has held, being a celebrant is nearest and dearest to her heart. She has officiated celebrations of life, weddings, a one of a kind “Celebration of Love”, and other ceremonies. Ellen attended the Unitarian Universalist Seminary, Meadville-Lombard Theological School in Chicago, as a prospective student. She was able to take one class, which was taught by Rev. William Schulz, past president of the Unitarian Universalist Association (UUA). The class focused on writing and delivering sermons, which she loves to do. Warm and witty, Ellen brings meaning to a variety of topics related to the UU principles and sources. She talks on subject matters that she holds in her own heart that are entirely relatable.

Ellen was just recently approved by the UCU Board of Directors to provide church members and friends, Spiritual Companionship (see above article).

New Member Welcoming – see details above.

October 11 - “American History Revisited, Alternative Perspectives.”

On this Sunday before the national Columbus Day holiday, we will explore a few aspects missing from our traditional American History lessons, before and after 1492, through a collaborative effort between the Northwoods Unitarian Universalist Fellowship and UCU. NUUF will share information from the book *An Indigenous Peoples' History of the United States* in which author Dunbar-Ortiz challenges the founding myth of the United States and shows how policy against the Indigenous peoples was colonialist and designed to seize the territories of the original inhabitants, displacing or eliminating them. UCU, with help from the OTCHS, will describe a few examples of cultural appropriation in Otter Tail County history.





October 18 - Pastor Danny Givens returns to UCU.

Danny Givens delivered a powerful message to UCU a few years ago and will join us on Oct. 18 in our quest/journey to better understand racial justice/injustice and our role. How can we affect understanding and change? He will share the Message in the Sunday service, and will join us in a post service (structured) discussion.

As described on the web: "Danny is a heartfelt activist and orator who received the gift of forgiveness from an off-duty police officer he shot during a botched robbery in 1996. Propelled by forgiveness, Danny began his journey towards reconciliation and resiliency prior to his release from incarceration in 2008."

Danny recently completed a three-year residency at Unity Unitarian Church in St. Paul, while he also worked with MUUSJA.

Danny is now Senior Pastor of the Above Every Name Ministries, a cutting-edge congregation in the Twin Cities that prides itself in being a 'church for the people'. An advocate for Racial Justice in black, brown, and indigenous communities, Danny devotes his time to #BlackLivesMatter movement in the Twin Cities in the role of Clergy Liaison."

October 25 – Mai'a Williams "On Survival"

Mai'a is a journalist, poet, human rights worker, artist, and Midwife! She has lived in many foreign countries in that capacity and wrote a book called "Revolutionary Mothering" which not only details her focus but is (in her words) "a way to begin conversations about creating communities that are supportive, that are focused on caretaking".



Speakers Committee wants to hear from you about online Sunday Services on Zoom!

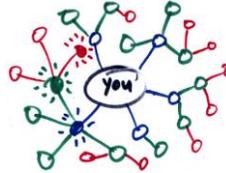
The Speakers Committee would appreciate your ideas and suggestions. Please, take a little time to write comments, ideas, or suggestions in the Comment box following each question. Thanks for your help!

https://docs.google.com/forms/d/e/1FAIpQLSeRF_YzhqS1cGED8dC1YpmJDgZcc42Zq1kikR0XGxH-JEXuaw/viewform?usp=sf_link

Speaker Committee: Betsy Wells, Chair; Amy Beckman, Alison Francis, Diane Johnson with assists by Congregational Administrator, Bonnie Graham.

UCU Staying Connected....

We know that our connections right now can be dangerous in spreading the Covid-19. But our stay at home connections can also be AWESOME in spreading love and beloved community. Commit, reach out, share YOUR interests and talents and be part of this web of our existence and this body of fellowship. And do it through the phone, email or Zoom!



Circle of Care Calling becomes another way for us to keep connected. Over the next months, UCU volunteers will be calling UCU members and friends reminding us that each person is valued and important to our community. We miss seeing each other!

Pick up your phone and call a Friend – anytime from and to anywhere!

U Groups meeting via Zoom – you are invited to join. Watch for dates and times via ucofu@ucofu.org messages (see article above).

Host a gathering: Miss some of your most friends at UCU? Have special interests you'd like to share? Consider hosting small gatherings or even dinner parties. The UUA recently presented a webinar titled: how to do small group online gatherings. If you are interested, you can watch the recorded webinar at <https://www.uua.org/midamerica/events/webinars/how-do-small-group-online-gatherings>.



An individual can act as the host and invite others via Zoom to knit together, discuss a book together, have a dinner party or happy hour together, etc., etc. We leave it to your imagination for the type of gathering preferences. Set up the Zoom meeting yourself or make the request to: administrator@ucofu.org.

Everything is different his year – so different – but it is still important to celebrate new beginnings.

The following is a message from Rev. Lauren Smith, Director, UUA's Stewardship and Development Office

...As a new program year begins in congregations across the country, I wish for you all opportunities to celebrate ingathering and re-connection. **The year is likely to be hard. We will need one another more than ever.** Our country will need us, more than ever, to care and to show up.

I wish for you rituals of connection that bind us, one to another, in fellowship and care. I wish for you rituals of connection that bind us to the abiding purposes that call us to gather as people of faith.

Blessings to you, and to the congregations and communities you serve, as we enter the fall season." *Rev. Lauren Smith*

Notes from September Virtual Sunday Services

September 6 - Bob Worner, "Ashes, Ashes, we all Fall Down." Bob shared some of the (possible) histories of the nursery rhyme. Between 1347 and 1351, the Black Death (pneumonic) plague killed 200,000,000 people in Eurasia (between 30 & 60 % of the population). Another plague struck in 1665. "Pockets full of posies" probably refers to the habit of people carrying rose petals in their pockets to help diminish the stench. "Ashes to ashes" probably refers to the practice of burning dead bodies to help fight the disease.



We are living in a time of numerous plagues – California wildfires; devastation from Hurricane Laura; COVID-19; political climate; racism, etc. There is also a crisis of what we believe in/have faith in. Many have doubts about religion, the nation, their community, and themselves. One of best resources can be our church communities, more powerful than political institutions. Hopefully our legacy will be one that will be a quest for a better tomorrow.

Attendance: 30

September 13 – *The Nibi Walks* by Sharon M. Day, Executive Director, Indigenous Peoples Task Force. Sharon began her talk by reading the following poem she wrote:

*If we can we slow down
Walk quietly
Speak silently to the spirit of the water
If we can participate in ceremony daily
It becomes part of our being
Our conscious and subconscious
If we can disconnect from the harsh news of the day
Focus on the mist in the air at daybreak*

*Our voices rise together
To greet the sun
As we hold our asemaa
And sing to the four directions
ni mama Aki and all that there is
If we can slow down or withdraw slightly from our interactions with the world around us
We hasten our brain functionality, our capacity to feel and care for others
Including the flowers, the butterflies, the birds, and our spiritual growth accelerates*

If our spiritual growth is a communal process

*Our collective physical, emotional and spiritual growth
Is accelerated as we walk up and down the hills and byways along the river carrying the water
or the staff and especially if our physical self is taxed in this process.
If the hills are larger, our tendency is to move faster and as we approach the confluence, we
run, run, run. Together
We grow, we grow, we grow!
Sharon Day 9/14/18*



Sharon Day is an Ojibwe elder who is a member of the Martin Clan; the Grand Medicine Society; and is the Head Water Woman. Since 2003, she has been involved in 23 Nibi walks (Nibi means water). Some are short walks; others, such as along the Mississippi and Ohio Rivers and Lake Superior, are long. Water is carried by women participants from the source of a river to its mouth. The purpose of the walks is to honor the waters, to connect with the Water Spirit, and to promote healing of the various waterways.

A recent project that the Indigenous People's Task Force is promoting is the "Tree of Peace." People can send leaves (made from cloth) that will be attached to a snag and hopefully displayed in Washington, DC. The sample leaf that Sharon showed us was about 6" in length. Leaves can be sent to Indigenous Peoples Task Force; 1335 E. 23rd St.; Minneapolis, MN 55404.

Giving Opportunity – Support Nibi Walks on Ottertail River

There will be a walk in Oct. along parts of the Otter Tail River. Sharon Day reports that it costs about \$200/day of walking to cover food, shelter, gas, and insurance.

Your donations would help cover these costs:

Make checks out to: Indigenous Peoples Task Force, Water Walk.

Mail to: Indigenous Peoples Task Force, 1335 E. 23rd St., Minneapolis, MN 55404

Attendance: 31



September 20 – Chris Hyslop, Walking the Path to Montana

Several years ago, Chris began to study Buddhism and to establish a Buddhist practice which included daily meditation. He pointed out that the purpose of 'practice' is fulfilled by application. Just as practicing music or a sport becomes more meaningful in a performance or game, the true meaning of a Buddhist practice comes with applying it to daily life.

Each step along life's path supports the others. Meditation allows one to experience ease and equanimity, which can be applied to daily life. When one is at ease, one can be open to what life sends their way. One can let go; not try to control everything. One can begin to trust how life unfolds. Some people call these unexpected experiences coincidences. Chris would frame this as facing life with ease and intent.

"You will meet many opponents in your time that will come face to face with your flaws, trust the chaos ~ pain & confusion is the pathway to break open and become free." *Nikki Rowe*



Note: Chris is now the Executive Director at Montana World Affairs Council, a nonpartisan, nonprofit organization dedicated to fostering global awareness and understanding. Their education programs offer international experts with opportunities for us to listen, learn, think critically, and engage in conversations with other citizens as interested and concerned as we are. See: <https://www.montanaworldaffairs.org/>



September 27 – Deb Guthmann, Advocating for Deaf and Hard of Hearing People

As a life long UU, Deb Guthmann has used the 7 Principles as guides in her life, particularly “The inherent worth and dignity of every person” (#1) and “A free and reasonable search for truth and meaning” (#4). These have had particular relevance in her four decades of working with and advocating for people who are hard of hearing or deaf (preferred terminology is ‘deaf’ and/or ‘hard of hearing’).

When she began her career, there were few if any services available to this community, particularly when it came to resources for dealing with substance abuse. This community has unique needs due to their communication challenges, but also several factors that make them especially vulnerable to issues of substance abuse.

1. Communication with the hearing world is difficult. About 90% of deaf children are born to hearing parents. American Sign Language, the language of the deaf is a completely independent/foreign language – with unique syntax and grammar. It is very challenging for the parents to become fluent in ASL, so kids don’t always have strong avenues of

communication at home. Also, often there are very few deaf students in a school; so isolation can be a problem.

2. Formal instruction about drugs and alcohol doesn't happen in schools until ~grade 8, so deaf kids miss out on the earlier, more informal lessons.
3. Deaf kids have a higher incidence of risky behavior – both in selling and using drugs/ alcohol. There is a lot of social pressure in the deaf community to drink.

Throughout her career, Deb has helped to develop resources to support this community. Deb shared with us a video depicting the joys of substance recovery of deaf people:

<https://www.youtube.com/watch?v=H5RxtksqJY4&feature=youtu.be>

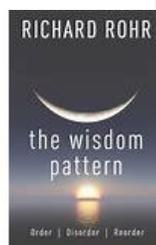
Attendance: 29

Adult Religious Education ... Order, Disorder, Reorder Rev. Roger Parks



A discussion of the book *The Wisdom Pattern: Order, Disorder, and Reorder*, led by Rev. Roger Parks, will begin in November via Zoom. Roger says the book “explores a universal pattern that can be found in all societies—in fact, all creation. The pattern is illustrated in the stories of Jesus—life, death, and resurrection, but it is also found in many other religious traditions. This pattern helps us

experience the fuller and deeper life now, and not anticipate it only for a future life.” The author is Fr Richard Rohr, a Franciscan priest. The book is available in paperback. The class will meet for about an hour on a selected weekday afternoon every two weeks for about three months. Enrollment is limited to 20 because of Zoom. If you would like participate, contact maryworner@gmail.com or by phone at 218-826-6998.



In Remembrance of Their Lives

Celebrating Don Sweder

“On Saturday, Sept. 12, we held a small private service celebrating the life of our Dad, Don Sweder. With a light mist falling outside, we moved the ceremony indoors at the home our parents built on Jewett Lake. The windows and doors were open, and we all wore masks.

Here are the links to our videos posted on YouTube:

<https://youtu.be/f1zdRVDzImk> and
[Don Sweder Celebration of Life Service YouTube Video Link](#)

We share Don & Liz's 10 Rules to Live By:

Don's 10 Rules to Live By:

1. Shut the door!

2. Don't stack the dishes!
3. Close the windows if there is a cloud within 500 miles.
4. Wipe your feet; better yet, don't go outside if the ground is damp.
5. Be economical, reuse paper napkins.
6. Work in the yard for 10 hours every day.
7. Take a nap. Or two. Or three.
8. Play a friendly game of cribbage after lunch.
9. The load capacity of any vehicle is infinite so long as you know how to pack.
10. It is always a good day for a piece of homemade pie.
11. Shut the door!

Liz's 10 Rules to Live By:

1. Start each day with a cup of hot cocoa.
2. Eat three square home cooked meals every day.
3. Make sure you are put together every time you go out. You cannot have too many sweaters, scarves, purses, shoes, coats, and jewelry.
4. Always be reading a good book.
5. Show up. Ideally show up at family and community events with a pot of homemade baked beans, an apple pie, or pan of brownies.
6. Stay informed about current events and be prepared to discuss them in a civil fashion.
7. Do some Bible study or other activity every day to feed your soul.
8. Keep the porch light on and coffee pot plugged in, so you are always ready for company.
9. A little travel is nice if you drive to visit friends or family; otherwise, there is no place like home.
10. Go all in on the activities that bring you joy.

Thanks to all of you for your condolences and the many expressions of love and respect you sent regarding our Dad. We will miss him.

Love,
Meg & Betsy (daughters)

Celebrating Argyle Paulson

"On behalf of Argyle Paulson's family, I thank everyone for their loving thoughts and support. Special thanks to Ellen Eastby for conducting the grave side service and Ken Hamrun for providing special music on his trombone. Dad loved the sounds of brass! It is an end of an era for our family and we will miss him terribly." *Heidi Paulson*

See the words for Argyle's service by Celebrant, Ellen Eastby at end of this newsletter.

Celebrating Donn Siems



Donald (Donn) Siems, 88, of Otter Tail Lake, rural Battle Lake, died Saturday, August 29, 2020 at Essentia Health – St. Mary’s in Detroit Lakes, Minnesota, surrounded by his loving family and under the care of Hospice of the Red River Valley.

Donald William Siems (Donn) was born July 16, 1932 in Fergus Fall, Minnesota, the son of William and Frances (Ladwig) Siems. He was baptized and confirmed in Trinity Lutheran Church, Fergus Falls.

Minnesota. He attended Fergus Falls High School, He graduated in 1950 from Washington High School. Then served 4 years in the US Navy. After returning to the Fergus Falls area, he met his wife-to-be, Marlys (Anderson) Siems. He studied printing technology at North Dakota Science School, graduating in 1955.

Donn and Marlys were married at the Aurdal Lutheran Church of rural Fergus Falls in 1956. Donn was a veteran of the Korean War, serving the Navy from 1951 through 1955. He worked 39 years at the Fergus Falls Journal, and nine years at Madsen’s Properties in Battle Lake.

Donn lived along the shores of his treasured Otter Tail Lake with his beloved wife, Marlys, for over 60 years, living in the same home that he and Marlys had built just prior to their marriage.

He served on the Faith Haven Board of Directors for 25 years and the board of the Ottertail Water Management District for over 20 years. He was a member of the Fergus Falls Jaycees and The American Legion. He and Marlys were supporters and members of the Unitarian Church of Underwood.

Donn loved golf. With Donn, life was black and white: He was golfing ‘that day,’ or he wasn’t. He either could hear you, or he couldn’t. He either laughed with you, or he frowned. He was hungry, or he wasn’t!

And Donn loved his grandchildren. And he worried about them. In fact, they called him “Grandpa OSHA” (Occupational and Safety Health Administration)! He loved watching them boat and swim Otter Tail Lake and participate in their many sports and events; he liked to ‘sugar them up’ with his treasured Tootsie Rolls, ice cream, and red licorice. The thousands of miles of travels with grandchildren evoked more smiles than frowns.

And mostly, Donn loved Marlys. He let her be the ‘shining star’ and followed her orders and her footsteps. He found the cell phone when it was lost, picked up the dog dish when it was empty, warmed up the car when it was cold, hauled the suitcases during their many travels around the United States and overseas; and stepped in and grabbed the leash when Marlys was headed uncontrollably ‘down the trail’ with one of her unruly golden Labradors.

Donn is survived by son, Dirk A. (Karin) Siems of Battle Lake; daughter-in-law, Lenore Siems of Bemidji; five grandchildren and families, Keshia (Trevor) Solem, Easton and Jameson of

Glenwood, Brendon (Kirsta) Siems of Yucca, AZ, Brody (Shannon) Siems and Maya of Brookings, SD, James Siems of Bemidji, and Brittany (Nate) Trosvik and Carson McNeal of Pelican Rapids; brother David (Nadine) Siems of Fergus Falls; and by numerous nieces, nephews, cousins, and friends. Don was preceded in death by his wife, Marlys; his son, Dann Siems; and his parents, William J. and Frances (Ladwig) Siems.

A celebration of both Donn and Marlys' lives will be held June 2021 and every evening until then, at sunset, on the shores of Otter Tail Lake. *Dirk Siems and family*

Living our UU Principles

We, the member congregation of the Unitarian Universalist Association, covenant to affirm and promote:

- The inherent worth and dignity of every person.
- Justice, equity, and compassion in human relations.
- Acceptance of one another and encouragement to spiritual growth in our congregation.
- A free and responsible search for truth and meaning.
- The right of conscience and the use of the democratic process within our congregation and in society at large.
- The goal of world community with peace, liberty, and justice for all.
- Respect for the interdependent web of all existence of which we are a part.

The living tradition we share draws from many sources:

- Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and openness to the forces which create and uphold life.
- Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love.
- Wisdom from the world's religions which inspires us in our ethical and spiritual life.
- Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves.
- Humanist teachings which counsel us to heed the guidance of reason and the results of science and warn us against idolatries of the mind and spirit.
- Spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

Social & Environmental Justice Opportunities

Establishment of Social Justice Committee

The Racial Justice Task Force completed their objectives and presented the Plan to Act to the Board of Directors, September 19, 2020. The Board of Directors established the Social Justice Committee to carry on this and other work.

Thank you, Mary Anderson for co-chairing the Racial Justice Task Force with Barbara Honer. Mary now leaves to attend to other areas. And thank you Task Force members for your enthusiasm and dedication to this work that you will be continuing. *Social Justice Committee members are Amy Beckman, Alison Francis, Barbara Honer, Shirley Spanhanks, Melody Shores.* To join the committee contact Barbara at barbara.honer@ucofu.org.

Role-Playing: Combatting Racism in Conversation

The first discussion September 14 and second on September 28 facilitated by Alison Francis, Melody Shores and Shirley Spanhanks brought in five attendees from outside the UCU church. This was just what was hoped for in announcing the event through the UCU Facebook Page.

It is difficult to talk about race, it is difficult to confront others on their remarks, and even more difficult to recognize what we say that can perpetuate the problem. We will continue our conversations with:

- More specifics of non-violent communication focused on confronting racism
- discuss possible actions to take within our own communities
- continue brainstorming and role-playing possible responses to racist comments and actions that we have witnessed.
- “Role-out” the Confronting Racism Facebook group for our attendees where we will list resources, stay in touch and continue to support each other in this difficult but important work.

We approach these conversations with compassion for ourselves and others - we have all made mistakes and have hurt people with our words when we had not intended to. It is important to remember that Impact matters, even if the Intent is good. Watch for announcements via the Weekly and ucofu.org Facebook Page. *Facilitators: Alison Francis, Shirley Spanhanks, Melody Shores*



*Ancient native prophecies say:
“When the Eagle of the North and
the Condor of the South fly together,
Indigenous peoples will unite the
human family”.*



UCU's Social Justice Committee and Environmental Justice Committee are teaming up to offer UCU members and friends the opportunity to view the film, *The Condor & the Eagle*. Join this Unitarian Universalist community screening and discussion with the filmmakers and co-hosts of the award-winning documentary.

- Friday, October 2 from 5-7:30 p.m.

On that day, go to <https://event.webinarjam.com/register/110/9v10va24?fbclid=IwAR1n3pbFjXBPdQ-oTui6x1LC9Ao5RvFmBdt90NxxkTL880i25zdfc-CNOZ4>. Click on Register and complete and submit the information.

There is no screening fee but UCU has donated \$100 to this cause. Individuals may also want to donate on your own. The donation link is: <https://uuministry4earth.z2systems.com/np/clients/uuministry4earth/donation.jsp?campaign=90&>.

UCU Sponsors Good Trouble Help Clean Up Otter Tail River October 3 - 4



Take time and pick up trash along the Otter Tail before the Nibi walk reported below as our way to show our love for our water source, say prayers for the river, and honor those on the NIBI walk.

See DNR link below for the public access points. You can start at one of them. If you have a kayak or canoe, that works too. The water is cold, and you may get wet, so dress appropriately. Just bring some trash bags and fill them, and post the pictures on the Otter Tail Nibi Walk group, on the Otter Tail River Kayak and Canoe group, or if you like, go to AmericanRivers.org, where you can make a pledge and they add it to their map that tallies all Minnesota's count of trash picked up.

American Rivers pledge map @ <https://americanrivers.org/river-cleanup-map/>
<https://www.facebook.com/www.ucofu.org/>

<https://facebook.com/events/s/otter-tail-river-cleanup/1041306149631360/?ti=icl>

Access to Otter Tail River @

https://gdrs.dnr.state.mn.us/gdrs/apps/pub/us_mn_state_dnr/mndnr_geopdf_download/water_trail/OtterTail%20GEO.pdf

Deb Wallwork & Katy Olson

"NIBI"

Honor the Otter Tail River Walk



Honor the Otter Tail Nibi Walk

Wednesday, October 7, 2020 to
Saturday, October 10th, 2020

Registration is now open. Please register by
September 13th. Click link to get more info.

[CLICK TO REGISTER NOW](#) or call (320) 269-2984

"Nibi" is the Ojibwe word for water, the sacred elemental force and source of all life. This walk brings together water protectors and river advocates with a series of ceremonial blessings along the route of the river. The walk will start from the source of the Otter Tail on the White Earth reservation and continue, over three days, on rural roads closest to the river to the Three Rivers Park in Breckenridge where the Otter Tail River has a confluence with the Red and Bois de Sioux rivers.

Stay informed by joining the Facebook page "Honor the Otter Tail, the Nibi Walk" at <https://www.facebook.com/groups/415217079426723>. There you will find a video posted to help folks learn more about the concepts behind the walk with information and ways to participate.



If you have questions - please contact Deb at deb.wallwork@ucofu.org or call her at 651-216-4610." Or contact Peg Furshong at peg@cureriver.org.

Being a Good Relative: An Online Learning Series on Indigenous Solidarity.

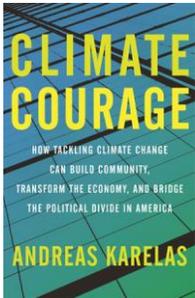
October 15 - November 12 on Wednesday evenings.

(See MUUSJA article below for full details)

Register Here: https://uusc.zoom.us/webinar/register/WN_Z8VIDmHSRa6gE-QbRKuPcw
opportunities for involvement on our newly created Facebook page for MUUSJA-North. To join this closed group, click here: <https://www.facebook.com/groups/272003040709929>.

Climate Courage

By Andreas Karelas



Climate Courage recognizes that people, not politics, are the agents of change that can create a more sustainable, equitable economy.

But to engage people in climate solutions, we need a new way of framing the problem that's empowering rather than fear based. We can move past our collective despair and inaction if we work together in our communities towards a better vision of the future based on shared American values.

Author Andreas Karelas brings an optimistic message that we don't often hear about: we have all the tools we need to solve the climate crisis and we're already building momentum.

Support the Schools for Shan Refugees



Photo courtesy of Bernice Johnson, Shan Schools Executive Director

“Dear Friends of the Unitarian Church of Underwood,
Click on the link <https://youtu.be/Aij6HCFIY9c> to view a video about our education projects for Shan refugees in Thailand. It was created by project liaison Yvonne Garcia and her son Danny Snyder. I hope you enjoy it as much as I did! *Sincerely, Bernice*”

Annual Fundraising for the Shan Schools for Refugees is now in process. Our church's members and friends are a major supporter of the Shan schools. Your contributions to the

Shan Schools go a long way: \$30 buys shoes and a uniform for a grade school child which are required for attending a Thai school, \$300 will pay for one of the migrant camp schools for a month, \$1,200 will pay a migrant schools teacher's salary for a year. Last year the UCU members and friends exceeded the fundraising goal. This year our goal is \$3000. We will announce the total given for this year by UCU members and friends on October 11.

The fundraising finale is a **virtual Thai dinner on Saturday, October 10 at 5:30 p.m.** Watch the Weekly for Thai recipes and details.

Contribute either by sending a check made out to **Schools for Shan Refugees to Mary Worner, 28424 Water Street Road, Underwood, MN 56586** or go to the website, shanrefugeeschools.org and click on "donate." You will receive an electronic receipt for your contribution.

Movement for Black Lives M4BL

The BREATHE Act is a project of the Movement for Black Lives' 501(c)4 Electoral Justice Project. See policy@m4bl.org. To review the proposal for Federal legislation, see: https://breatheact.org/wp-content/uploads/2020/07/The-BREATHE-Act-PDF_FINAL3-1.pdf

Volunteers Wanted – 1353 Lenore Way, Fergus Falls



Want to give back to your community and have fun doing it? Come and help at our current build and leave with a good feeling of service to others. **Habitat is looking for individuals and groups of volunteers.** We build from **9-3 Tuesdays-Thursdays**. All skill levels accepted. There's always a way to help out on a build site!



Longtime "regular" volunteer **Tim Lanz** shows how to have fun at the build site!

[Donate with Paypal](#)

PO Box 434
1500 S. Cascade
Fergus Falls, MN 56537
(o) 218-736-2905
(c) 218-205-5739
www.fergushabitat.org
Facebook
pmschol@gmail.com

Fergus Falls Food Shelf Continues to Need Volunteers and Donations

The City of Fergus Falls has assumed food distribution, offering staff time and infrastructure along with volunteers working out of the Community Food Shelf Building, 1512 N. 1st Ave., Fergus Falls Monday-Wednesday-Friday from 1:00-4:00 p.m. An estimated \$10,000 is needed each month to keep the food shelf fully stock and open. Make monetary donations on behalf of the food shelf and send to Federated Church, 224 N. Union Avenue, Fergus Falls, 56537.

We Are Part of the Larger UU
The Time is Critical
Get Involved!!



Faith. Love. Action.

Together.

Vote Love# Defeat Hate#

*Join in the groundswell of Unitarian Universalists
working to #VoteLove and #DefeatHate.*

To UU the Vote during a pandemic is not just to do voter engagement, it means we:

Act Local to Build Thriving Communities: Community is at the heart of democracy. Housing, food security, health and self-determination are the pillars of a thriving community. COVID-19 has thrown more folks deeper into preexisting crises that threaten lives and democracy.

All in on the Issues, All in on Democracy:

Justice and Freedom for All. The U.S. carceral system is a threat to human thriving and democracy. Jails, prisons, detention centers, and the policing and surveillance of our communities are contrary to the principles of a democratic society.

Share Spiritual Resilience:

Justice work is deeply spiritual work. As we move through this moment our hearts, minds, and bodies are informing our work. Our joys and weariness are constantly shifting, but community is always our anchor. We are creating hope together.

UU the Vote is a non-partisan project of the Unitarian Universalist Association

<https://www.uuthevote.org/>

For complete Minnesota voting information see: www.mnvotes.org.



Hello fellow UU's of the Northland!

I am the newly appointed Northland regional organizer for MUUSJA (MN Unitarian Universalist Social Justice Alliance) as well as the Family Ministry Director for the UU Congregation of Duluth. In my role for MUUSJA, I am hoping to strengthen our UU network in Northern Minnesota in support of social justice organizing. My emphasis this fall is on supporting indigenous-led climate work and pipeline resistance. As part of this work, I'd like to invite you to join us in an online course called *Being a Good Relative: An Online Learning Series on Indigenous Solidarity*. Here's the blurb for the course as well the link to register. It runs October 15 - November 12 on Wednesday evenings.

Being a Good Relative: A Learning Series on Indigenous Solidarity

Calling UU's throughout the Northland! Join us for an online learning series as we explore the intersections of environmental justice, Indigenous sovereignty and UU principles. Over this 5-week series, we will connect with the U.S. history of genocide and erasure and support the ongoing call for Indigenous Sovereignty. This series is an opportunity for Northern Minnesota UU congregations to connect, learn, strategize, and act!

Register Here: https://uusc.zoom.us/webinar/register/WN_Z8VIDmHSRa6gE-QbRKuPcw

In addition to this course, I am organizing several opportunities this fall to support learning, action, and empowerment around Line 3 resistance.

My hope is that we'll have participation from UU's throughout the Northland for these events so that we can get to know each other better and strengthen our network of solidarity. I would really appreciate your help in getting the word out to UU's and UU congregations throughout the region. Please forward this email to anyone in our region you think may be interested in joining our coalition!

I'll also be posting opportunities for involvement on our newly created Facebook page for MUUSJA-North. To join this closed group, click here: <https://www.facebook.com/groups/272003040709929>.

Thank you for all that you do for our UU community and for our movement for justice. Let me know if you have any questions, ideas, or connections I should be aware of. Feel free to call, text, or email. (Cell number in my signature.)

With blessings and peace,

Katie (Katherine Kline)



The MidAmerican Nominating Committee Needs Our Help

We are seeking fresh voices for leadership positions to strengthen the future of the MidAmerica Region! We have open positions for the **Board of Trustees, Camp Unistar Foundation Board of Directors, Midwest Unitarian Universalist Conference (MUUC)**, and the **MidAmerica Nominating Committee** itself. Our region needs energetic people with diverse perspectives to fill these leadership positions. We are working to dismantle the legacy of white supremacy in our faith to create a collaborative environment with people from historically marginalized communities.

Some traits we value in candidates:

- Willingness to collaborate with others
- Ability to provide a unique perspective
- Strong communication skills
- Interest in leadership and stewardship
- Dedication to radical inclusion
- Personal investment in the future of our region and Unitarian Universalism as a faith

The **MidAmerica Regional Board of Trustees** is responsible for the general direction of the region, including policies, strategic goals, and priorities. There are nine members serving three-year terms. Three of those nine members include the President, Secretary, and Treasurer, who are elected directly by the Board members annually.

The **Nominating Committee's** purpose is to nominate individuals for the Regional Board, Camp Unistar, the Midwest Unitarian Universalist Conference Board, and the Nominating Committee itself. We are dedicated to seeking qualified candidates to reflect the full diversity of the Region to fulfill these leadership positions, especially in regard to historically marginalized communities. The Nominating Committee has seven members serving two-year terms.

The **Midwest Unitarian Universalist Conference (MUUC)** furthers the interests of UU's and their institutions in the Midwest, fosters the interests of the UUA, supports spreading the message of

Unitarian Universalism, and distributes the surplus income generated by funds in trust. The MUUC Board of Directors is composed of seven members serving three-year terms.

Camp Unistar is a beautiful island retreat in Cass Lake, Minnesota where you can unplug, unwind, and enjoy nature with a village of old and new friends who are largely rooted in Unitarian Universalist values. It is governed by an independent Board of 8 members, with one member appointed each year by the Board of Trustees. All board members must have attended Camp Unistar.

Our only requirement is that our candidates must be a member of either a MidAmerica Congregation or the Church of the Larger Fellowship. If you or someone you know may be interested, please send your suggestions to one of our co-chairs:

Co-Chair Helen Dwyer, All Souls Unitarian Church in Indianapolis, IN: hdwyer1492@msn.com

Co-Chair Mel Priese, Eliot Unitarian Chapel in Kirkwood, MO: mel.priese@gmail.com

Unitarian Church of Underwood Board Meeting Minutes August 19, 2020

Attending: Mary Anderson, Amy Beckman, Norm Kolstad, John Minge, Ron Roller, Shannon Smith, Mary Worner; Absent: Tim Lantz, Wally Warhol.

The meeting was called to order by President Norma Kolstad @ 6:45 p.m.
Board attendees noted the Covenant of Guiding Values for the meeting.

One item, Shan Schools was added to the meeting agenda. The Board agenda was approved (Ron Roller/Norm Kolstad).

Board Minutes of July 15, 2020 were approved as published (John Minge/Ron Roller).

Melody Shores of the Google Suites Technical Support Team stepped through the benefits and features of the Google Suites application. Further training of Board and others is scheduled for September 2 beginning at 6 p.m. via Zoom.

To address a recent email hack, Melody set up additional security on the Google Suite account. It was suggested that the Safety Committee relook at security measures and that notice be given the membership of potential risks.

Reports:

Treasurer's Report: Treasurer Ron Roller presented the financial report. Collections and investments are up. Taxes have been filed and paid. The full financial reports are available on Google Suites shared drive. It is recommended that the Finance Committee meet to determine options for ongoing investment strategies.

An account has been established with Givelify, an application for online giving. The application process and setting up the application on the web site have proved challenging.

An Empowerment Grant award of \$1300 has been returned due to the impact of the pandemic restrictions on activities. Board decisions on reapplication or reallocation of Empowerment Grant funds returned is deferred for later Board meeting discussions.

Church Administrator's Report:

Bonnie Graham reported that she has been working to establish a calendar on Google Suites that will be on the church website with a link in the monthly newsletter. She has made the member UCU updates with the Unitarian Universalist Association (UUA). She will provide the Board with a link to the portal for recordings of the General Assembly (GA) workshops that she and Mary Worner referred to in their reports last month on GA sessions.

Program Coordination:

Program Coordinator Mary Worner reported on the following aspects under Program:

The Sunday Service Coordination Committee sponsors the Christmas Eve service that Ellen Eastby is coordinating. Linda Quistad-Berg will act as topic coordinator and Luce Reece will act as Lead Coordinator for the U Groups. Consideration is being given to an after-service break-out session to discuss Adult Religious Education possibilities. Upon Mary Worner's request, approval was made for Mary Worner and Katy Olson to proceed with measures to conduct fundraising for the Shan Schools including the use of email and phone calls (Mary Anderson/Shannon Smith). Mary received feedback from the Board on Sunday services and will use the information to report back to the UCU Connections Task Force.

No reports from Community Outreach, Facilities, Communications, Membership or Stewardship Committees.

As reported by Mary Anderson, the Racial Justice Task Force is continuing work on the plan for education and awareness of white privilege and racial inequities. At the same time, they continue book discussions and coordination of justice activities on these topics.

Mary Worner reminded us of David Pyle's thoughts on Board Basics, Fiduciary Responsibilities in considering how are assets/resources are used to achieve the church mission.

Unfinished Business:

Church chats with Board members will continue monthly at the after-service break-out time. Norm Kolstad and John Minge volunteered for September 6 church chats with reminder of the need to announce them.

Bonnie Graham will provide the link to the GA Workshops including those referenced at last month's Board meeting.

Personnel Committee:

The Personnel Committee (Norm Kolstad, Chair; Mary Anderson, Ron Roller, Shannon Smith) presented for review:

- Personnel Committee Roles and Responsibilities
- Personnel Policy

- Position Description for permanent administrative position
- Terms and conditions of employment agreement

After numerous questions, comments and suggestions, it was determined that the Personnel Committee should meet soon to consider the input of the Board; prior to August 31, finalize the position description and terms and conditions of employment for electronic vote approval by the Board; proceed with finalizing the hiring of the administrative support person; continue work on the Personnel Policy with resubmission for final Board approval.

New Business

Approval was made for up to three to attend the upcoming MidAmerica Workshops (Mary Anderson/John Minge). The cost for each attendee is \$150.00.

Next meeting September 16, 2020 @ 6:30 p.m.; Executive Team meeting September 9 @ 6:30 p.m. – both via Zoom.

Meeting adjourned at 9:10 p.m.

Celebrating the Life of Argyle Paulson Gravesite Service With Celebrant Ellen Eastby

Warm welcome to everyone who has gathered here this afternoon to remember and honor the life of Argyle Paulson. It is good to be together as we feel joy for the life Argyle lived, all that he gave and the lives he touched. It is good to be together as memories come to mind that bring laughter and memories that bring tears. It is good to be together as we feel loss and grief and to be aware that we are not alone in those feelings. It is good to be together to be reminded that we all carry Argyle with us and always will.

Lighting a candle is somewhat like the beginning of life. If that is true, then perhaps extinguishing a candle is like the ending of life. But death may not be the end of us. We live on in the memories of friends and loved ones. The influence we possessed in life works on, moving persons or causes forward. Let us not forget that most candles have more than one life, and so, perhaps, may we.”

I don't know who said that, but I believe it to be an apt analogy. A baby being born is much like lighting a candle. It is that tiny flicker of life that comes into being at birth. And as we grow, that flicker becomes a flame or light. We hear a lot about our light. We even sing songs about it. “This little light of mine, I'm gonna let it shine.” That flame or light is who we are. It is our essence if you will. We carry that flame, that light with us throughout our lives. Sometimes, when times are difficult, that flame might only be an ember. And other times it is a beacon, lighting the way for others. In the end our flame is seemingly snuffed out. As our bodies cease to exist.

I think that is the strange thing about death. Our loved one takes part of our hearts with them when they go and we are left with such a feeling of loss. But, at the same time, they leave behind so much of themselves. I am sure there is a term in some discipline for gaining

something even though you lose it. It is kind of like saying $5-5=2$. We have a total amount, we lose that entire amount, but somehow there is something left.

It is like those “trick” candles. You know the ones, you blow them out and you think they are done burning, but the next thing you know there’s the flame again. I think that is the kind of candle we as people are. It appears as if our loved one’s light has gone out, but something still remains in that wick, that brings him back.

As Heidi and I were talking about this service and what might be a good option for music, I suggested that perhaps Ken could play his trombone. I didn’t know that Argyle really enjoyed it when Ken played his trombone at church. Apparently, he was partial to horns. And that much of his love of big band music was because of the brass section. That memory that Heidi had of Argyle and sharing that memory with me, was his candle relighting. His light shone in those moments. All of our memories of Argyle are a way of holding his light. In a bit you will have an opportunity to share your memories if you wish. I hope that some of you will share a memory of Argyle. Think of sharing those memories as passing the flame along to the rest of us. Allowing the glow of Argyle’s light to brighten.

As the reading I opened with says, “the influence we possessed in life works on, moving persons or causes forward.” Argyle was politically active with the DFL here in Minnesota. He influenced policy by his association with the likes of Walter Mondale. He influenced his children and grandchildren, to be civic-minded and who have mostly forged ahead with liberal ideas and beliefs.

I started thinking about other ways in which Argyle’s light shines. 1941, when he was 17 years old, he spent 6 months with the Civilian Conservation Corps planting trees. Those trees, which really, were a gift to the world, hold some of Argyle’s light.

And to his dear friend Maggie, who played Rummy with Argyle every week until COVID hit, a deck of cards will spark her memories and bring back Argyle’s light into her life.

Helen Keller said, “What we have once enjoyed we can never lose; all that we love deeply becomes a part of us.” That, I think, is the most important thing to remember and it is the thing I want to leave you with. If you loved Argyle, you carry his flame. You are that wick, that never lets the flame die out. For as long as there is love in your heart for Argyle he lives on.

From dust to dust; from spirit to spirit; from eternity to eternity:

Between these spans, a human life fits.

A Human life that is sacred.

It is sacred in its being born.

It is sacred in its living.

And it is sacred in its dying.

Authorization for Automatic Funds Transfer (AFT)

To Unitarian Church of Underwood (UCU)

Return completed form in sealed envelope inside mailing envelope and send to:

Unitarian Church of Underwood

Attn: Treasurer

P.O. Box 58

Underwood, MN 56586

I authorize Farmers State Bank of Underwood (bank of Unitarian Church of Underwood) to initiate entries to my checking account for recurring transfers of funds. This authority will remain in effect until I notify UCU in writing to cancel it. I can stop payment of any entry by notifying Farmers State Bank of Underwood three (3) days before my account is charged.

Funds Transfer from:

Name on account: _____

Bank Name _____

Account # _____ Checking Savings

Routing # _____

Recurring AMOUNT \$ _____ to be paid beginning (date): _____

Weekly Every Other Week Monthly Other _____

Already using AFT & wish to change conditions:

Change Amount from: _____ / _____ to: _____ / _____ effective: _____
(old amount per xxx) (new amount per xxx) beginning date

Requestor SIGNATURE _____

Address: _____ Phone: _____

_____ Email: _____

Submitted to Bank by: _____ Date: _____

(UCU Board Treasurer)

Funds Transfer to (Bank Use Only):

Reason: Donation pledge

Pay to: Unitarian Church of Underwood from Farmers State Bank of Underwood

(Bank Address: 110 Main St, Underwood, MN 56586; Telephone: 218/826-6112)

Account # to be credited: _____

Bank Routing # _____

