

St. Cloud UNITARIAN UNIVERSALIST Fellowship



October 2023 PRESENTERS PLAN TO PARTICIPATE IN-PERSON.

10:30 a.m. Sunday, October 1: Taking Control of End-of-Life Decisions: A Call to Awareness – Rev. Harlan Limpert

Most of us take pride in taking charge of every aspect of our lives - who or if we'll marry, where we'll live, what kind of career path we'll follow. Yet, when we arrive at the end of our lives, we'll often hand over control to complete strangers. How does that happen? And what can we do to stop it? Rev. Limpert is the former chief operating officer of the Unitarian Universalist Association and co-founder of *Interfaith Clergy for End-of-Life Options*.

Children's Program (CRE): For the Love of Bees. Where would we be without them? Answer: hungry

**SUNDAY
SERVICES WILL BE
MULTIPLATFORM.**

**YOU MAY USE ZOOM
OR ATTEND IN
PERSON.**

Visit www.uufstcloud.org for
information to join on Zoom.

10:30 a.m. Sunday, October 8: Doctrine of Discovery

Beginning in the 1100s the Doctrine of Discovery was used to establish political, legal, and spiritual justification to colonize and seize land not inhabited by Christians. We will learn about the Doctrine of Discovery and how it was used to fuel white supremacy and dehumanize indigenous people and support slavery. Our Social Justice Committee offers this presentation on the day before Indigenous Peoples' Day.

*Children's Program (CRE): Bullying. What forms does it take? Ever happen to you? Response ideas?
Also: Introduction to drumming on hand drums and djembes. History, protocol and songs for the Mother Drum.*

10:30 a.m. Sunday, October 15: "This Little Light of Mine" – Buddy King

In these challenging times, we need each other more than ever. Join Buddy King as we consider ways to come together and support each other in our shared work of unity and understanding. How do we keep moving forward in our journey even when the world around us tells us to stop? How can we continue to follow our hearts and pursue our goals, even when faced with obstacles? And how can we stay on the right path, even when others are trying to lead us astray? Buddy King is the co-founder and Director of Operations for Higher Works Collaborative.

*Children's Program (CRE): Japan Culture Day. Learn to send secret origami messages, practice a few (very important) phrases, and find out how many tries it takes to eat a gummy bear using chopsticks. (No cheating).
Maia Schroeder leads us.*

To contribute to SCUUF:

Send a check to SCUUF
PO Box 805,
St. Cloud, MN 56302, or
Make a contribution by debit/credit
card or PayPal by clicking on this
link: [https://tinyurl.com/Donate-
SCUUF](https://tinyurl.com/Donate-SCUUF)

10:30 a.m. Sunday, October 22: “Incarnate Wisdom” – Rev. Kate Tucker

What stories, poems, and prayers can offer us insight as we reflect on this strange and temporary situation called “life in the body.” Rev. Kate Tucker is a UU minister who served as Associate Minister at First Universalist Church in Minneapolis prior to her retirement.

Children’s Program (CRE): Art Exploration with Collages and Artist Terese Cacek; Drumming Practice 102.

10:30 a.m. Sunday, October 29: A Look at the Natural History of our Spookiest Holiday – Steve Saupe, PhD

Everyone knows that Halloween is a time for Jack-O’-Lanterns, witches, and trick-or-treating. But, do you know how these traditions arose? This presentation will feature an overview of the history and science of this spooky holiday with pagan roots. Steve Saupe is a retired botany professor from CSB/SJU.

Children are welcome to stay with their families to enjoy this program for all ages.

Children’s Religious Education (CRE)

By Louise Goetz

CRE will look familiar but also a little different this year. Some time each week will focus on the Seven UU Principles and what it means to be a part of the Unitarian Universalist faith. The Seven Principles, as written for young people, are as follows:

- Each person is important.
- Be kind in all you do.
- We’re free to learn together.
- And search for what is true.
- All people need a voice.
- Build a fair and peaceful world.
- We care for the earth.

Each week children will be part of the general service as before—lighting the chalice and staying for Joys and Concerns. If there is a Time For All Ages by a presenter, they will stay for that. The membership will then *sing the children out for CRE time in a separate room. They will return for the extinguishing of the chalice, the benediction, and return to their families.

*The song is one that has been used before:

*Go now in peace,
Go now in peace,
Let the spirit of love surround you,
Everywhere, Everywhere you may go.*

The CRE room has been made ready. Craft, resource, and activity supplies are there with easy access. Contact Louise Goetz if you have questions, and especially if you would like to share your skills and experiences with our UU CRE children and youth. They are our future.

President's Corner

By Pam Peterson

Beloveds,

I feel that we are off to a great start in our 2023-24 St. Cloud Unitarian Universalist Fellowship year. The programs have been top-notch and very interesting. Hats off to the Program Committee!

Things have been running smoothly in the areas of technology, hospitality, and music. So let's throw lots more hats in the air for these volunteers as well as all others serving our Fellowship. THANKS!

On our first Sunday, I acknowledged volunteers who helped at various activities and I forgot two very important ones: Promise Neighborhood gatherings where we had a booth with a children's project and popsicle treats as well as a booth at the Pride Event.

Our CRE (Children's Religious Education) Program is up and running. Over the summer, the hardworking team of Carol Hamilton, Hani Epp, and Louise Goetz worked to organize materials and plan lessons for this year. September 17th Mary Ness and Louise Goetz presented the lesson entitled, "Rituals." September 24th Linda and John Peck presented a lesson called "Bugs, Bugs, Everywhere" about why we need insects and what they do for us.

We have a NEED for additional CRE volunteers. Please contact Louise Goetz, CRE Coordinator, if you are willing to volunteer or have a lesson idea. We want to have two volunteers at each lesson. So you could be the support person if you didn't want to be the lead person. Working together we can have a great CRE Program without having the same individuals shoulder the responsibility each week.

A BIG WELCOME goes out to visitors we've had so far this year! It's wonderful to see familiar faces as well as ones new to the Fellowship. We strive to have ALL feel welcome. If you are a visitor and have questions or comments, please feel free to talk to or contact me. I value what you have to say.

I invite you to ask your friends and neighbors to join us at a service or activity this Fall.

I leave you with this quote attributed to Henry Ford. It is my hope that this will be our model as the 2023-24 Fellowship year progresses. Pam

*Coming together is a beginning.
Keeping together is progress.
Working together is success.*



Meditation will be held on October 14

Meditation will be held at the Fellowship on Saturday, October 14 at 10:30 a.m. If weather permits, we may go outside for part of our meditation. Meditation will include Joys and Concerns, silent meditation, and personal reflections.

Contact Helen Manion or Lucinda Hudson with any questions.

Membership Committee announces sign-up time for Circle Dinners

By Marge Bates

It's time to sign up for Circle Dinners.

What are circle dinners? People who sign up are assigned to a group of up to 8 people who meet to share a meal. When, where, and all other details are agreed upon by the group. Most groups meet at least several times a year, often monthly. Groups are assigned, and we ask that you not request to be put with your friends as circle dinners are a means to really get to know other people in the Fellowship.

Usually the circles are at someone's house, but they have also been in restaurants and at the Fellowship. Car pools have generally been provided if needed. The host usually prepares the entree and the other members bring the rest of the meal. If you do not think you can host a meal but would like to be included, work it out with the facilitator of your group once it is established.

A sign-up sheet will be at the table in the sanctuary. **Sign-up will end on October 14** and circles will be notified on October 15.

SCUUF book club will discuss *Wonderworks* on October 28

By Judith Siminoe

On Saturday, October 28, 10:00 a.m., we will meet to talk about *Wonderworks: Literary Inventions and the Science of Stories* by Angus Fletcher. You may want to get started because it is over 400 pages long though written in relatively short chapters.

Fletcher presents literary devices that have been invented by storytellers to solve problems for readers such as reducing grief, anxiety, and loneliness and increasing creativity, courage, love, empathy, and healing. A tall order, but that is from the description on the book's cover. Find a copy and see if you agree.

Full Moon Drumming is scheduled for October 28

Please join us at the Fellowship building on **Saturday, October 28th at 6:30 p.m.** on this Full Moon night as we drum in community with others throughout the world.

Bring a drum if you have one. There will be some drums and rattles to share. A love offering is appreciated. Facilitated by Erin Hughes and Jane Barth.

A Caring Bridge site has been created for Rev. Shelley Dugan

Submitted by Lucinda Hudson

As many of you may know, Rev. Shelley Dugan had a serious horseback-riding accident. Her husband has created a Caring Bridge site for anyone who would like to follow her progress as she recovers from her accident. Rev. Dugan would appreciate cards. Contact Pam Peterson or Lucinda Hudson for her home address.

Here is Rev. Shelley Dugan's Caring Bridge site: <https://www.caringbridge.org/visit/shelleydugan3>

To see the Caring Bridge entries, you will need to sign in with an email address or on Facebook.

The Caring Committee

The Caring Committee has been formed for the times in each of our lives when we need help from another person. The members of the Caring Committee are available to help members and friends of the St. Cloud UU Fellowship in a variety of ways.

Feel free to contact any committee member:

Linda Saupe (chairperson), Marge Bates, Hanni Epp, Doug Polley, Chris Smith, Charlotte Stephens, and Ron Syme.

For anyone with emergency needs, a wide range of services is available from agencies and organizations in the community. These can be accessed by calling 211 (or 800-543-7709).

Communications Report

By Judy Foster

HELP! In addition to someone to update our Directory, we need a new Newsletter Editor starting in January. Many thanks to Joel Bershok and Marcia Neely for their service on these important methods of SCUUF communication. Now we need someone else to step up and help out. Both Joel and Marcia will provide training.

Here is our report inadvertently left out of the September Newsletter:

Thanks to our Webmaster and Tom Hergert for providing service and support on the Communications Committee. Thanks also to Marcia Neely for serving as Newsletter Editor.

We continue to work with the Board and Program Committee to post recordings of our services on the website and are starting to work with Children's Religious Education to conduct outreach to young families.

Committee Chairs, please let us know when you are offering activities or programs you want to publicize. Everyone, please note, we do not have a volunteer (or volunteers) to prepare the Fellowship Directory. Please let me know if you can help with that. Charlotte Stephens, Marge Bates, and I can help with editing and proofreading. It is time to start thinking about the Fall, 2023, Directory."

Most recently, we discussed the possibility of updating the Directory just once a year instead of twice. Also:

1. Our Webmaster updated the website to include Pride events and created a Children's Religious Education (CRE) flyer and QR code to use at our Pride table.
2. We discussed eliminating personal emails and phone numbers from the Newsletter, so those will not be made public when the Newsletter is posted to our website.
3. We continue to work on posting recordings of our services on the website.
4. We created a MPR ad to air on Weekend Edition (Saturdays) for six weeks starting September 16 to promote CRE and the Sunday services;
5. We boosted a Facebook post on Sept. 20 to promote more information about CRE programs.
6. We are seeking more ideas for promoting our CRE programming.
7. We are working on updating our bulletin boards.
8. We are planning to add a line on our sign-up sheet to find out how our visitors found out about us.



SCUUF members and friends at our booth at Pride and Peace

8th Principle/Article II Report

By Judy Foster

Although the 8th Principle has been incorporated into the Article II Revision Proposal, Paula Cole Jones continues to offer monthly 8th Principle meetings. I don't always attend, but most recently I attended two 8th Principle meetings in one week. One was on "Democracy in the U.S. and the Rise of Fascism." It was a very scary, one might almost say "terrifying," presentation on how current right-wing actions parallel the rise of fascism in other countries and other time periods. I debated with myself whether it was overstated and at the same time wondered whether we should use the term "fascism" more openly to name the attacks on democracy that we are currently living through: <https://choosedemocracynow.org/2023/03/call-it-fascism/>. My Beloved Conversation cohorts thought using the term "fascism" could turn people away even if it does fit. However, the MUUSA Board thought we should call it what it is. I'm still debating, and taking heart from the following organizations: <https://www.pfaw.org/>, <https://protectdemocracy.org/>, <https://choosedemocracynow.org/>. I took screenshots of the power point presentation on fascism. Let me know if you want to see them.

The other 8th Principle meeting involved a discussion of white narcissism <https://www.friendsjournal.org/white-narcissism/> and the art of racism denial <https://www.bostonglobe.com/2023/01/03/opinion/art-denial/>, two barriers to the approval of the 8th principle and the Article II Revision <https://www.uua.org/files/2023-06/Article%202%20Package.pdf>.

Are we prepared for the vote next June on whether to support the final approval of the Article II Revision?

MUUSJA Report

By Judy Foster

The Minnesota UU Social Justice Alliance is offering a series of programs this fall to support congregations. See the new MUUSJA website <https://www.muusja.org/>, especially the items under "What we Do," to get more information on MUUSJA offerings that follow this report and/or to join the programs on Zoom.

This is my last year on the MUUSJA Board, so it would be great if someone else would volunteer to represent SCUUF in that role.

MUUSJA Fall Programs

Spiritual Care

Spiritual Centering for Justice-Seekers

Second Sundays from 7 – 8pm

Oct 8, Nov 12, Dec 10

Join us the second Sunday of each month for a virtual hour of spiritual nourishment with an evening vespers service. Led by Rev. Leslie Mills.

Extended Learning Opportunity

Transgender Inclusion in Congregations

Wednesdays, 6:30 - 8pm

Oct 11 - Nov 15

Developed by Rev. Mykal Slack and Zr. Alex Kapitan, this course is for individuals, groups, and congregational teams who want to take their knowledge and skills to the next level in terms of trans identity and learn how to create congregations that are fully inclusive and affirming of the full breadth of gender diversity.

Congregational Support Workshops

Beyond the Land Acknowledgment

Thursday, October 12 from 10 - 11:30am

How do you, or your congregation, move from the sharing of a land acknowledgment towards action, interaction, and accountability?

Rooted in Care

Thursday, November 2 from 10 - 11:30am

Join in for a discussion about how community care among congregants can build a foundation for powerful action and organizing beyond church. This presentation will be facilitated by community organizer and activist, Dallas Rising.

Multigenerational Organizing

Thursday, December 7 from 10 - 11:30am

Join this workshop to learn effective strategies and techniques for engaging folks of all ages and stages in your justice work.

Regional Issue Forums

Supporting Transgender Relocation to Minnesota

Monday, October 23 from 6:30 - 8pm

Minnesota is increasingly becoming a refuge state for our trans siblings looking to relocate from hostile environments. Join this forum to learn how you or your congregation can support the relocation efforts of individuals who identify as transgender, non-binary, and gender-non-conforming to the state of Minnesota.

Combating Hate in Minnesota

Monday, November 13 from 6:30 - 8pm

Incidents of antisemitism, white nationalism, Islamophobia, xenophobia, and racism are on the rise in Minnesota. Join this important forum to learn how you or your congregation can mobilize to make Minnesota safe for everyone - no exceptions. Facilitated by Karen Wills.

Reproductive Justice: The Work Goes On

Monday, December 11 from 6:30 - 8pm

In a single, historic legislative session, Minnesota dismantled five decades of anti-abortion restrictions, enshrining the right to abortion in Minnesota law. But significant barriers to abortion and reproductive health-care access remain. Join this forum to learn how you and your congregation can help to clear them away.

Conversation in Community

A Conversation with Rev. Karen Van Fossan

(And A Book Release Celebration!)

Tuesday, October 3

6:30 - 8pm

All are welcome to join MUUSJA in conversation with Rev. Karen Van Fossan, an abolitionist, minister, professional counselor, street chaplain, and former defendant in the Line 3 pipeline resistance. This special program will also celebrate the release of her new book, *A Fire at the Center: Solidarity, Whiteness, & Becoming a Water Protector*.

Statewide Congregational Initiative for All Ages

Chalk the Vote

Sunday, November 5

Street art has long been used as a tool for communication in times of social movement and change. We're mobilizing UU congregations throughout Minnesota to get the word out about the importance of voting in a fun, creative way - with chalk! Before or after your worship service, gather your community members of all ages to decorate the sidewalks or walking paths around your building with positive messages reminding folks that democracy is not a spectator sport! Don't forget to take photos of your chalk art and post them to your social media pages with the hashtag #uuchalkthevote.

Opportunities for Involvement

Walk for Peace and Justice

Saturday, September 30 at 10am

Brackett Park

Members of the Unitarian Universalist Church of Minnetonka invite you to join Friends for a Nonviolent World (FNVW), in collaboration with Twin Cities Nonviolent (TCNV) and many other peace and justice groups in a Walk for Peace and Justice on September 30, 2023.

Jubilee Three Anti-Racism Training:

Building Capacity to Dismantle Systemic Racism

Friday, October 20 from 6 - 9pm

Saturday, October 21 from 9am - 8pm

Sunday, October 22 from 12 - 6:30pm

Do you wish to deepen your understanding of how race and ethnicity play out in our institutions and our daily lives? Led by Paula Cole Jones with experienced UU trainers, Dr. Leon Spencer and Lutricia Callair.



To respond to an article in this newsletter and/or get further information, here are some ways to connect with the person who submitted an article:

- Find their contact information on the Leadership page of the emailed newsletter.
- Talk to them in person before or after a Sunday Service.
- Use the SCUUF Directory to find their contact information.
- If you don't have an emailed Newsletter or Directory, call SCUUF at 320-252-0020 and leave a message that includes your name and phone number and the name of the individual you want to reach. We will arrange for that person to contact you.

WELCOMING CONGREGATION: We are a welcoming congregation that seeks to be a spiritual home for people of free faith. We value the full range of human diversity, including race, ethnicity, gender, gender identity, affectional/sexual orientation, age, national origin, socioeconomic status, and ability.

St. Cloud Unitarian Universalist Fellowship

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