

St. Cloud UNITARIAN UNIVERSALIST Fellowship



October 2022

10:30 a.m. Sunday, October 2: Reproductive Justice – *Kay Slama and the Social Justice Committee*

Learn about Unitarian Universalist Association's support for reproductive justice and how they're helping congregations be involved. Participate in considering SCUUF's assets for working on reproductive justice and the kinds of actions that SCUUF might be interested in taking. Your input will go to the Social Justice Committee to inform planning for reproductive justice action.

10:30 a.m. Sunday, October 9: Make the Wounded Whole – *roddy bell-shelton biggs, UU seminarian*

We often hear the wounded narrative painting over the painful reality hidden in the shadows we dare not look at. How are we to heal as a nation and Make the Wounded Whole if we are always running from a dark and shameful past? Join us, online or in-person, as roddy, a Queer, Bipoc, Nonbinary Seminarian, and aspiring Public Theologian, challenges us, invokes us, and leaves us with a powerful call to be a transformed accountable faith.

10:30 a.m. Sunday, October 16: EARTH; Foundational Awakening – *Myo-O Habermas-Scher*

When we incline toward contemplation, our foundation is this very body. In the felt sense of its qualities and its movement, we are not different from the earth itself. And what is the Earth itself? What are the implications of this? It's our birthright to explore this together.

10:30 a.m. Sunday, October 23: "A Promise Breaking, Promise Re-making Faith" – *Rev. Allison Palm*

All across the country, Unitarian Universalist congregations are trying to figure out what comes next. How do we exist as faith communities in this moment after all the changes the pandemic has brought? This service will explore how we come back together and renew our commitment to one another. Allison grew up in our congregation and serves as the minister of UU Church of Nashua (New Hampshire) where she is currently on sabbatical.

10:30 a.m. Sunday, October 30: A Day of Remembrance

This time of the year marks the celebrations of Día de los muertos, All Saints Days and All Souls day. Throughout history many religions and cultures have yearly celebrations to honor and remember family, friends, and pets who have passed on. You are encouraged to bring a picture or an object that belonged to your loved one and share a memory.

Sunday services are presented in the Fellowship building and on Zoom.

Visit www.uufstcloud.org for information to join Zoom

Masks are required in the building and social times following the services will be without refreshments until covid concerns diminish.

To contribute to SCUUF:

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

President's Corner

by Pam Peterson

by

WELCOME BACK to the Fellowship in person or on Zoom. It's been great seeing so many of you and getting back "in the groove."

I especially want to thank everyone responsible for our Sunday services—the Program Committee and the Tech volunteers. TOGETHER we can make this crazy world of in-person and Zoom work!

Seeing some new faces, including some beautiful children's faces, this year is wonderful. I look forward to seeing and speaking with each of you. If I don't see you in person, feel free to give me a call (320-982-2360) or e-mail (Pamelda4@gmail.com) if you have a question or concern.

I have been sharing information each month from the book GROWING A BELOVED COMMUNITY. The third hallmark of a Beloved Community is "Care for Your Own." This means that we at the Fellowship need to provide a continuum of care from entrance to exit. "The Rissho Kosei-kai, a liberal Japanese Buddhist movement, furnishes a useful model. Every member is a participant in a small kinship group of challenge and comfort, called a 'hoza.' These exist solely to strengthen the overall interdependent web of a local tribe." (p. 15) The fully functioning Beloved Community requires both outreach and inreach. Our Social Justice Committee leads outreach while our Caring Committee leads inreach. We need to be cognizant of the tendency that many often find it easier to work on social justice projects than assist our fellow UU members and friends. We need to do both.

"Our liberal religious covenant is to trust one another enough to seek help when we're down and to offer assistance when we're able. The Fellowship is a place where, . . . "when members ask, 'How are you?,' they really want to hear the unvarnished truth. It's a real question with caring intent." (p. 18) This is how it should be in a Beloved Community where we are all integral parts of the whole. At times, many of us are caregivers and some are those who need care. We need all of our hearts and hands working together to have a healthy, functioning community. We want to operate as caregivers, not caretakers. Caregivers provide service and are not focused on fixing.

Aspirants in the Beloved Community must remain vigilant and active on all fronts—personal, relational, global, and spiritual—knowing well that any transformation worth pursuing is inextricably interwoven with the development and functioning of the entire Beloved Community. The St. Cloud Unitarian Universalist Fellowship, as a Beloved Community, exists TO CARE.

Midwest UU Conference and Foundation

by Kay Slama

I recently received this from my friend Bob Lovell boblovell25@gmail.com, who is a great person with whom to work: "I just became President of MidAmerica UU's **Midwest UU Conference** and we badly need members. NomCom nominated no replacements, and we added a resignation today. MUUC has five Zoom meetings per year with very little homework between, then a delightful Friday-Saturday in Chicago with MUUFoundation, to be April 21 and 22 in 2023, expenses paid.

See <https://www.midwestuuconf.org/index.html> for more information. Contact Bob directly to volunteer.

Invitation from the Program Committee

We invite you to join with members of the Program Committee in planning participatory programs for October 30 and November 27. This would be an opportunity for you to be involved in planning a particular program without making a commitment to be on the Program Committee.

For Sunday, October 30, **A Day of Remembrance**, (see description on page 1), contact Wendy Schoen at wenschoen@gmail.com or Carol Musielewicz to volunteer to help plan this program.

For Sunday, November 27, we are planning a **Sharing of Bread Ceremony**, and we're also welcoming input for this service. Breads around the world are very different, but every civilization has made some type of bread. This program reminds us that we all need food to live and we must protect our one earth which feeds us all. It also reminds us to share our unique gifts with one another, so all can be fed. Eating together during or after the service is currently not an option, but some ideas to consider include a muffin (per person) or small loaf of bread (per family) to take home. We are also considering Amish Friendship Bread starters to share. Ideas for children's activities would also be greatly appreciated. Contact Lucinda Hudson or Sally Pitzen at sspitzen@charter.net to participate in planning this program.

Beyond these two programs, if you would like to join the Program Committee or suggest program ideas and presenters, contact Wendy. The Program Committee and the technology volunteers are working to improve the hybrid experience so that we can continue to offer the option of attending in person or via Zoom. We appreciate your patience, and we would welcome more volunteers to help with technology. Contact Tom Hergert at tom.hergert@gmail.com or 320-493-2515 if you're interested in learning about this opportunity.

October Meditation

by Helen Manion

Saturday, October 15, 2022 at 10:30 a.m. Walking Meditation

Walking meditation will be held at **Munsinger Gardens** again this month. Anyone who would like to come is welcome to join. We will be meeting at the picnic tables. (If you face the river, the picnic tables are a short walk to the left of the gazebo.) Meditation will include Joys and Concerns, short readings and reflections on change, impermanence, and the season of Fall, about 20 minutes of walking meditation in the gardens, and a brief gathering afterwards to share thoughts.

SCUUF Book Club

by Judith Siminoe

We will gather at the Fellowship on **Saturday, October 2nd at 10:00** to discuss the book *Search* by Michelle Huneven, a sharp and funny novel of a UU congregational search committee, told as a memoir with recipes.

Anyone with any books you no longer want is encouraged to bring them to share with others.

Thanks for your support!

from the Budget & Finance Committee

As we enter the fall season, the Budget & Finance Committee sends all our contributors a very hearty ‘Thank You!’ We really appreciate current pledges, which help us with ongoing planning. If you would like to make a pledge now, please send your pledge information or inquiries to treasurer@uufstcloud.org. The current fiscal year began in July and ends June 30, 2023.

Membership Committee

by Marge Bates

Welcome back! Some of us are attending services in person and some attend via Zoom. Thanks to Tom Hergert and his team who have worked so hard the past few years to keep us united. Also a big thank you to members who have volunteered to take training in how to have a successful Zoom/In person Sunday Service.

It is time to resume **Circle Dinners** for those who are interested. This is an opportunity to socialize with other SCUUF members and friends of UU over food. Each group develops their own requirements such as how often to meet, where to meet, what kinds of food to bring, etc. The Membership Committee will develop dinner groups from those who sign up and will request a facilitator for each group. Circle dinners are intended to facilitate introducing ourselves and sharing our experiences with people we might not otherwise socialize with, so we ask you not to request to be in the same group with certain other members. Couples will be in the same groups. If attending the Fellowship in person, please sign up for circle dinners on the list provided on the table in the Sanctuary. If on Zoom, please email your interest to MargBates@gmail.com. I will inform members of the circle-dinner groups we’ve created on October 23, so please sign up before then. Thank you.

Adult Religious Education

by Ozzie Mayers

Our next Adult Religious Education discussion will be on **Saturday, October 22nd at 2:00**. The topic is: **How do you sustain yourself in challenging times?** Here is a link to suggested ways others have used, but please do not limit yourself to these suggestions: <https://theeverygirl.com/practice-self-care-during-tough-times/>

Link to the Zoom meeting:

<https://zoom.us/j/95059210933?pwd=bnZnR3RrK1pnRWhYenBMaHEzUElFUT09>

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 member of the committee:

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 Committee News

by Judy Foster

Many thanks to Marcia Neely for taking over as newsletter editor. Please help support her by getting your articles submitted on time. Let her know at newsletter@uufstcloud.org if you want to be on the list to receive email reminders of the deadline.

Additional thanks to Shari Gieseke for managing our website as well as serving on the Communications Committee along with me and Tom Hergert who helps with all things tech.

On page 7 of this newsletter, see a message from Joel Bershok who deserves our appreciation for managing the Fellowship Directory. Thank you, Joel!

Outreach

Tom Hergert manned our SCUUF table at **St. Cloud State Main Street**, the first year we reached out to college students at this event. We are pursuing the possibility of ads in the campus newsletter and tabling in the Atwood Student Center.

We joined the **Pride and Peace walk**, carrying our banner and wearing our UU apparel. Thanks to Louise Goetz, Tom Hergert, Ozzie Mayers, and Linda Peck for their support!

We partnered with the Social Justice Committee at **St. Cloud Pride** and served as a sponsor as we have since its inception. Thanks to Tom Hergert, Shari Gieseke, Ozzie Mayers, Angie Stevens, Marge Bates, Carol Hamilton, Mary Ness, Ralph Carr, and Sue Becker for helping at our Pride booth. Allison Wyeth from MN UU Social Justice Alliance joined us and brought a game, which attracted more attention to our booth! Several people signed up for our newsletter.

Now that weekly Sunday services have begun, we are planning to spend some of our budget boosting Facebook posts and running some MPR ads.

We have a media list and can send press releases, so any committees planning events that may be of interest to the public can let us know if they want publicity.



Our members at Pride and Peace Walk 22

Remember

“If communication is not your top priority, then all your other priorities are at risk.” -- Bob Aronson

8th Principle

by Judy Foster

The last meeting of the 8th Principle UU Learning Community discussed **the relationship between the proposed 8th Principle and our 7th Principle** regarding climate change as a justice issue. Indigenous and other oppressed communities are often the most seriously affected by climate change, and while the 8th Principle calls UUs to act to “dismantle racism and other oppressions,” the 7th Principle affirms our “respect for the interdependent web of which we are a part,” a web that includes nature and our planet, as well as our human communities.

Our Social Justice Committee has agreed to the following action to become recognized as a Climate Congregation by MN Interfaith Power and Light: “Each year organize at least two postcard writing ‘parties’ on current climate issues; use our Action Alert distribution list to organize emails, phone calls, and letters to the editor on current climate issues; prioritize climate issues that affect indigenous people.” The Social Justice Committee will provide financial support for postage, etc. **Please be on the lookout for future announcements so you can participate!**

The 8th Principle has now been affirmed or adopted by 221 UU Congregations. Find us on this map: <https://www.google.com/maps/d/u/0/viewer?mid=1wy8PXall5SYDcxtXPm3BUJLEAhTDv1G7&ll=39.58234647165681%2C-91.67302309943118&z=5>

UU the Vote

by Judy Foster

Our UU the Vote team is once again collaborating with UU Church of Willmar via the UUA partner Reclaim the Vote to send Get Out the Vote postcards ahead of the Nov. 8 General Election. We also work with the local League of Women Voters on voter registration and education. **Note the following schedule of candidate forums and see this website** to make sure you are registered to vote, find out how to vote early, and where to vote on Election Day: www.sos.state.mn.us.

League of Women Voters, St. Cloud Area (LWVSCA) 2022 Candidate Forums: Event Summary

St. Cloud City Council - Thursday, September 29, 7:00 pm

City Hall, Council Chambers 1201 7th Street South, St Cloud

Sartell City Council - Monday October 3, 7:00 pm

Sartell Community Center 850 19th Street South, Sartell

District 742 School Board - Tuesday, October 4, 7:00 pm

District 742 Administration Office 1201 2nd Street South, Waite Park

MN Legislative District 14 - Thursday, October 6, 6:00 pm

Whitney Senior Center 1527 Northway Drive, St Cloud

MN Legislative District 13 - Wednesday, October 12, 7:00 pm

Sartell Community Center 850 19th Street South, Sartell

The public is invited to attend these forums in person and submit questions. Questions should be brief and may be submitted in advance by email to lwvstcloud@lwvmn.org, indicating to which public office the question applies.

SCUUF Fall Directory Coming Soon - Are You In?

by Joel Bershok

The Communications Committee is preparing to provide an updated Fellowship Directory to be used by members and friends wanting to contact others within the Fellowship. We need your help for the directory to be as accurate and complete as possible. We hope to include all who have been involved in recent months and/or made a pledge of support for the current year. We will use information from previous versions plus additions and changes that we are aware of. The directory listing for each household includes **NAME of adults**, **ADDRESS, PHONE** (Home and Cell), **EMAILADDRESS**, and **FIRST NAMES of children** in high school or younger who attend Fellowship programs or activities. If you have new information or if you want to opt out, contact Joel Bershok by Monday October 24th at 303-503-8964 or jebershok@gmail.com.

At the beginning of November the directory will be sent by email to those who are listed in it, and it will serve as the calling list in the event that we need to call everyone regarding a cancelled Sunday service or other change in schedule.

Calendar Reminders

AVOID ZOOM CONFLICTS: We encourage you to use the Zoom licenses for video conferencing, but please follow the standard reservation process to ensure the Zoom “meeting room” (license) is available at the time you would like to make use of it and to allow others to see planned meetings on the calendar.

Please check the online calendar on our website for scheduled in-person and Zoom meetings at www.uufstcloud.org/calendar. A meeting event/room reservation button to submit a form for reservation requests can be found below the calendar on the website. This same button can be used to schedule in-person and Zoom meetings. Please send an e-mail to calendar@uufstcloud.org if you have any questions.

Tom Hergert has agreed to be the contact for the Zoom License and will provide a tutorial for anyone needing to learn how to host a Zoom Meeting. His contact information can be found in the UUF Directory.

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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