

St. Cloud UNITARIAN UNIVERSALIST Fellowship



February 2021

All services are online at this time. Please visit www.uufstcloud.org for the Zoom information to join

10:30 a.m. Sunday, February 7, 2021: Hospice, an end of life care option - Ginny Green

For a person who is terminally ill, hospice care focuses on palliation of pain and symptoms while also attending to emotional and spiritual needs. Ginny Green, the director of nursing at Quiet Oaks Hospice House, will speak about her professional and personal experiences with hospice.

10:00 (10:15) a.m. Sunday, February 14, 2021: Side With Love

UUC Willmar invites SCUUF to join them. Joys & Concerns will begin at 10:00 a.m. and the formal meeting about 10:15. This UUA-produced program features stirring music, deep-hearted reflection, and moving testimonies from a range of UU leaders.

10:30 a.m. Sunday, February 21, 2021: Countering HATE - Emmett Doyle and Kristen Albinson

Join us for a conversation with Organizers Against Fascism. Emmett was raised in the St. Cloud UUF and Kristen is a member of First Unitarian Society where she has given this presentation. Emmett will also perform Anti-Fascism songs.

9:00 a.m. Sunday, February 28, 2021 "Coffee Talk"

As we experience even more isolation this winter, please join us for informal conversation via Zoom. We can share joys and concerns, ideas for winter activities, and the usual chit chat we would enjoy during coffee time after our service.

Provide your own coffee.

****REMINDER THIS IS MOVING TO 9AM BEFORE THE WILLMAR SERVICE**

10:00 (10:15) a.m. Sunday, February 28, 2021: Consolation and Courage: How Does a UU Experience Death? - Patricia Scott

UUC Willmar invites SCUUF to join their service. Joys & Concerns will begin at 10:00 a.m. and the formal meeting about 10:15. Inspired by a Kendyl Gibbons sermon about one's own mortality, psychologist Pat Scott will include the way we respond to the death of others as well as other losses. Typically Unitarians avoid talking about grief, but this year we've had a surfeit of it: first the loss of jobs and close contact with others, and then the deaths of people we know from Covid-19. How, then, can we as Unitarian Universalists deal with grief?

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>

February President's Corner

by Ozzie Mayers

“Today, we celebrate not a candidate but a Cause.”

President Joseph R. Biden, Jr.
Inaugural Address January 20, 2021

As a youngster growing up in Southwest Louisiana, I lived through several major hurricanes that were certainly frightening and debilitating. But, it was the aftermath that gave me nightmares as I surveyed the damage done to our homes, environment, and livelihoods. I have been experiencing the same type of responses as I ponder the last four years and especially the recent take-over of our national capitol on January 6th. I feel traumatized, but my “Hurricane” experiences also taught me the magnitude of human resilience and creativity. So, I draw upon this knowledge at this moment with a dedication to assist in whatever ways I can to “rebuilding” our nation. As former President Barack Obama states in the first volume of his Presidential memoir, A Promised Land: “. . . the best we can do is to try to align ourselves with what we feel is right and construct some meaning out of our confusion, and with grace and nerve play at each moment the hand we’re dealt” (p. 65). And, I cannot miss this opportunity to suggest that the title he chose is very much aligned with at least two of our UU Sources: “Wisdom from the world’s religions which inspires us in our ethical and spiritual life” and “Grateful for the religious pluralism which enriches and ennobles our faith, we are inspired to deepen our understanding and expand our vision.” He uses the indefinite article “a,” not the definite article “the,” that suggests to me there are many “Promise Lands,” not just one.

I reported to the Board that I am meeting with an Ad Hoc Committee to plan for our 60th Anniversary Celebration in the coming Fall. As with all plans, we are not certain at this time if we will be able to meet in person by then, so we are continuing to consider both in-person and virtual options. But, we are considering 2 plans: one is holding a single service with a panel and photos, followed by refreshments; a second is extending the presentations over 3 Sundays, each of which would focus on a 20 years’ period.

As I mentioned in last month’s newsletter, we have received a painting by Elaine Schrenk that her sister dedicated to the Fellowship; the Communications’ Committee has agreed to get the painting framed and to decide its placement in the Fellowship. The date for the placement has not yet been decided.

While we still are not able to open our building for Sunday Services, the Board did discuss the possibility of providing services via media in the Sanctuary for those unable to access our Zoom services. Please see Jim Hixson’s invitation about this option further down in this newsletter and note that this invitation would be on a limited basis since we are restricted by a total number allowed in the Sanctuary at one time. Also, the Board began discussing the possibility of recording our Sunday Services and posting the links on our website. There could be an option of deleting Joys and Concerns since participants might not want them viewed by the public. Please send any concerns you might have to Tom Hergert (tom.hergert@gmail.com) and to me (omayers@csbsju.edu).

The next Zoom Board meeting is on Sunday, February 21st, 9:00 a.m.

Programming Options

by Charlotte Stephens and Pam Peterson

Our Program Committee plans to continue offering two Sunday services per month via Zoom through May. In addition, we will continue the collaboration with Unitarian Universalist Church of Willmar so that each congregation will provide 2 Sunday Services per month for the next few months. We also know that many of you want to continue having a Coffee Talk gathering each month. This activity will continue on the last Sunday of February and March at the new time of 9:00am. This earlier start time will allow those who wish to switch over to the Willmar Service to do so after the Coffee Talk on those dates.

At our January committee meeting we were able to complete our schedule of programs through May, and we already have received some ideas for fall programs. As always our committee welcomes your comments about programming and your ideas for future topics and presenters.

Taking Action to End our Dependence on Fossil Fuels

Submitted by January 10 program presenter Chuck Derry

Thank you to those who were able to join our presentation and discussion on January 10th. What a great group of people! It is always inspiring, and an honor, to be connected with people who care, and manifest that care through their committed action. That brings hope and change into our lives. And that hope and change is critical for the lives of others. So, thank you for all the work you are doing!

We have an opportunity for change! Wind and Solar Works! The future depends on our understanding, our voices, and our action!

The PUC comment timeline is:

Initial comments due by February 11, 2012 at 4:30 pm

Reply comments due by April 12, 2021 at 4:40 pm

Comments can be submitted at: <https://mn.gov/puc/consumers/speak-up/> Be sure to **reference docket # 19-368**

Please share this information with others encouraging them to submit comments.

Thoughtful Quote

shared by Linda Peck

In the last Hightower "Lowdown", Hightower quotes the following lines from a book by Dutch historian Rutger Bregman entitled **"Humankind: A Hopeful History."**

An old man says to his grandson: "There's a fight going on inside of me. It's a terrible fight between two wolves. One is evil - angry, greedy, jealous, arrogant, and cowardly. The other is good - peaceful, loving, modest, generous, honest, and trustworthy. These two wolves are also fighting within you and inside every other person, too." After a moment, the boy asks, "Which wolf will win?" The old man smiles. "The one you feed." Let's hope the new administration and each of us will feed the good wolf.

Reading/Reflection Group: Resmaa Menakem

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies.

Starting January 24.

*Sponsored by the Fellowship's Anti-Racism Work Group
co-facilitated by Jean Keller and Dani Jakubowski*

Resmaa Menakem is an African American social worker, healer, and trauma therapist, located in the twin cities. His *New York Times* best-selling book integrates mindfulness and body centered practices to help us understand how racism and racial trauma live in our bodies--white bodies and BIPOC alike--(albeit with different real-world effects) and gets passed down to future generations. He argues that the pathway to racial healing requires all of us to learn to access and defuse the "dirty pain" of racism, and he provides the tools for us to do so.

As part of the Fellowship's anti-racism action plan, we are offering this reading/reflection group in three parts. Interested in learning more about this mindful and trauma-informed approach to anti-racism? Sign up for the first four sessions, which will address the first 9 chapters of the book. For fellowship members who become invested in Menakem's approach, we will provide subsequent opportunities for engaging the rest of the book together.

Meeting times: all meetings will happen via Zoom

Jan. 24, 3-4:30 central time: introduction, chapter 1 and 2

Feb. 7, 3-4:30 central time: chapter 3 and 4

Feb. 21, 3-4:30 central time: chapter 5 and 6

March 7, 3-4:30 central time: chapters 7-9

Please contact Jean Keller jkeller@csbsju.edu to sign up for this reading/reflection group and to get the Zoom link.

Newsletter Announcement Regarding Possibility of Limited Opening of Fellowship for in-person Zoom participation.

Possible Zoom In-Person Participation

In light of the slight loosening of Covid restrictions, as well as some members not having access to technology, the Board asks the following question:

What is Fellowship member interest in attending Zoom meetings at the Fellowship?

Members would be able to fully participate with voice and video, while maintaining social distancing rules.

If interested, please reach out to Jim Hixson at jehixsonjr@gmail.com or Tom Hergert at tom.hergert@gmail.com . You can also call Jim at 320-420-5686. Please leave a message if you get voice mail.

Membership Committee News

by Marge Bates

For those who are wanting to connect to other members, perhaps we can do talking circles. This would be a small group of people who do conference calls with each other. If interested, contact me by e-mail at margbates@aol.com or phone at 320-267-3590. All you would need is a phone.

Virtual Beloved Conversations: Meditations on Race and Ethnicity

by Lisa Bershok

This is a program for Unitarian Universalists seeking to embody racial justice as a spiritual practice. In Beloved Conversations, we are here to heal the impact of racism on our lives, in order to get free together. While usually offered in a cohort within a congregation, this program is now being offered virtually. Registration for the spring cohort will begin February 1st-20th, 2021. The spring program will run early March to mid-May. The cost is \$150/person. The SCUUF Board would like to offer scholarship support for interested individuals. The amount we can offer will depend upon how many people are interested. For more information or to register, please visit the website below. If you have interest in utilizing scholarship support, please contact Lisa Bershok at lpbershok@gmail.com.

[Homepage | Beloved Conversations: Virtual \(meadville.edu\)](http://meadville.edu)

Anti-Racism Work Group News

by Hanni Epp

On February 16th to 25th, UU's across the region are invited to a 5-session Racial Justice Summit, an opportunity for reflection and conversation about what we have been learning in this past decade about race, racism, and "how to be an anti-racist" (as Ibrahim Kendi wrote), what's been learned from mistakes made, what partnerships are forming, and how we can keep on moving forward, in this new decade. That conversation will be informed by our shared wisdom and experience, by invited worship leaders, and through readings from "Widening the Circle," the report of the UUA Commission on Institutional Change, which analyzed structural and systemic racism and white supremacy culture within Unitarian Universalism. Our conversations will segue into the UUA New Day Rising national conference on February 27th. [Here is the calendar and registration links.](#) May the healing begin.

The Minnesota House Select Committee on Racial Justice submitted a Report to the Legislature in December 2020, under a resolution "to declare and address racism as a public health crisis." We urge everyone to go online to read the report, and offer public comment. The recommendations for dismantling racism are wide ranging and worthy of our attention and support. Here's the link:

<https://www.house.leg.state.mn.us/members/profile/news/15519/30798>

We'd appreciate hearing your feedback on this (to Hanni Epp).

CRE Update and Thank You!

by Melissa Woods

January 10th our CRE families gathered to sled together and reconnect outside. It was a wonderful time and we are so grateful many could come! CRE was also able to collect many pairs of gloves and mittens for the warming shelter in St.

Cloud during this event. Thank you to everyone who brought a donation. We will plan another outdoor event soon! Communication about events does happen via email so please let Melissa know if you'd like to be added to the email list (woods.melissa11@gmail.com).

SCUUF Book Club News

by Marcia Neely

Our book club will read Isabel James Addington's *Tragic Investment* and discuss it via ZOOM at 10:00 on March 20. Even if you can't join the discussion, I encourage you to read this book. The author is being invited to do a presentation for one of our services.

The Board approved allocating funding purchases of a few copies of James Addington's Tragic Investment; those who wish to borrow a copy should contact Pam Peterson.

Social Justice Committee News

by Angela Stevens

A new warming house for the homeless has opened this winter in the Arts As You Like It building at 630 Lincoln Ave. SE, St. Cloud, MN. Our Fellowship Social Justice committee has made a donation to the new local warming center for homeless in St. Cloud. Some members of the Fellowship have approached me on how to donate to the warming center.

The warming center is being run by the Homeless Helping Homeless. Donations are accepted, but please contact Mary Fleegal at (612)868-0464 before going there. Either call or text her to set up a time to drop off items. The shelter is in need of towels, and especially wash clothes. A local gym is allowing the homeless to use their showers. Blankets and warm winter socks and mittens are needed. Men's underwear in larger sizes are especially needed. No homemade foods are accepted, but things such as nutrition bars, chips, jello cups, pudding, and fresh fruit (bananas and oranges) are accepted. Apples are not good because many homeless people have poor teeth. Financial support is always welcome.

Donations can be made to Homeless Helping Homeless at PO Box 475, St. Cloud, MN 56302

Enbridge Line 3 Protest Support for Water Protectors

by Mary Ness, Social Justice Committee member

Minnesota Unitarian Universalist Justice Alliance (MUUSJA), of which we are a member, is following several frontline groups that oppose the building of the Enbridge Tar Sands Line 3 pipeline from Canada through northern Minnesota to Duluth. Enbridge has a history of pipeline spills, most significantly one at the Kalamazoo River in Michigan in 2010 which took 5 years to clean up and there are still remnants. Many say, it's not if there is a pipeline spill, but when. This pipeline in northern Minnesota passes through 250 waterways in Minnesota, including a tunnel under the Mississippi River. If a spill occurs there, water downstream will be affected. That's us. The pipeline crosses land on the White Earth Indian Reservation in northern Minnesota. Native American Water Protectors are protesting. They have camped near the Line 3 pipeline by Palisade MN since December. Many have been arrested as they block the work on the pipeline. But they are determined to stay regardless of weather and potential future arrests.

The social justice committee invites you to support the Water Protectors through MN350, an organization working toward clean energy, which has organized a supply drive. The best way to support the Water Protectors at this time is by buying gift cards for businesses near the encampment. Suggestions are Holiday Gas, Aldi's, Costco or outdoor supply stores such as Menards etc. They also can use money for things like firewood, fire extinguishers, tarps etc. They are encouraged by notes or letters supporting their protest.

Checks, cash, gift cards and notes of support can be sent to: Catherine-Knaeble, 1912 2nd Avenue North, Minneapolis, MN. 55405. (Checks may be written to Catherine Knaeble.) Someone from the twin cities drives up to the encampment a couple times a week to deliver donations. Or you can donate online at www.venmo.com/Catherine-Knaeble.

A national petition to President Biden is circulating through MN350 asking him to review the permits granted by Trump, and halt construction of the Line 3 pipeline immediately.
To sign the petition, google "**petition to stop line 3**"

For more information about the protest visit:

MN350 at <https://350.org>

Honor the Earth (led by Winona LaDuke) at http://www.honorearth.org/stop_line_3

Google "Giniw Collective" (a group of native women) to find them on Facebook, Twitter or Instagram
Minnesota Power and Light at www.mnpl.org

February Meditation Schedule (Online)

by Lucinda Hudson

February 6, 2021: Living in the Present Moment

The theme for this meditation will be living in the present moment, and the readings will include short poems on this topic.

These meditations are offered with a low-tech approach that only involves e-mail. You can meditate for whatever amount of time you choose. Many members of the meditation group begin to meditate at 11 a.m. on Saturdays, but you can pick a different time if that time doesn't work well for you. The form is also flexible, and you can meditate while sitting or while walking--or while practicing any activity in a mindful way. After the meditation, anyone is welcome to share a comment or reflection. To receive meditation readings or if you would like further information, please contact Lucinda at lucindahudson9@gmail.com or 320-224-5440.

Meditation is the practice of focusing one's attention with intention and is used in many ways. For example, it can be used to be more aware in the present moment—more mindful of thoughts, words and actions. It can be used for growth and healing, as with loving kindness and self-compassion practices. Meditation can help build inner resources in a variety of ways.

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).

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 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 any Zoom meetings. Please reach out to Jessica Beierman at calendar@uufstcloud.org if you have any questions.

Tom Hergert and Jim Hixson have agreed to be the contacts for the Zoom License and will provide a tutorial for anyone needing to learn how to host a Zoom Meeting. Their contact information can be found in the new UUF Directory.