

# St. Cloud UNITARIAN UNIVERSALIST Fellowship

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## January 2021

All services are online at this time. Please visit [www.uufstcloud.org](http://www.uufstcloud.org) for the Zoom information to join

### **10:00 (10:15) a.m. Sunday, January 3, 2021: Line 3: What's going on right now? - Rita Chamblin**

UUC Willmar invites SCUUF to join their service. Joys & Concerns will begin at 10:00 a.m. and the formal meeting about 10:15. Let's get up to date on the Line 3 tar sands oil pipeline project in northern Minnesota. And let's talk about how the issues of climate, race, water, and money influence our perception of Line 3. Plus: Who are the active organizations and individuals? What's the status of legal appeals? What should we expect to happen next? What actions might we, as individuals and congregations, be called on to take in the coming weeks and months? Rita Chamblin is a Unitarian Universalist lay leader, environmental justice advocate, resident of Northern Minnesota and Bemidji liaison for Minnesota Interfaith Power and Light. She has been active in Line 3 work since moving back to Minnesota four years ago.

### **10:30 a.m. Sunday, January 10, 2021: "Taking Action to End our Dependence on Fossil Fuels" - Sierra Club Consultant Chuck Derry**

Excel Energy is proposing to build a Natural Gas Plant in Becker, Minnesota. Do we need it? Are fossil fuels economically unsound with renewable energy sources on the rise? Can we depend on wind and solar for our energy needs? Who will pay for the plant, and what actions can Central Minnesotans take in opposing the proposed plant?

### **10:00 (10:15) a.m. Sunday, January 17, 2021: "How To Be an Anti-Racist" and Other Writings - Leader: Marilee Dorn**

UUC Willmar invites SCUUF to join their service. Joys & Concerns will begin at 10:00 a.m. and the formal meeting about 10:15.

UU members have been reading a lot this year! As we choose to learn more about racism, it can be difficult to choose what to read. This service will be devoted to reports on books devoted to topics of racism. If you would like to do a 3 to 5-minute report on a book or documentary, please e-mail Marilee at [tlm4@tds.net](mailto:tlm4@tds.net) with the title and author.

### **10:30 a.m. January 24, 2021: "Equanimity Brings Balance" - Rev. Myo-O Habermas-Scher**

There is a powerful Buddhist teaching that is about equanimity. This isn't about being stoic; rather, it's about bringing balance to the moment we are in. And heaven knows, we are all in so many challenging moments on so many different levels during this time. The depth that equanimity is based upon allows it to bless us and everyone around us. Let's explore this crown of the Divine Abidings together.

### **10:30 a.m. Sunday, January 31 "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.*

#### **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>

## January President's Corner

by Ozzie Mayers

### "The Work of Christmas"

When the song of angels is stilled,  
When the star in the sky is gone,  
When the kings and princes are home,  
When the shepherds are back with  
Their flock,

The work of Christmas begins:  
to find the lost,  
to heal the broken,  
to feed the hungry,  
to release the prisoner,  
**to rebuild the nations,**  
to bring peace among ourselves\*  
to make music in the heart.

*\*Updated version  
Howard Thurman*

I begin this month's newsletter with this poem that many of you will recognize from our [Singing the Living Tradition](#). To me, it captures the challenges that we as Unitarian Universalists face as we move into 2021 with a new U.S. President who will be facing daunting challenges from some members of the public as well as from the Covid-19 pandemic. I truly believe the "work of Christmas" begins now.



I would like to share some very good news. The Fellowship has received a painting by Elaine Shrenk; this painting has been given to us by Elaine's sister, who also included donations sent to her in memory of Elaine. I will be consulting with the Board about where and when to install the painting.

I know many of us are eager to know when the Fellowship will open again for in-person gatherings; however, the restrictions for in-door gatherings for Faith Communities remain in place for the immediate future, even as the vaccine is being distributed. It is my hope that by late spring, we may be able to consider opening up again. I keep abreast of Covid-19 restrictions with weekly updates from MDH. I have also requested guidance from both the UUA as well as our Mid-America Regional Office about the transition into in-person gatherings and will keep you informed when I hear back from either.

I can tell you now that the Annual Meeting (June 23<sup>rd</sup>-27<sup>th</sup>, 2021) and the Regional Meeting (October 8<sup>th</sup>-9<sup>th</sup>, 2021) will be held virtually. And once again, those who wish to attend can apply for assistance for funding from the Board once registration begins. There are at least two advantages to these virtual meetings: 1) an attendee does not have to incur the cost of travel and 2) the Registration Fee is lower than what it would be for an in-person meeting.

I have convened an ad hoc Committee to begin planning for our 60<sup>th</sup> Anniversary Celebration in the Fall of 2021. At this point, the Committee has met once and will continue to meet over the next few months. We are planning for both virtual and in-person celebration, in case the latter becomes feasible. I will keep you posted about our decisions once I get a approval from the Board.

The next Zoom Board meeting is on Sunday, January 17th, 9:00 a.m.

## Programming Options

by Charlotte Stephens and Pam Peterson

As our Program Committee plans to continue offering two Sunday services per month via Zoom through May, we're interested in hearing from you in response to a couple of questions.

1. What do you think about our continuing the collaboration with Unitarian Universalist Church of Willmar beyond January so that each congregation would provide 2 Sunday Services per month for the next few months?
2. How do you like the Coffee Talk Sundays offered on the last Sunday of November, December, and January? Would a different day and time, such as a Friday "happy hour", Saturday afternoon, or Sunday evening work for you for this opportunity for informal conversation and socializing?

Your email response by January 10<sup>th</sup> will help the program committee and board in making decisions for the coming months. See the Leadership page of the newsletter for our email addresses. As always our committee welcomes your comments about programming and your ideas for future topics and presenters.

*Your January TOUCHSTONES Journal was sent as an attachment with this newsletter distribution*

**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](mailto:jkeller@csbsju.edu) to sign up for this reading/reflection group and to get the Zoom link.

### MLK CELEBRATION

This year, the City of St. Cloud and St. Cloud State University will be honoring community members and celebrating with three days of Covid-aware virtual events, January 16-18, 2021.

**Saturday 1/16, will be #MLKeveryday Families**

**Sunday 1/17 will be #MLKeveryday Spirit**

**Monday 1/18 will be #MLKeveryday Justice**

**SAVE THE DATES AND PARTICIPATE!**

Contact Judy Foster for more details and links, as they are available.

## **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 1<sup>st</sup>-20<sup>th</sup>, 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](mailto:lpbershok@gmail.com).

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

## **Appreciation for Healthcare Staff**

by Lisa Bershok

At a recent Sunday program, I expressed my experiences in supporting healthcare staff within CentraCare related to the COVID-19 Pandemic. We discussed that there was going to be a way for community members to send cards or notes of thanks to healthcare workers. Please see below for where to mail cards. Thank you for considering sending a card to let your local healthcare workers know you care about them and mask for them.

It is expected that the persons making and handling the cards are in good health, without fever or upper respiratory symptoms and performing hand hygiene. Please do not add coins, money, or confetti in your cards.

Messages can be mailed to:

**Tanya Lindquist-Fleegel**  
**Human Resources**  
**1406 6th Ave N**  
**St. Cloud, MN 56303**

## **Communications Committee Needs Help**

At this time of continuing isolation, SCUUF Communications are more important than ever: email, voicemail, publicity, inreach and outreach. We are fortunate to have Jessica Beierman as our Newsletter editor and Joel Bershok handling the Directory, but we are down to two active members of the committee. Contact Judy Foster ([jfoster58@charter.net](mailto:jfoster58@charter.net)) if you can help. Thanks!

## **Tribute to Flora Shinkle 1930 – 2020**

by Charlotte Stephens, on behalf of the Caring Committee

In late November we learned that former SCUUF member Flora Shinkle died on September 8. Flora was a member of the Fellowship for about 20 years and served as our President in 2001-2002. Although she had not previously served on our board, she was well qualified to take that position because she had already served 3 years as president of the League of Women Voters as well as in leadership roles in other organizations. Flora was well known in the community as an artist, primarily a watercolor painter. Two of her paintings have been hanging in the Fellowship Hall since she offered to donate one as a fund raiser, intending that we would keep the one that got the most votes (each dollar that members donated was a vote for their preferred painting.) The idea was that we would keep all of the donated dollars and one of the paintings, but she ended up giving both paintings to us. Flora left the St Cloud area in 2017 and died in the state of Washington, 10 years short of her goal to live to 100.

## **CRE Sledding + Mittens!**

by Melissa Woods

As the new year is upon us we are so hopeful towards what 2021 will bring! Kicking off the New Year, we have planned a sledding event for our CRE families to gather and enjoy each other's company. Weather permitting, we will be gathering for outdoor sledding and ice skating at Memorial Park in Saint Joseph, MN on Sunday, January 10<sup>th</sup> at 2:00 pm. Communication about this event will happen via email as the date draws closer so please let Melissa know if you'd like to be added to the email list ([woods.melissa11@gmail.com](mailto:woods.melissa11@gmail.com)).

A wonderful opportunity to help our local warming shelter for the homeless was brought to CRE thanks to the Social Justice Committee. They are in need of warm mittens and gloves. All families and children who would like to contribute mittens or gloves to this cause should bring their donations to the January 10<sup>th</sup> sledding event so I can get them to Judy. This is an awesome opportunity for the kids to serve others and learn gratitude. Thank you in advance for your donations!

### **SCUUF Book Club News**

by Marcia Neely

Our book club will read Isabel Wilkerson's book *The Warmth of Other Suns* and discuss it via ZOOM at 10:00 a.m. on January 9<sup>th</sup>. Even if you can't join the discussion, I encourage you to read this Pulitzer-prize winning book.

### **January Meditation Schedule (Online)**

by Lucinda Hudson

#### **January 2<sup>nd</sup>: Meditation with Haiku**

Since haiku is a way of seeing the world with fresh eyes, it is well-suited to meditation practice. A unique form of poetry, haiku can help us notice and savor the present moment. This meditation will be an opportunity to read and/or write haiku in a meditative spirit.

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](mailto: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).

## **Annual Committee Reports**

### **2020 Caring Committee Report**

by Linda Saupe

The Caring Committee has been formed for the times in each of our lives when we need help from another person. Members of the Caring Committee are available to help members and friends of the St. Cloud UU Fellowship in a variety of ways either directly or by coordinating help from others. Members and friends can contact any member of the committee if assistance is needed. 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). Throughout the year cards were sent to mark difficult (or celebratory) events in member's lives. Numerous phone calls, emails and visits (pre-Covid) were made by the Caring Committee members when a concern about a member was brought to our attention. Meetings are normally held once a month, and resumed monthly via zoom in September. After the initial "lock down" in March due to Covid, the active membership list was divided up by committee members and calls to each household on the list was made to "check in" and see if assistance was needed. Follow up calls were made if concerns were identified. Phone calls and emails between committee members were made to determine what "next steps" were needed for members who were identified as needing ongoing assistance. Thanks to all the members of the committee for everything you did in this extraordinary year, and thanks to all in the Fellowship for "building a caring community of mutual respect and support".

### **Social Justice Committee Report**

by Linda Peck

SJC Partnerships: Human Rights Commission (HRC) Working Group (Affordable Housing and Homelessness); Neighbors to Friends; Faith in Housing; Pathways for Youth; Adopt a Family (Catholic Charities; Habitat for Humanity

Financial Support (SJC Budget): Homeless Helping Homeless (\$200); Catholic Workers (\$200); St. Cloud Legal Aid (\$150 for Covid Fund); Promise Neighborhood (\$100); Planned Parenthood (\$90); Pride Event (\$25); Dine and Dialogue (\$100); Pride Parade/walk (\$34); MUUSJA (\$350)

UUF Services: Land Stewardship Project speaker on returning land to American Indians; Dr. Corrie Gross on Climate Change

Other Actions: CRE letter writing to President Trump on saving animals and the Endangered Species Act; UUF's community garden work

## **Music Group Report**

by Greg Erickson, Jane Ellison and Tom Hergert

The SCUUF music group is committed to bringing music and song into our weekly Sunday services. We attempt to provide a combination of music performed for the congregation along with music for the congregation to sing. We also provide the ongoing music pieces that are integrated into our program each week, such as the song sung to lead the children out or for the collection. We have also re-committed ourselves to seeking music from various cultural traditions to align our work with the anti-racism goals of the Fellowship. This past year has been, for everyone, a year of new challenges and new learnings. Since 'singing' in a face-to-face group has been proven to be a Covid spreader, our love for singing together and plans for the year were cut short. Since on-line programs were started this Fall, the music group has been working hard to learn how to provide some music for the Fellowship in a virtual format. ongoing music has been recorded to be available each week. We are still in the midst of learning how to transition to a virtual format but are committed to finding a way to make sure music is part of our SCUUF lives.

## **Building Options Committee Report**

In our past Ad Hoc Building Options Committee Report dated April 2019, six options were laid out to address our future building needs. This past year two of the options have been worked on by this committee (Option 5: Purchase and adapt a different building, and sell the current building) and the Board (Option 6: Consider focusing on a capital campaign while exploring previous and other options). Members of our committee have viewed 4 residential properties and one former Church building. The properties fell within a price range of \$175,000. to \$449,000. Our 'ideal property choice' must meet all our criteria to be considered. Our criteria includes: Adequate space for parking, accessible location and building for members, adequate Sanctuary, Fellowship, and CRE space as well as being less of a financial investment for UU members than option 3 of our report. (Option 3: Increase size of the Sanctuary and the Fellowship Hall and remodel/reconfigure existing areas and plan for an elevator. Total estimate cost for option 3: \$556,500.) In 2019 Charlotte Stephens and Wendy Schoen toured Unity Church in Sartell as a possible temporary rental space for us in the event that our building would be under construction during part of our church calendar year. Their primary use each week was at the same time as ours so continuing dialogue did not occur. Recently Unity Church was sold, the asking price was \$825,000.00.

*Our committee consists of Charlotte Stephens, Tom Hergert, Jim Hixson, Melissa Woods and Wendy Schoen. In the coming year we plan to continue searching for viable options to meet our building needs.*

## 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](http://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](mailto: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.*