

# St. Cloud UNITARIAN UNIVERSALIST Fellowship

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## January 2022

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

**ALL SUNDAY SERVICES WILL TAKE PLACE  
ONLINE UNTIL FURTHER NOTICE**

### **10:30 a.m. Sunday, January 2, 2022: Dealing with Climate Anxiety – Dr. Kay Slama**

We have so much coming at us constantly, and let's face it... climate change is 'the big one'. Our changing planet will affect everything - literally - and it's easy to get overwhelmed. In this presentation UU Church of Willmar member and clinical psychologist Kay Slama provides positive ways to deal with anxiety over climate change.

### **10:30 a.m. Sunday, January 9, 2022: Begin Again in Love – Roddy Biggs, UU ministerial aspirant**

Nearing two years into a global pandemic with stress, fear, pain and uncertainty impacting all our lives, our mental health is bound to be affected. For many of us, in ways we may never have experienced before. Join us as we explore the topics of mental health, selfcare, and how we as a community of faith “Begin Again in Love” when we choose to take care of ourselves and each other in new and profound ways grounded in our spiritual practices and theological roots as Unitarian Universalists in the 21<sup>st</sup> century.

### **10:30 a.m. Sunday, January 16, 2022: Community Leadership: The Work of Promise Neighborhood – John Smith**

What does it mean for an organization to be community-led, and why is this important? John Smith will share about the work of Promise Neighborhood: engaging families and helping them achieve their educational, economic, and community aspirations.

### **10:30 a.m. Sunday, January 23, 2022: Coffee Talk**

In this month of five Sundays, as we continue to experience isolation due to the pandemic, please join us today 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!*

### **10:30 a.m. Sunday, January 30, 2022: Our Universalist Heritage – Rev. Kate Tucker**

The second U in UU stands for Universalist. What does "Universalist" mean to us? Inspired by the life and ministry of the late Rev. John Cummins, we'll reflect on our Universalist heritage--its journey and destination.

#### **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 Lisa Bershok

Happy New Year! It's hard to believe 2022 is here. I've been thinking about the winter solstice program we had a few weeks ago; how winter becomes a time for reflection and quiet. This seems to be the case with updates for our President's Corner this month as I have less to update you all on than typical months. We continue to be financially sound as a Fellowship with no major expenses and many members continuing to contribute. I again want to thank all of you for your financial and in-kind donations that you make to keep our Fellowship operating, even when we are not in the building. I'd also like to take time to thank all our committee chairs and members. Our work to keep the Fellowship operational, engaged, and active within our group and externally in the community still takes a lot of hard work and dedication. One thing that has been noted in the last few years is dwindling membership in some of our committees. As we move into a new year, I would encourage you to consider joining a committee. While virtual connection is not as ideal as in-person meetings, it amazes me how much interaction and work we get done even when we use our Zoom account. If you are interested in joining any of the committees, please see the list of committee chairs at the back of our newsletter for their contact information. I'm sure they would be happy to update you on what they are working on.

The Board continues to explore alternative leadership arrangement options by consulting with the UUA, contacting other similarly sized congregations, and by working in conjunction with the anti-racism workgroup. While we know individuals who are interested in leadership positions has been dwindling in recent years, it appears many other congregations are struggling with similar challenges and have similar structures to ours. We will continue to explore various leadership arrangements, perhaps looking at ways to create a shared leadership structure. Of course, no permanent changes would be made without a congregational vote. Our goal would be to bring forth some potential options by May with our annual meeting for review.

My sincerest hope is that we will be able to gather together again in-person in 2022. I hope you will continue to participate in virtual options to stay connected to each other in our congregation until that time. Happy New Year!

### **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).

## **CRE News**

*by Jessica Beierman*

Weather permitting, we will be gathering for outdoor sledding and ice skating at Memorial Park in Saint Joseph, MN on Sunday, January 23<sup>rd</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)).

Last year we collected mittens and gloves to donate to the local warming shelter. We would love to do this again, so any families who would like to contribute mittens or gloves, please bring your donations to the sledding event. We will get them to the UUF Social Justice Committee or directly to the shelter. Thank you in advance for your donations!

If you are not on the CRE e-mail list yet and would like to be included on future CRE related e-mail notifications, please let Melissa know via e-mail at [woods.melissa11@gmail.com](mailto:woods.melissa11@gmail.com).

## **Social Justice Committee**

*by Angela Stevens*

Greetings All - The second principle of Unitarian Universalism is justice, equity and compassion in human relationships. Because you are a member of the Fellowship it is probable that you support this principle in your own lives and support endeavors that promote justice, equity and compassion in your own lives.

The Social Justice Committee has been brainstorming for several months now on ways to get the word out on what we have been working on and how we can engage the Fellowship members in assisting in our effects when we need their support.

One thing we have done is started to use our SCUUF Facebook group to get out the word on social justice programs and issues that you may be interested in supporting without being a member of the social justice committee. I would encourage you to join this group and check it frequently. This is a closed group.

Another idea that we are floating out there is sending out Action Alerts on email on the occasions when we need immediate assistance on an issue, such as writing letters to the paper, attending a city council meeting if you are a resident of St. Cloud, or contacting your local, state, or national politician in a timely manner on pending legislation.

At these times we need the voices of many more, than just the committee members.

We will not send out Action Alerts to the whole membership. This would be voluntary, and you would be included in a distribution list with your permission. It would be at your discretion whether to respond to an Alert.

Please send me your name if you would be willing to be on this list. No need to send me your email address if it is current in the directory. This would help the Social Justice Committee with our work on the second principle. My email address is: [ajstevens452@gmail.com](mailto:ajstevens452@gmail.com)

Looking forward to the new year with hope to meet in person in the future, but if not let's keep the connections flowing.

## **Anti-Racism Team Report**

*from Judy Foster*

As reported in previous newsletters, the Anti-Racism team is focusing on internal implementation of the 8<sup>th</sup> Principle by examining our organizational documents, policies, and procedures for evidence of white supremacy culture.

We are pleased to report that Mary Ness has joined our team. We are currently working with Charlotte Stephens and Doug Polley on our SCUUF Constitution and are grateful that Hedy Tripp, a community member with a background in Unitarian Universalism and SCUUF, is helping us to review our work with a BIPOC perspective.

Most recently we met with the Social Justice Committee for feedback on our work so far and suggestions for the future. We hope to meet with other committees and congregational groups in listening sessions for further feedback.

If you are interested in what we are doing and want to see our constitution, please contact me for a copy. We welcome your comments and feedback.

Lisa Bershok, Judy Foster, Mary Ness

## **January Meditation**

*by Helen Manion*

On Saturday, January 8, the Meditation Group will meet at the St. Cloud Library in the Bremer Meeting Room. The room we previously used, Array Room, was already reserved for this date, so we will meet in this slightly larger room. It is next to the Array Room, down the hall to your right as you enter the lobby of the library. We will practice social distancing, and please wear a mask (it is okay to pull your mask down if you are speaking). We will be sharing readings from the book “Wintering: The Power of Rest and Retreat in Difficult Times.”

If you would like further information, please contact Helen at [hmanion@yahoo.com](mailto:hmanion@yahoo.com) or 928-499-4784.

## **MUUSJA/8<sup>th</sup> Principle Report**

*by Judy Foster*

At its December Board meeting, MUUSJA renewed the contract of Karen Wills as Executive Director. The Board had previously reviewed Karen’s work and issued a glowing report.

While much of MUUSJA’s focus this fall has been fundraising, in hopes of being able to improve salaries and benefits for our staff, there has been considerable outreach and relationship building. Karen and the staff led services at five MN UU congregations with a sixth scheduled for January. Karen and two Board members participated in the UUA’s Organizing School online program. Karen and staff led two Racial Justice Convening Circles, and Karen participated in a panel at CAIR Interfaith Responses to Islamophobia - MN Challenging Islamophobia conference. We continued our work on the IDI (Intercultural Diversity Inventory), and a virtual Annual Meeting was held on Dec. 14. In addition, Karen met with numerous UU congregations and other state action networks. We are also working to update our website.

As for the 8<sup>th</sup> Principle, there are now 143 adoptions nationally. See a map of locations here:

<https://www.google.com/maps/d/u/0/viewer?mid=1wy8PXall5SYDcxtXPm3BUJLEAhTDv1G7&ll=38.84798088639156%2C-91.427383940625&z=5>

## 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.*