

# St. Cloud UNITARIAN UNIVERSALIST Fellowship

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

## March 2021

### **10:30 a.m. Sunday, March 7, 2021: "Homeless Helping Homeless" - Harry and Mary Fleegel**

Homeless Helping Homeless is an association of homeless and formerly homeless folks and their friends in the St. Cloud area. Members live under bridges, in the woods, in parking ramps, garages, and cars in our community. Some who are better off, live in shelters, friends' places, rooming houses or low-income housing. Other members serve as companions and advocates, journeying with friends through their trials. Harry and Mary are committed to ensuring that even the most emotionally disturbed, chemically afflicted, and financially challenged individuals are treated with respect and dignity. They believe that every person has worth, valuable insights, and a lot to contribute if given the opportunity. To that end they have contributed their time to establishing a no-barrier warming and day center in St Cloud for those experiencing homelessness.

**10:00 (10:15) a.m. Sunday, March 14, 2021: Cyber Attacks and Vulnerabilities - Professor Mary Clifford**  
UUC Willmar invites SCUUF to join them. Joys & Concerns will begin at 10:00 a.m. and the formal meeting about 10:15.

### **10:30 a.m. Sunday, March 21, 2021: "Being of Service" - Rev. Shelley Dugan**

Most religions stress the importance of serving one another. Individuals often say that their main goal in life is to make a difference. We are surrounded by people and organizations who claim that their reason for being is to be of service. How many companies and organizations have mission statements about providing excellent, exceptional, and extraordinary service? Yet when was the last time you felt that someone was truly happy to help you, that they weren't just doing their job? When was the last time you experienced joy because you were serving another person or creature? When did service become such drudgery? Join us as we explore what service is, what it isn't, and the ways to dance in service.

### **9:00 a.m. Sunday, March 28, 2021 "Coffee Talk"**

As COVID continues to keep us apart, please join our informal conversation on Zoom. We can share joys and concerns, upcoming plans for spring/summer, 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, March 28, 2021: Gifts of Spring - Rev. Wesley Hromotko**

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

#### **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>

## March President's Corner

by Ozzie Mayers

***“Just remember in the winter  
Far beneath the bitter snows  
Lies the seed that with the sun's love  
In the spring becomes the rose.”***

From “The Rose”

These lyrics from the song “The Rose,” made famous by Bette Midler, seems so appropriate at this season since they suggest we keep our thoughts on what lies beneath the surface as we slowly emerge from a Pandemic as well as a threatening climate. Keep in mind those “seeds” that are below the snow, hibernating until the Spring.

The Board approved a Questionnaire Celebrating our 60<sup>th</sup> Anniversary in the Fall that is being sent to you (see Lois Head's entry in this newsletter). At the latest Committee meeting for planning the 60<sup>th</sup> Anniversary Celebration, Lois Head (Chair) presented plans for this celebration over 3 Sundays in the Fall. You will receive details about these plans as they become more fully developed. I can say that they are not only a means of celebrating the history of the Fellowship, but they will also be a wonderful opportunity to educate all of us about the work of the Fellowship over the past 60 years.

The Board has agreed to meet with the Anti-Racism Work Group to plan ways that the Fellowship can be more concrete with its Anti-Racism goals. The 2 groups will be meeting in the near future to map out their strategy.

As you may recall, at our Congregational Meeting on September 22, 2019, the Fellowship agreed to move forward with the Expansion Plan presented by the Building Options' Committee with the understanding that the Fellowship would take a final vote for moving forward with the building expansions in a year's time. Of course, with the advent of the Covid-19 Pandemic, the Fellowship had to stop its in-person gatherings and close our building; our plans for creating a Capital Campaign were stopped. However, the Building Options' Committee has not stopped its work and has been looking at a building that might suit our future needs; it is located at 300 E St. Germain Street and was formerly a bank. Members of the Building Options' Committee and some Board members have visited the site and would like to pursue its possibilities. In order to do this, we need to sign a Non-binding Letter that would allow us to bring in consultants to estimate renovations; I stress that this is a **Non-binding** agreement. As we progress toward a more complete assessment, I will have the Buildings Options Committee keep you informed.

I know that information for signing up for the Covid-19 Vaccinations has been unclear, so I am sending the latest MDH information on how to sign up: **Minnesotans can sign up at [mn.gov/vaccineconnector](https://mn.gov/vaccineconnector)**. Minnesotans unable to sign up online can call 833-431-2053 for assistance signing up over the phone. Translation is available by phone in all languages. Minnesotans can call the translation hotline at 833-431-2053 for assistance signing up over the phone.

## **Looking Ahead to Summer!!**

*by Charlotte Stephens and Pam Peterson, Program Committee Co-chairs*

We know it's coming, but we don't know yet what will be possible for SCUUF activities within COVID guidelines. Like many UU congregations, we don't plan weekly Sunday Services during the summer months. However, we do like to have an assortment of activities and programs so we can continue "seeking truth, building community, and promoting justice." This spring, starting now, we would like to hear your ideas for summer. Then the Program Committee will work within the guidelines to develop a schedule.

This spring we'll continue offering two Sunday services per month via Zoom. In addition we're continuing to collaborate with Unitarian Universalist Church of Willmar so that each congregation will provide 2 Sunday Services per month for the next few months. Coffee Talk will take place on the last Sunday of March at the new time of 9:00am. This earlier start time allows those who wish to switch over to the Willmar Service to do so after Coffee Talk.

Would you like to join our committee this spring, and help with planning for summer and fall? We've already received some ideas for fall program topics and presenters. As always our committee welcomes your comments about programming and your ideas for future topics and presenters. Contact us using the email addresses on the last page of the newsletter.

If you love social media, the Communications Committee could use your help. Twitter? Instagram? Contact Judy Foster (jfoster58@charter.net) if you are interested.

## **Another example of how our fellowship supports the community**

*by Doug Polley*

Our fellowship's memorial last spring generated a donation from the fellowship. We recently received a thank you letter from Black Lives Collective, one of the recipients of our generosity. The letter reads in part, "First, we want to say thank you. Thank you for not only believing in, but also acting on, a vision of a powerful new future, where our health, safety, and dignity matter. Your support has helped us meet these challenges and keep growing through them."

## **Current needs for Homeless Helping Homeless (in connection with March 7 program)**

*by Charlotte Stephens*

Homeless Helping Homeless can always use financial donations of any amount. The mailing address for monetary donations is: Harry and Mary Fleegel, Homeless Helping Homeless, P.O. Box 475, St. Cloud, MN 56302.

Also, the following items are currently needed at Lincoln Center, the new shelter in St. Cloud. These items can be dropped off at Lincoln Center (address: 630 Lincoln Avenue SE, St. Cloud, MN 56304, phone number: 320-342-2232):

Men's and women's sweat suits (size medium through 4 extra large), winter gloves of all sizes, backpacks, blankets, bath towels and washcloths, pillows, lotion, men's hoodies (size medium through 4 extra large), men's sweatpants (size medium through 4 extra large), men's boxers of all sizes, women's underwear (size small through 2 extra large), men's shoes/hiking boots (size 10-14)

## **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.

## **Anti-Racism Workgroup**

*by Hanni Epp*

Our group continues to meet monthly. We are consulting with the Board on several issues, including how to move forward. We are working with the Program Committee on presenters. One of our members is participating in the UUA Beloved Conversations series that runs from March 16 through the end of May and will provide a report to us and to the Fellowship. In addition, two of our members are participating in the MUUSJA Racial Justice Summit and the New Day Rising national convening this month. Our book discussion group, based on *My Grandmother's Hands* by Resmaa Menachem and facilitated by Jean Keller and Dani Jacobowski, is going very well.

### ***From Linda Peck (SJC member)***

Please watch this video on Channel 2 - it will help you understand what it truly feels to be colored. The program is entitled:

### **"Driving While Black: Race, Faith & Mobility"**

It airs on Channel 2 on Saturday, March 6, starting at 3:00 pm and again on Monday March 8, at 12:00 AM.

Note this is 12:00 AM not PM. I believe this video will help us all understand better the impacts of racism and white supremacy on colored families.

## **Building Bridges - and a website**

*by Charlotte Stephens*

The Greater St Cloud Faith Leaders group, where I represent the Fellowship, continues to meet monthly via zoom. We are trying to anticipate and plan for activities that we may be able to sponsor this year to build relationships and mutual understanding, and advance the common good. The group recently developed a website that provides information about the group. It also contains a calendar of religious events as well as links to the websites of the participating organizations including SCUUF. Use this link to access the new website: [Greater Saint Cloud Faith Leaders](#)

## **CRE News**

*by Jessica Beierman*

The CRE group has made plans for another outdoor event after the fun we had during the January sledding day.

**Meet us at Quarry Park for a Spring hike on Sunday, March 28<sup>h</sup> at 1 pm.**

All are welcome to join us. Our group will continue to collaborate on ideas to engage the children in the upcoming months. 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](mailto:woods.melissa11@gmail.com)).

## **SCUUF Book Club News**

*by Marcia Neely*

Our book club is reading Isabel James Addington's *Tragic Investment: [How Race Sabotages Communities and Jeopardizes America's Future—and What We Can Do about It](#)*. We will 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.

## **March Meditation (Online)**

*by Lucinda Hudson*

### **March 6, 2021: Loving-Kindness Meditation**

Practicing the loving-kindness meditation nourishes compassion for ourselves and others. This can be a calming and restorative practice. It's also a way to deepen our understanding of the first UU principle: the worth and dignity of every person.

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.

## SCUUF 60<sup>th</sup> Anniversary Planning

*From the St. Cloud Unitarian Universalist Fellowship 60<sup>th</sup> Anniversary Celebration Committee: Jessica Beierman, Lisa Bershok, Jane Ellison, Judy Foster, Chuck Head, Lois Head, Tom Hergert, Jim Hixson, Ozzie Meyers, Charlotte Stephens*

We are getting excited about celebrating our Fellowship's history and we want you to feel a part of that celebration too. So, please do a little personal reminiscing and share with us what has been important to you so that we can make your individual memories be a part of our organizational history.

Please fill out the survey at this link by March 10<sup>th</sup>, 2021: <https://www.uufstcloud.org/60th-anniversary-committee-questionnaire>

We invite ALL ages to share!

The intent of this survey is to obtain **quotable comments** from people connected to the SCUUF to use on the Sundays of celebration planned for the fall. To this end, please realize that, by providing us with any and all information below, you are allowing us to use your comments at our UU electronic Zoom meetings and our face-to-face meetings, should we be able to meet that way by then.

Reach out to Lois Head at [lmhead@stcloudstate.edu](mailto:lmhead@stcloudstate.edu) if you have any questions.

### 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](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.*