

St. Cloud UNITARIAN UNIVERSALIST Fellowship



November 2023 PRESENTERS PLAN TO PARTICIPATE IN PERSON.

10:30 a.m. Sunday, November 5: 180 Degrees St. Cloud Youth Shelter – Dominic Jones, Senior Manager
(Daylight Savings Time Ends Today. Fall Back!)

Dominic will discuss the challenges of youth homelessness in our community, sharing stories that will help illustrate how this youth-serving organization provides a much-needed service. The St. Cloud Youth Shelter is based on three pillars: trauma-informed, strength-based, and person-centered. Dominic will demonstrate how these approaches are instilled into the program.

**SUNDAY SERVICES
WILL BE
MULTIPLATFORM.**

**YOU MAY USE ZOOM
OR ATTEND IN
PERSON.**

Visit www.uufstcloud.org for
information to join on Zoom.

Children's Program (CRE): What I Love About Islam. Neighbor, Friend, and Muslim Community Leader, Hassan Yussuf, leads this exploration.

10:30 a.m. Sunday, November 12: Making Room For The Complicated – Rev. Shelley Dugan

Over the years, most of us have found that life and relationships are generally complicated. How do we make room for the complex, convoluted, and cumbersome? Can we avoid some of the discomfort that accompanies such tangled messes? Rev. Shelley shares stories from her chaplaincy and we explore how to offer each other simple grace when life is anything but simple.

Children's Program (CRE): Racism and what it means to be oppressed. Mary Ness will facilitate a conversation with the children related to the proposed eighth principle. Hear stories and be invited to share your own experience or observations of racism.

10:30 a.m. Sunday, November 19: Alive or Dead – Myo-O Habermas Scher

A monk goes with his teacher to the funeral of a congregant. He knocks on the coffin. "Alive or dead?," he asks. What a strange and crazy story! Knock knock, life and death—how do we know these? Where are they and where are we in them? We'll look into this odd story and these great questions together.

Children's Program (CRE): Be Thankful, Be Happy. What makes you happy and thankful about your world? Art Teacher Therese Cacek will assist you in making your very own collage art work with words and images that express yourself.

10:30 a.m. Sunday, November 26: India revisited, USA re-assessing, India recalling – Malcolm Nazareth

Malcolm and Mariani's recent visit to their motherland after four long years and their completion of twenty eventful years in their St. Cloud home, indicate that it may be a good time to leave or stay. Not an easy discernment to make at a crossroad. They see it now as a life-or-death decision.

For many years, Malcolm and Mariani have promoted opportunities for interfaith/intercultural dialogue and their leaving would be a big loss for our community.

Children's Program (CRE): Meditation. Lucinda Hudson leads as we experiment with different approaches to meditation, both meditative movement and stillness. Ever experience a calm mind? Here are ways to help it to happen.



Program News: Invitation to help in December

The program committee scheduled two programs for you to help plan and participate in.

On December 10 we will celebrate December holidays with music, stories, poems, etc. What can you suggest or offer to include in the program?

On December 17 we will focus on members, including welcoming new members, honoring our pledge to each other, and celebrating everyone in our Fellowship community.

Both programs are intended to be participatory and celebratory. We welcome your input now and your participation on those dates. Please contact Wendy Schoen to say how you want to be involved.

Children's Religious Education (CRE)

By Louise Goetz

Thanks to our generous community for bringing their expertise and devotion to youth development in our CRE program! We have openings in the next couple of months and would be grateful for your offerings to our CRE presentations/discussions/conversations. Opportunities to learn about and discuss bullying, anti-racism, cooperation, justice, and leadership will be important this year. As one of my "she-roes", Rev. Victoria Safford, has written in *A People So Bold: Theology and Ministry for Unitarian Universalists*, ". . . love lives and breathes as justice."

One last note: the October CRE newsletter article was authored by dear Carol Hamilton - thank you, Ms. Hamilton! And Happy Belated Big Birthday!



President's Corner

By Pam Peterson

Beloveds....

The seasons are changing and our celebration of Thanksgiving is approaching. To me, this brings the topic of thankfulness to mind. Sometimes we feel that we have much to be thankful for and at other times we need to look more deeply. We tend to be more thankful when we appreciate the little things happening around us as we view life through a lens of positivity. When we are thankful, we tend to be much more content.

I came across this description of thankfulness that I felt really hit the nail on the head:

“You are practicing thankfulness when you

- Are thankful for the gifts of life,
- Appreciate your own abilities instead of envying others,
- See the difficulties of life as learning opportunities,
- Enjoy your sense of wonder about the beauty in the world,
- Are willing to receive what others want to give, and
- Count your blessings every day.

Affirmation: I am thankful for the many gifts within me and around me today,
I appreciate my life. I look for the lessons. I expect the best.”
(The Family Connection of the Virgin Islands, 2005)

I know that I am so very thankful for everyone at our UU Fellowship. Together our members and friends have done so much and continue on that wonderful path.

Our CRE (Children's Religious Education) activities have been varied and quite wonderful during the month of October. Our resident beekeeper spoke to the children and even showed the hive. Honey was for sale. There was an introduction to djembes and hand drums given by Jane and Erin. Another Sunday was Japan Culture Day where Hanni's daughter taught the children to use chopsticks to pick up gummy bears. Many thanks to all the presenters!

We have also added a new section to our Library at the back of the Fellowship Hall for ANTI-RACISM RESOURCES. If you have materials to add to our collection, we would appreciate your donation. Thank you.

I'll close with this poem on Gratitude. May your November be filled with Gratitude. Pam

GRATITUDE

Let's start with the people we love
and those who love us,
thankful they are in our lives
obliging us to open our hearts.

Then with hearts open to beauty
let's embrace the arts
and the generation of learning
that we should have wisdom.

It is in that work, and that alone,
That we can express our thankful spirit
May we make it so,

Let open hearts embrace the Earth,
the sea and soil and stars,
blessed by bold beauty,
the bounty of being.

Let what wisdom we have,
wan and wanting, lead us to
strive so the seventh generation
hence can live more fully.

For the opening to make it so
let us be truly grateful.
Amen

- Swiftwalker

Membership Committee report

By Marge Bates

On December 17, the Fellowship will be introducing new members that have joined so far this year. I hope we can all rejoice and make them feel welcome. Actually, they have been attending for a while, so you may know most of them already.

If there is anyone who would like to join before that date, please see Marge.

If you are willing to provide a snack for one Sunday, please sign up. Be sure to check that no one else has signed up for the date that you plan on bringing a snack. Cookies, bars and fruit have been working out well.

Circle Dinner lists have been sent to the Conveners. If you have questions please contact them or me, John or Linda Peck, or Jane Ellison.

Communications Report

By Judy Foster

HELP! In addition to someone to update our Directory, we need a new Newsletter Editor starting with the January edition. Many thanks to Joel Bershok and Marcia Neely for their service on these important methods of SCUUF communication. Now we need others to step up and help out. Both Joel and Marcia will provide training. Templates are available for both documents, so a new editor will not need to start from scratch. Contact Judy Foster for more information if you can help.

Meditation group will meet November 11

The meditation group will meet on Saturday, November 11 at 10:30 a.m., at the Unitarian Universalist Fellowship. Following the meditation, there will be time for tea and visiting.

Hosted by Helen Manion and Lucinda Hudson.

Write postcards to oppose a fossil fuel plant

After the service on **November 19**, we will gather in the Fellowship Hall to write postcards to oppose a fossil fuel plant in Superior Wisconsin. Please join us.

Full Moon Drumming is scheduled for November 27

Please join us at the Fellowship building on **Monday, November 27 at 6:30 p.m.** on this Full Moon night as we drum in community with others throughout the world.

Bring a drum if you have one. There will be some drums and rattles to share. A love offering is appreciated. Facilitated by Erin Hughes and Jane Barth.

Social Justice Update

November is American Indian Heritage Month. Did you know that? I didn't. In 1990 President George H.W. Bush approved a joint resolution making November "American Indian Heritage Month." This nationally-recognized month celebrates and recognizes the accomplishments of the peoples who were the original inhabitants, explorers, and settlers of what is now the United States. It focuses on the contributions that Native people have made to America.

The Social Justice Committee has focused a lot on Indigenous issues in the last few years. We presented a service highlighting Native American boarding schools and just recently presented the effect of the "Doctrine of Discovery" on the genocide and harm done to Native people.

Our Land Acknowledgement statement that is read before each service states we honor the Anishinaabe (Ojibwe) and the Dakota (Sioux) tribes. One way to put meaning and action behind our words is to donate to the Minnesota Honor Tax. The tax is a voluntary payment to the Lower Sioux Indian Community. The Sioux community did not initiate or request this tax, but the Tribal Council passed a resolution accepting the tax as a gift. SCUUF Social Justice Committee made a contribution to this tax this last year. If you would like to support this tax, contact information is: <https://www.mnhonortax.org>. For more information on the creation of the tax see the Minnesota Tribune article: "[Want to honor Dakota land? With a new voluntary 'tax,' you can.](#)"

In other news, the Fellowship has participated in the **Guest at Your Table** program from the UU Service Committee for years. Covid put an end to that for the last two years. Many of you may remember taking home a little box from the UUSC to place at your meal table to collect loose change and bills over a four-week period. This money is collected and sent to the UU Service Committee to support their work on human rights and social justice. Our Social Justice Committee is **looking for a volunteer** from the congregation who would be willing to facilitate this program in November. You don't have to be a member of the Social Justice Committee to participate in this project. Please contact Angela Steven for information if you can help.

Join a Reproductive Justice Team

By Kay Slama

Want to make a difference on reproductive justice issues? SCUUF's Social Justice Committee invites you to participate in a joint Reproductive Justice Team with the four UU Church of Willmar members who have been discussing what we can do. You could join any of the efforts under discussion:

- Develop and/or write letters to our legislators and editors;
- Investigate whether state and county corrections are recognizing rights of incarcerated transgender people;
- Investigate state laws and licensing standards for prescribing and filling prescriptions for contraceptives and abortifacients;
- Find out how our medical and pharmacy providers are prescribing and filling prescriptions for contraceptives and abortifacients;
- Crisis Pregnancy Centers: Get informed about specific wording of the new state law that stops public funding for these centers, and share that information with others. Work on questions we want answered about the functioning of these Crisis Pregnancy Centers and develop a phone call script to find out. Possible picketing opportunities.

Or you could propose additional actions.

To obtain more information or join the team, contact Social Justice Committee member Kay Slama. Find contact information in the SCUUF Directory.

St. Cloud Climate Group

By Judy Foster

Buff Grace of MN Interfaith Power and Light has been driving once a month from his home in Stillwater to meet with a group of churches interested in work on local climate action. I have attended these meetings to represent SCUUF in hopes we can partner with this group on actions that they plan. I will keep you informed.

Message from MUUSJA

Rooted in Care

Thursday, November 2 from 10 – 11:30 am

Join in for a discussion about how community care among congregants can build a foundation for powerful action and organizing beyond church. We'll look at some of the common reasons folks do not participate in calls to action and how mutual aid within congregations strengthens and enhances our ability to show up as a community when we're needed. Facilitated by community organizer and activist, Dallas Rising. [Click here to register.](#)

Trans Inclusion in Congregations

We are seeking two to three people from Saint Cloud UU Fellowship for our Trans Inclusion in Congregations class happening on Wednesdays from Nov 8 - Dec 13.

**Wednesdays, 6:30 – 8pm
November 8 – December 13**

Is your congregation ready to take your welcome to the next level? Developed by Rev. Mykal Slack and Zr. Alex Kapitan, this course is for individuals, groups, and congregational teams who want to take their knowledge and skills to the next level in terms of trans identity and how to create congregations that are fully inclusive and affirming of the full breadth of gender diversity. Over six sessions you will deeply explore the intersection of trans identity, spirituality, and faith community, and gain the grounding, context, and skills to transform yourself and your congregation. *Congregational teams are encouraged. Limit of 3 people per congregation.* Facilitated by Katie Kline and Seth Anderson-Matz. [Click here to register.](#)

Seth Anderson-Matz is an interfaith & non-denominational faith leader, and a seminarian in the M.Div. in Religion & Theology program at United Theological Seminary of the Twin Cities. Seth is currently serving as Interim Minister of First Presbyterian Church of Mankato, and previously served as Program Coordinator of Children, Youth, and Family Ministries at First Universalist Church of Minneapolis. He is also a member of the 2022-23 National Trans Seminarian Leadership Cohort.

To respond to an article in this newsletter and/or get further information, here are some ways to connect with the person who submitted an article:

- Find their contact information on the Leadership page of the emailed newsletter.
- Talk to them in person before or after a Sunday Service.
- Use the SCUUF Directory to find their contact information.
- If you don't have an emailed Newsletter or Directory, call SCUUF at 320-252-0020 and leave a message that includes your name and phone number and the name of the individual you want to reach. We will arrange for that person to contact you.

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 committee member:

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 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.

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.

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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