

St. Cloud UNITARIAN UNIVERSALIST Fellowship



October 2021

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

Sunday Programs

10:30 a.m. Sunday, October 3: “Opening the Door of Lineage” – Myo-O Habermas-Scher

We all carry with us layers of lineage: where we came from, what and who we followed as we grew up, what we understood and what we now understand. What is this lineage and how does it guide and sustain us? We’ll look at this together.

10:00 a.m. Sunday, October 10: Honoring Our Founders: The First of Three Sundays of Celebration for our 60th Anniversary

Unitarian and Universalist History in St Cloud and highlights from the UU Archives, as researched by members of the 60th Anniversary Committee, as well as a time for lovingly remembering our founders. Plan to arrive early (10:00 a.m.) to enjoy the opening Power Point slides of member comments and stay after the formal program for more Power Point slides honoring our musicians, poets, and other artists.

10:30 a.m. Sunday, October 17: Healing is Part of Social Justice – Beth Barila, Ph.D.

Healing can help us be more skillful change agents. It’s also a necessary part of imagining a better world. This presentation will explore how politicized healing is a *practice* that can help us co-create social justice. Beth is Director, Gender & Women's Studies Program Professor, Ethnic, Gender & Women's Studies Department St. Cloud State University.

10:30 a.m. Sunday, October 24: “We Covenant to Affirm and Promote....” – Ellen Eastby

Most of us know there are seven Unitarian Universalist principles and an eighth being proposed, but do we have more than a nodding acquaintance with them? Ellen will discuss each of the seven principles, as well as the possible eighth. She will also talk about holding these principles in covenant as they guide our congregations, fellowships, and personal lives.

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>

10:30 a.m. Sunday, October 31: All Saints Day, All Souls Day and Día de los Muertos!

At this time of year when many religions and cultures remember and honor those who have died, we take time to remember and honor our loved ones. Following a brief introduction about the history and similarities of practices to remember and honor those who have died, members will have an opportunity to share a memory about those they have lost.

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

October President's Corner

by Lisa Bershok

Happy Fall everyone! Fall is one of my favorite times of year. The beauty of the leaves changing and the crisp mornings and evenings feel rejuvenating to the soul. I've always found it both an energizing and reflective time of year. I recently read a social media meme that said, "Notice how the trees do not cling to their leaves. Fall is about releasing the old to make way for the new". There have been so many changes to our lives over the last year and a half. I mean that collectively as human beings during the pandemic and the reckoning of structural racism in our country following the loss of many of our Black community members across the nation due to racist, violent actions. I reflect on this quote as our congregation moves forward with living our newly adopted 8th Principle. The Board approved in September to enhance the anti-racism group with additional group members to specifically look at our policies, procedures, marketing, and Constitution to analyze how we use our words to reflect our anti-racism values. We are working on recruiting additional members to support this work. Our goal will be to find creative ways to hold discussion and listening sessions with our congregation over the next year and to have recommendations to present at our next annual meeting in May about any proposed changes to these areas. This is very similar to the Welcoming Congregation work that this Fellowship undertook in the 1980's and 1990's to become a safe and welcoming space for our LGBTQ+ community. Finding ways to be a safe and welcoming space for communities of color is just as necessary.

Some additional updates from our most recent Board meeting are that we approved a new recommendation from the ReOpening Committee. While we still want to be able to join together in person, in the month since our last newsletter Stearns County moved from a case rate of 33 per 10,000 population to a case rate of 67 per 10,000. We realized the prior recommendations did not provide concise language on returning from virtual to hybrid services. We do need to wait until the case rate is below 30 out of 10,000 population, but additional guidance from MN Department of Health is that we would see a trend for 2-4 weeks before returning in person. The Program Committee provided us feedback that it would be easiest for them to make these changes at the beginning of every month versus changing in the middle of a month, from a planning perspective. Based on case counts at the time the newsletter is published each month and our view of the case count trends, the decision will be made around whether to remain virtual or begin hybrid services. At the current case rate, our October meetings will be virtual. A big thank you to the Program Committee for offering up such wonderful programs again this year, and their continued flexibility as we cope with the pandemic.

In other board updates, the Place of Nur rental discussion is still on hold as they navigate lengthy licensing processes. Our rental liaison will keep the Board updated if these conversations resume. Our Building and Grounds Chair is still working on getting bids for concrete work to make our exit out of the Fellowship Hall accessible to the parking lot.

It's been great to see so many familiar faces as our program year starts. I hope you will be able to attend a virtual service in the near future. I especially would like to highlight that the 60th Anniversary Committee has been hard at work for months now on a 3-part series of services to highlight 60 years of history and community. The first of the 3-part series will be on October 10th. If you are a current or past member of the St. Cloud Unitarian Universalist Fellowship, I encourage you to mark these on your calendars and join us in celebrating! A huge thank you to the efforts of the Anniversary Committee, and especially to Lois Head who has been leading this work.

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).

Adult Religious Education Conversations

by Ozzie Mayers, Chair

As the new Chair of the Adult Religious Education, I would like to invite you to join me in conversations about significant topics relevant to Unitarian Universalism in general and to our Fellowship specifically. I have scheduled the first conversation on **Saturday, October 9th starting at 2:00 p.m. on Zoom, so please send me your reply along with your e-mail address (omayers@csbsju.edu).**

I hope these conversations will allow us to delve deeply into important aspects of our UU beliefs as well as crucial issues that help us in our endeavor to understand our lives. These conversations are not meant to focus on comparative religions as some people have wondered. Rather, I am hoping that we can discuss significant guiding UU traditions and moral and social issues as they impact us personally as well as a Fellowship.

I am planning on using the format that can be found in the Touchstones magazine that is provided to all newsletter subscribers, but I will also provide this format to those who cannot access the newsletter.

For this first meeting on October 9th, I have chosen for us to explore the dynamic relationship between Humanism and Spirituality, two significant influences in the UU history. To prepare for this discussion, I suggest that attendees read the September 2021 issue of Touchstone which is sent as a separate attachment with the newsletters; the September issue focuses on the influence of “reason” in Unitarianism. However, I would like our conversation to bring us to considerations of how we experience the forces of reason (Humanism) and spirituality in our lives and our Fellowship. I will also be open to topics that those who join the ARE Conversations may wish to discuss.

MUUSJA/8th Principle Learning Community/Beloved Conversations

from Judy Foster

The MN UU Social Justice Alliance (MUUSJA) met twice in September. We approved moving ahead with Board members and staff taking the Intercultural Diversity Inventory, which measures where we are as individuals and as an organization on our attitudes toward multiculturalism and diversity: monocultural, defense/polarization, minimization, acceptance, and adaptation.

Executive Director Karen Wills has had to cut back on travel and other responsibilities in order to care for family members with health issues. Staff will step up to take on more of a leadership role. Much of our focus in the fall will be fundraising to support our staff. Please consider becoming a MUUSJA sustainer; if you are already a sustainer, consider increasing your monthly donation: <https://www.muusja.org/>. Our Annual Meeting will be Dec. 2.

Meanwhile, Karen and two of our Board members are among nine statewide UUs enrolled in the UUA Organizing school, meeting weekly with national organizers from Side With Love. If you would like to follow along, the slides and recordings are posted to the website at <https://sidewithlove.org/organizing-school>.

The September meeting of the 8th Principle Learning Community focused on disability justice, a form of oppression that we might not think of in connection with the 8th Principle, but that we may all experience at some time in our lives, whether it be from an accident, an illness, or an aging issue.

The final summer lesson of Beloved Conversations summarized the characteristics of white supremacy culture and the antidotes to it. See this website:

https://www.thc.texas.gov/public/upload/preserve/museums/files/White_Supremacy_Culture.pdf

The antidotes we reflected on in Beloved Conversations were a little different:

Faithful Practice, Nourishment, Ancestors, Knowing I Am Enough, Culture of Appreciation, Both/And/Also Thinking, Subjective Truth, Valuing the Collective, Moving at the Speed of Trust, Honoring Complexity and Multiplicity, Imagination, Joy, and Celebration.

Let me know if you have any questions about the above.

Fall 2020 Directory Coming Soon - Are You In?

The Communications Committee is preparing to provide an updated Fellowship Directory to be used by members and friends wanting to contact others within the Fellowship. We need your help for the directory to be as accurate and complete as possible. We hope to include all who have been involved in recent months and/or made a pledge of financial support for the current year. We will use information from previous versions plus additions and changes that we are aware of. The directory listing for each household includes NAME of adults, ADDRESS, PHONE (Home and Cell), EMAIL ADDRESS, and FIRST NAMES of children in high school or younger who attend Fellowship programs or activities. If you have new information or if you want to opt out, contact Joel Bershok by Monday, October 25th at 303-503-8964 or jebershok@gmail.com. At the beginning of November the directory will be sent by email to those who are listed in it, and it will serve as the calling list in the event that we need to call everyone regarding a cancelled Sunday service or other change in schedule.

CRE News

by Jessica Beierman

Unfortunately, we had to postpone our hike that was planned for September 26th. We rescheduled it for Saturday, October 9th. We will meet for the hike at 4 pm at St. John's Arboretum (weather-permitting). We hope to see as many of you as possible!

Happy News to share: Melissa and Stephen Woods, along with Lily, Nick and Theo, welcomed Liam to their family in August!

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.

October Walking Meditation

by Helen Manion

On October 2 (a Saturday) at 10:30 a.m., there will be a gathering at Munsinger Garden to practice walking meditation. Anyone who would like to come is welcome to join. We will be meeting at the picnic tables. If you are facing the river, the picnic table area is a short walk to the left of where the gazebo is.

Walking meditation is about being fully present with the experience of walking. We will be practicing in a relaxed and light-hearted way. This will also be an opportunity to chat and catch up with each other and enjoy the gardens. We'll have a brief reading at the beginning and a modified version of Joys and Concerns. For the walking meditation part of the gathering, we'll each be walking at our own pace, in whatever way is most comfortable for each of us. If walking is difficult for you, it is totally fine to come and simply sit and rest for part or all of the walking meditation time (about 20 minutes). Children and families are welcome too. You can bring a mask if you'd like (optional), and we will be practicing social distancing for this activity.

Helen Manion is now facilitating our meditations. If you would like further information, please contact Helen at hmanion@yahoo.com or 928-499-4784.

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.ufstcloud.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@ufstcloud.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.