

# St. Cloud UNITARIAN UNIVERSALIST Fellowship

---



## April 2023

### **10:30 a.m. Sunday, April 2: Creating Joyful Stability in the Midst of Everything – Myo-O Habermas-Scher**

We walk in a meteor storm of changing conditions. All the time. Let's consider ways that are tried and true with which we can create a stable basis in our hearts and minds that promote us to meet the conditions with more balance and love. These ways are called the four *Divine Abodes* in Buddhist practice, and they are accessible to us immediately. We can do this.

### **10:30 a.m. Sunday, April 9: #exploretogether: Birthing the Great River Children's Museum – Jane Ellison and Glen Palm**

At Easter and springtime we celebrate new birth and growth. For our Easter program, Jane and Glen will share their exciting experience of birthing the Great River Children's Museum, the second largest in the state, right here in St. Cloud. Children's museums support foundational development, human connections, and increase cross-cultural competency and social awareness in a unique and profound way – by helping children make sense of the world and think critically through interactive, hands on, multi-sensory learning experiences.

### **10:30 a.m. Sunday, April 16: "Stories, Limits and the Gift of Relationship" – Karen Erickson**

The stories we tell about ourselves, about those with whom we share our lives, and about our wider communities are powerful. They reflect, limit, and enhance our relationships and our understanding of self and others. An awareness of the stories we carry helps us see our strengths and limitations more clearly, which can create space for transformative listening and the gift of forgiveness. Relationships help us remember that we are not perfect and yet have the potential to love, to grow, to make meaningful contributions, and to be deeply known. Can insights about the gifts of relationship energize us as we grapple with the challenges to social justice in our communities today?

*Sunday services are presented in the Fellowship building and on Zoom.*

**In April, the presenters plan to be at the Fellowship building.**

Visit [www.uufstcloud.org](http://www.uufstcloud.org) for information to join on Zoom.

Coffee/tea will be served following the services.

#### **To contribute to SCUUF:**

Send a check to SCUUF,  
PO Box 805,  
St. Cloud, MN 56302, or  
Make a contribution by debit/credit card  
or PayPal by clicking on this link:

<https://tinyurl.com/Donate-SCUUF>

## 10:30 a.m. Sunday, April 23: Songs for the Earth

Cristina Seaborn, fiddle; Rick Walter, banjo; and Gerry Grider, guitar, will play a selection of songs all inspired by caring for the Earth. Some of the songs will be familiar while others are original songs by Lisa Aschmann. We invite you to sing along and enjoy celebrating our incredible planet.

## 10:30 a.m. Sunday, April 30: Living Soulfully – Ellen Eastby

In our hymnal, a reading titled *The Great End in Religious Instruction* by 19<sup>th</sup> century Unitarian minister William Ellery Channing, ends with this sentence: “In a word, the great end is to awaken the soul, to excite and cherish spiritual life.” Ellen will talk about how she feels her soul has awakened in an important and exciting manner, and she is now living more intentionally than prior to the COVID-19 outbreak. What brought her to this place in her spiritual life, and how can this be fostered within any person who desires it, even atheists? What does it mean to live soulfully?

---

## President’s Corner

By Pam Peterson

Beloveds,

Spring has finally arrived and I really look forward to seeing those first bulbs send an array of colors above ground. Of course, we still need to lose a bit of snow and ice; but, sunny, warm, and green days are in our future. I don’t know about you—but I’m certainly looking forward to growing both flowers and vegetables. I just finished checking on my dahlia bulbs and saw promising sprouts that will be ready for planting in a month or so. I hope you find joy in the world of nature’s Spring surprises, even if you’re not a gardener!

We talk about “building a Beloved Community.” I have recently read that the term was first used by early American philosopher Josiah Royce (1855-1916). But most of us have heard this term “Beloved Community” used by Rev. Dr. Martin Luther King, Jr., where he says, “It is this type of love that can transform opponents into friends. ...It is this love which will bring about miracles in the hearts of men.” Building this Beloved Community requires the hard work of reconciliation, redemption, and being in a right relationship. It is my hope that we can all work together to build and maintain our Beloved Community at the Fellowship. It is so exciting to be able to work with a group of individuals as we take that journey to our version of a Beloved Community.

We have so many interesting and meaningful services as well as numerous special events and activities. I am so pleased and encouraged that we continue to have visitors, and I have enjoyed meeting them. I look forward to getting to know each of you better as we build our “Beloved Community.”

.....

I continue to share information from the book GROWING A BELOVED COMMUNITY by Tom Owen-Towle. The 9th hallmark of a healthy congregation is “Practice Respect.”

“Justice between people is perhaps the most important connection people can have. ...I now begin to realize the difference in my own life between ‘acting in one’s own self-interest’ and ‘acting in the interest of one’s own best self.’” (p.65)

—John Stoltenberg

Sometimes it may be difficult to live our UU principle of “justice, equity, and compassion” in human relationships at home and in our spiritual community. When there is a conflict we need to learn and use conflict resolution skills to constructively deal with disputes or misunderstandings.

The All Souls Unitarian Church in Colorado Springs, Colorado, has written a covenant of Beloved Community that reads:

*All Souls is a safe haven that nurtures and enhances personal and spiritual growth. We are a welcoming place where those in our community respect themselves and others. We are a shelter of many beliefs where minority and opposing views are accepted and respected. ...Being a member of the Beloved Community requires learning, practice, and forgiveness. (p. 66)*

When there is conflict, it can actually be an opportunity for growth and community development. We need the application of compromise when dealing with conflict. Sometimes that means not being right all the time. We need to consider the greater good. We need to put the Fellowship ahead of our personal needs.

*"Indeed what would it take for us to see the holy or the divine in each person with whom we tussle in congregational life? The Hindu salutation NAMASTE roughly translates as 'I honor that which is sacred in you, or that place where you and I are one!' Practice saying that to yourself as you greet, engage, and tangle with the folks in your faith community. For a day, a week, for always." (p. 68)*

So, in closing, I say NAMASTE to each of you.

---

## **Treats for after our Sunday services**

*By Marge Bates*

If you are interested in providing a treat on Sunday, there will be a sign- up sheet starting next week. Treats must not require dishes or utensils. It almost feels like we are getting back to normal!

## **Program News: Invitation to be involved**

**Summer:** During the summer months, our Fellowship has traditionally offered informal activities and events in place of our regular Sunday services. These gatherings allow our members to stay connected with each other in a fun and interactive way. We encourage members to share their creative ideas and willingness to host a summer event. The Program Committee will create the summer events schedule this spring. If you have a summer activity or event idea or if you would like to help out in any way, please contact Wendy Schoen at [wenschoen@gmail.com](mailto:wenschoen@gmail.com) or call 320-310-2674.

**Celebrating our Mothers and Caregivers:** Mothers and all caregivers day will be celebrated on May 14 at the Fellowship. Members of the Program Committee will be creating a program about how various cultures celebrate mothers and caregivers. If you would like to be a part of the planning team, please contact Wendy Schoen at [wenschoen@gmail.com](mailto:wenschoen@gmail.com).

**Join the committee:** We encourage you to consider joining the Program Committee where you can help plan our Sunday Services. Contact Wendy to learn about this opportunity.

## **Time for Children** (previously known as Children's Religious Education)

*From Carol Hamilton, Louise Goetz, and Hanni Epp*

We are taking small steps to welcome children back to our Fellowship after that long closure due to the pandemic. Please welcome Kat Gorter, who will be helping us with our **Time For Children** during Sunday Services starting immediately. We're hoping to use the current spaces to provide valuable experiences for engagement of the children & youth. As they say though, "It takes a village." We invite anyone who is interested, especially parents or grandparents, to join us as we support lessons in sharing, turn taking, inclusivity, civility, and being kind to one another. We plan to take small steps at a time to build the program. We are grateful for the many people who have contributed to Children's Religious Education (called CRE in the past). We hope soon to be able to have games and activities at the ready with the support of additional volunteers.

We're looking to meet at **4:30 p.m. on Tuesday, April 18**, to brainstorm with all interested parties. Childcare and a snack will be provided. We hope to create an environment that will engage and attract families with kids into the Fellowship – and we welcome your input.

If you'd like to contribute ideas but can't attend the April 18 meeting, please contact Carol Hamilton by email at [bustylady4366@gmail.com](mailto:bustylady4366@gmail.com) or cell/text at 320-248-3253. We look forward to your ideas and enthusiasm. Welcome Back!

## **"Cheerful Conversations"**

*By Brenda Graves*

The next "Cheerful Conversation" will be **Tuesday, April 18, from 6:30 to 7:30 p.m. on Zoom**. The topic will be "Our Rewarding Experiences and Accomplishments." Everyone is welcome. To get the Zoom link, email Brenda Graves, who is in the SCUUF directory.

## **Bill Vossler's Days of Wonder**

For those who viewed Bill Vossler's presentation March 19 via Zoom, or were unable to attend, and would like a copy of his book, you can send a check for \$17 to him at PO Box 372, Rockville, MN 56369.

## **Opportunities for those interested in being involved on committees**

*By Louise Goetz, Nominating Committee Chair*

### ***Co-Chair sought for Buildings & Grounds Committee:***

We are seeking a co-chair to help with minor building repairs and incidental projects. An hour or two a month would meet the need. Please contact Tom Hergert at [tom.hergert@gmail.com](mailto:tom.hergert@gmail.com) if interested. Thank you.

### ***Adult Religious Education Committee***

If you have an interest in Adult Religious Education, please consider participating in this committee or chairing it. We're currently seeking an enthusiastic chair. Please contact Hanni Epp at [hanniepp@gmail.com](mailto:hanniepp@gmail.com). Thank you.

Other committees may also want new members. Please contact any of the committee chairs if you are interested in being involved.

## **Spring 2023 Directory coming soon – Deadline to be included: Friday, April 14.**

*By Joel Bershok*

The Communications Committee is preparing an updated Fellowship Directory to be used by members and friends wanting to contact others within the Fellowship. 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 need your help for the directory to be as accurate and complete as possible. We will use information from previous versions plus additions and changes that we are aware of. The directory listing for each household includes NAMES of adults, ADDRESS, PHONE (home and cell), EMAIL ADDRESS, and FIRST NAME of children in high school or younger who attend Fellowship programs or activities. **If you have new information for the directory, or if you want to opt out, contact Joel Bershok by Friday, April 14, at 303-503-8964 or [jbershok@gmail.com](mailto:jbershok@gmail.com).** At the end of April the directory will be sent by email to those who are listed in it. It will also be used as a calling list regarding a cancelled Sunday service or other change in schedule.

## **Cultivating our Community of Communities—Part II**

*By Judy Foster*

I've been ruminating on the Feb. 18 workshop by Paula Cole Jones (which I reported on in the March Newsletter). The workshop proposed that instead of thinking of our Fellowship as a "family" with a dominant culture based on documents, structure, and seven UU Principles, we shift to imagining it as a "community of communities," a Beloved Community based on multiculturalism and eight Principles, including the commitment to anti-racism and anti-oppression.

Recently a friend and SCUUF Member (you know who you are!) suggested a couple of apt images for this difference: the Fellowship as "family" is like a set of nesting dolls that fit inside each other. Their focus is inward, whereas the "community of communities" is like the ripples in a pond that reach outward from a pebble in the center. Each of us is a pebble (a member of SCUUF, a member of the Board or of a committee or task force, a theological belief system, a social or cultural group, a larger population—city, state, nation).

How do we reach outward like ripples in a pond, to widen our circles? How do we engage the congregation in our committee work? How do we embrace our differences, how do we welcome the stranger, and how do we reach out beyond our walls to our neighborhood and larger community? How do we build the Beloved Community, both within and without? What's at our center? Is it internal relationships, like family, or is it a new inclusive center that reaches out beyond ourselves, a community of communities in a larger Community?

And, as Paula Cole Jones asks, "How do we make ourselves discoverable and 'sticky'?"

**All are invited to the First Monthly Family Event. Please put this on your calendar.**

\*\*\*\*\*

### **CRIBBAGE & PIZZA**

**Sunday, April 30 about noon (after the service) at the Fellowship**

If you play, bring your board. If you don't play, there will be lessons.

We encourage ALL AGES to attend.

Pizza orders will be taken ahead of time.

PLEASE Join Us!!!

For information, contact Pam Peterson: [Pamelda4@gmail.com](mailto:Pamelda4@gmail.com)

## **New St. Cloud Climate Group**

*By Judy Foster*

A new multi-faith group in St. Cloud has been meeting with a representative from Interfaith Power and Light (<https://www.mnipl.org/>) to work together on a local climate issue. We have been brainstorming ideas for what to focus on, whether it be individual, congregational, or community-based. If you would like to join us, please let me know. Meetings are in person at the St. Cloud Library or at one of our buildings.

### **Plan to attend our Annual Meeting at the Fellowship or on Zoom**

***Friday, May 19***

5:30 p.m. Social

6:00 p.m. Catered meal from Bravo Burrito. A reservation sheet will be available.

7:00 p.m. Annual Meeting

## **Membership in our Fellowship**

*By Marge Bates*

What are the benefits of membership in the St. Cloud UU Fellowship?

- When you are a member:  
You feel a part of a group of people who have similar views as you do, yet where each person's perspectives, beliefs, and differences are respected and honored.
- You can vote at official meetings including the Annual Meeting.

What must I do to become a member? If you are ready to become a member, all you have to do is:

- Contact a person on the Membership Committee.
- Request an orientation.
- Sign the "Book".
- Support the Fellowship.

## **It's time to pledge support for your Fellowship**

*From the Budget & Finance Committee*

Our new budget year begins in July. Can we count on your new or renewed support? By making a pledge, you help us plan for the future, providing assurance that we can continue to offer programs, activities, and community support as well as maintain our building and grounds.

Please respond now indicating the amount you plan to contribute during the July 2023 – June 2024 fiscal year. To make a pledge or to get more information, please contact our treasurer Ralph Carr.

Email: [treasurer@uufstcloud.org](mailto:treasurer@uufstcloud.org)

Postal mail: SCUUF Treasurer, PO Box 805, St Cloud, MN 56302

You can make current donations and payments on your future pledge in any of the following ways:

1. Through our website, [uufstcloud.org](http://uufstcloud.org) using PayPal or by credit card
2. In person during Sunday Services by cash or check payable to SCUUF
3. By mail, send a check payable to SCUUF to SCUUF Treasurer, PO Box 805, St Cloud MN 56302
4. Recurring payments to SCUUF from your bank account, arranged at your bank

Thanks for your ongoing support and commitment.

## **April meditations at our Fellowship**

*By Lucinda Hudson*

### **Meditation on April 1 at 1 p.m. at the Fellowship**

This meditation will have a springtime theme, and the readings will be a couple of poems by Mary Oliver. Masks will be optional. We'll have tea available after meditation for those who wish to stay and visit. Please note that this meditation will be in the afternoon to avoid a time-conflict with the CPR/AED training that will take place earlier that day..

### **Replenish and Relinquish: True Self-Care April 29 from 9:30 a.m – 3:30 p.m.**

#### **Meditation retreat with Rev. Myo-O Habermas-Scher (she, her) and Rev. Genjo Sam Conway (he, him)**

You are warmly invited to spend Saturday, April 29, in silent retreat. We will practice guided sitting meditation and walking meditation, simple chanting, Qi Gong, and we will co-create a Ceremony of Relinquishment in order to allow ourselves to be fully replenished in community.

The retreat will be from 9:30 a.m. to 3:30 p.m., and you are invited to commit fully by attending for the entire time. The retreat is limited to 25 people, so please sign up ahead of time if you would like to attend. Participants are asked to bring their own lunch; tea and fruit will be available. If you wish, you may also bring a water bottle, blanket, pillow, notebook, and pen. Donations for the retreat will be on a free-will basis. If you would like to sign up or have questions, please contact Helen Manion ([hmanion@yahoo.com](mailto:hmanion@yahoo.com)) or Lucinda Hudson ([lucindahudson9@gmail.com](mailto:lucindahudson9@gmail.com)).

*Rev. Myo-O Habermas-Scher has periodically come to St. Cloud UU to preach for twenty years. She practiced with Katagiri Roshi from 1975 until his death in 1990; she also trained for twelve years in the Vipassana tradition. She received Dharma transmission in 2012 from Rev. Dokai Georgesen at Hokyoji Zen Practice Community in Eitzen, MN. Myo-O is a master movement teacher and teaches somatically-based vocal training. In 2021 she retired after fourteen years as an interfaith staff chaplain at the University of Minnesota Medical Center/M Health Fairview. She is also a mom and a grandmother to two little grandsons.*

*Rev. Genjo Sam Conway was ordained by his teacher Byakuren Roshi Judith Ragir in September 2016 at Clouds in Water Zen Center in St. Paul MN. He completed his Shuso ceremony at Hokyoji Zen Practice Community in September 2021. Genjo has participated and supported retreats and practice at Clouds in Water, Hokyoji, Sanshinji, and Ryumonji. Genjo works as a psychotherapist, predominantly with clients struggling with opioid and meth addiction alongside their emotional and psychological difficulties. He is also in training at the Minnesota Psychoanalytic Institute. An avid mushroom hunter, swimmer, and cook, Genjo lives in South Minneapolis on occupied land traditional to the Dakota People with his three children, loving partner, adorable dog, and many, many plants.*

### **Peter Mayer Concert, Friday April 21, at 7:30 p.m.**

*By Wendy Schoen*

The St. Cloud Unitarian Universalist Fellowship is proud to host Peter Mayer in a family concert. Peter is a singer-songwriter of national fame and a Minnesota treasure. His beautifully-crafted songs are timeless and speak to every age group. The cost for the concert is \$20 per person. Order tickets at:

<https://www.eventbrite.com/e/peter-mayer-concert-tickets-565455611957>. For further information you can contact Doug Polley at [dougpoll@charter.net](mailto:dougpoll@charter.net)

## **Social Justice Update**

*By Angela Stevens*

Our Social Justice committee knows that many of our members at SCUUF are involved in social justice and volunteer activities outside of the Fellowship. Some of you are involved in environmental programs, some work with immigrant communities, some in hospice, and so on. We support you and thank you.

Because there are so many issues that need attention, the SCUUF Social Justice Committee realized that we cannot focus on everything, so the committee narrowed our focus to four main areas to work on. These areas are indigenous justice, environmental justice, reproductive justice, and anti-racism justice.

On occasion our committee needs the help of the congregation to do our work. To this end the Social Justice Committee has developed a communication process to inform the congregation of issues that need the wider support of our membership. To this point, we have asked people individually to be on our list for email Action Alerts.

Action Alerts are emails that are sent out at times when we need help contacting our local, state, and national leadership to support a particular pending bill. We also keep you informed of actions that are coming up that you can participate in, such as marches, supporting local non-profits fairs, (PRIDE, Promise Neighborhood) etc. Currently there are about 16 members on our Action Alert list and we would like to expand it to more members. There is no obligation to respond to an Action Alert if it is not something you feel strongly about. Our intent is to keep you aware of what is going on in areas you may not be aware of and give you the opportunity to make your voice heard. Being on this list is strictly voluntary. If you are interested in getting the Action Alerts, please contact me, Angela Stevens. My contact information is in the SCUUF directory. Thank you.

## **SCUUF book club to meet April 22 at 10:00 in the SCUUF sanctuary**

*By Judith Siminoe*

*The Book of Hope, a Survival Guide for Troubled Times* by Jane Goodall and Douglas Abrams will be discussed. *In a world that seems so troubled, how do we hold on to hope?* asks Goodall. The book chosen for the following read and discussion is *The Ministry For The Future*, a work of science fiction by Kim Stanley Robinson. The date for that discussion will be decided later.

## **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](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 in-person and Zoom meetings. Please send an e-mail to [calendar@uufstcloud.org](mailto:calendar@uufstcloud.org) if you have any questions.

*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. Contact Tom at [tom.hergert@gmail.com](mailto:tom.hergert@gmail.com)*



**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**

3226 Maine Prairie Rd.

P.O. Box 805,

St. Cloud, MN 56302

320-252-0020 [www.uufstcloud.org](http://www.uufstcloud.org)