

St. Cloud UNITARIAN UNIVERSALIST Fellowship



September 2023

Weekly services in the Fellowship building resume September 10. September presenters plan to participate in-person, except on September 24.

10:30 a.m. Sunday, September 10: Flower Ceremony: Inspiration for Challenging Times

The Program Committee welcomes you to our multigenerational, multiplatform celebration of flowers: **The language of flowers**. The flower ritual was introduced 100 years ago by Unitarian minister Norbert Capek to his Prague Czechoslovakia congregation. Giving and receiving flowers symbolize the free choice to join together in community and to be blessed by our differences. How can these age-old messages be an inspiration for our challenging times? We invite you to **bring a flower** to contribute as a gift of beauty to our common vase, or to **display a flower** if you attend on Zoom.

**SUNDAY
SERVICES WILL
BE
MULTIPLATFORM**

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

10:30 a.m. Sunday, September 17: Tales from a Healthcare Chaplain—Rev. Shelley Dugan

For decades, Shelley has worked as a healthcare chaplain and she also has numerous experiences as a patient receiving care in that system. She says, “Hands down, the toughest experience has been being a family member of a patient in the healthcare system.” It is hard enough seeing someone you care about hurting or ill. It is even harder when you are all trying to navigate a cumbersome and chaotic system. If you’ve ever been a patient with family, the family member of a patient, or worked with distraught people, this sermon is for you. Join us as we pay attention to this forgotten third of the healthcare equation.

***Children’s Program (CRE): Rituals.** Let’s talk about how we celebrate birthdays and holidays. What are UU rituals? We help light and extinguish the chalice each Sunday. Why and what does it mean?*

10:30 a.m. Sunday, September 24: Ralph Waldo Emerson, his Life and Work—Brenda Graves

Born two hundred and twenty years ago, Ralph Waldo Emerson continues to offer a vibrant spiritual message especially in today’s troubled world. Writer, poet, philosopher, and leader of the transcendentalist movement, Emerson’s legacy as spiritual guide lives on. This PowerPoint presentation aspires to give in pictures and narrative a glimpse of Emerson’s extraordinary insight.

***Children’s Program (CRE): Bugs, Bugs Everywhere.** Why do we need insects? What do they do for us? Can't we live without them? We will ponder these questions as well as identify insects this week.*

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Send a check to SCUUF
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St. Cloud, MN 56302, or
Make a contribution by debit/credit
card or PayPal by clicking on this
link: [https://tinyurl.com/Donate-
SCUUF](https://tinyurl.com/Donate-SCUUF)

President's Corner

By Pam Peterson

Beloveds,

I hope you have all had a wonderful summer and that you have been able to sample the variety of activities we held from the end of May to August. This has been such a great opportunity for us to get to know each other better and welcome some guests. There have been chances to go on hikes, have picnics, attend meditations, and just get together as friends.

Twice this summer, members of the Fellowship participated in activities at the Promise Neighborhood. This is a non-profit that our Social Justice Committee supports and where several of our members volunteer. The Social Justice Committee also had a Bagels and Ethics meeting on the topic of the Promise Neighborhood.

A new event to our summer programming is the Full Moon Drumming Circle led by Erin Hughes and Jane Barth. This has been a great addition to our activities and brings many individuals who are new to SCUUF. The activity will continue year-round.

Much has happened on the outside of our building over these summer months. Trees too close to the building have been removed. Plans are underway to have new steel siding put on the front sections of the building (facing the parking lot). The present patio door will be filled in with a narrow rectangular window at the top. We are "on the list," but not sure exactly when it will all be completed.

We had a professional cleaning company clean walls and carpets. Then our terrific volunteers took over and cleaned every nook and cranny. "Three cheers for them!" On our work day, much went on outside of the building: shrub trimming and raking as well as cleaning up flower beds and having piles hauled away. Again, "Three cheers for these volunteers!"

Many members worked over the summer on planning and on all aspects of our work. Children's Religious Education is being planned for every Sunday along with a Nursery attendant each Sunday. The Communications Committee will be placing ads on MPR prior to our September programs.

The beginning of a new Fellowship year is a wonderful time to invite guests to our services. Please consider giving a friend or acquaintance a personal invitation.

In closing, I want to share this poem that reminds me of my love for gardening:

I'm going to plant a heart in the earth
water it with love from a vein
I'm going to praise it with the push of muscle
and care for it in the sound of all dimensions.
I'm going to leave a heart in the earth
so it may grow and flower
a heart that throbs with longing
that adores everything green
that will be strength and nourishment for birds
that will be the sap of plants and mountains.
—ROSARIO MURILLO

I look forward to seeing you at our
first services in September.

Pam

Program Committee News: Inspiration for Challenging Times

By Wendy Schoen

The program committee would like to welcome everyone back to our weekly Sunday services. We have selected a theme for this year: “Inspiration for Challenging Times.” While not all programs will be using the theme, our goal is to provide many programs that are inspirational and hopeful. Members of the program committee have been contacting UU Ministers and seminarians, fellowship members, and speakers from our community to create a variety of programs that will enlighten, nurture, and challenge us.

We will continue to offer our services in a multiplatform format, in person at our Fellowship building as well as on Zoom. You may notice a few changes this year such as the orientation of our seating. We will return to our pre-pandemic passing of our offering baskets, an important means for members to support our Fellowship's diverse programming. We look forward to the return of our UU Choir and new members to our folk musicians group.

All our services begin at 10:30 a.m. and will end by 11:45 with an opportunity for members to visit afterwards in our Fellowship Hall or to continue as a discussion group on zoom.

Our committee relies on and appreciates our members' input for programming ideas. Here are several ways you can help out:

1. Suggest speakers and topics.
2. Join a subcommittee to help in planning a lay-led service. Being on a subcommittee would not require you to be a program committee member.
3. Join our committee; we would love to have you. We have been meeting on the second Monday of each month from 4:30-6:00 p.m. on zoom.
4. Volunteer to join the tech team to support multiplatform programs. Training will be provided.
5. Contact Carol Musielewicz or Wendy Schoen if you have any suggestions or questions.

Adult Religious Education News from Brenda Graves, ARE chair

Don't miss participating in this series which may transform your life!

If you're longing for inspiration, strength, and courage, perhaps Emersonian philosophy will help you sail through these troubled times. Adult Religious Education is offering a transformative deep dive into Ralph Waldo Emerson's essays, using Rev. Dr. Barry Andrews' book, *Emerson as Spiritual Guide*. Barry Andrews is a retired Unitarian minister of religious education and a leading expert on the transcendental movement of the nineteenth century.

Emerson was a literary giant, leader of the transcendental movement, poet, essayist, mentor to Henry D. Thoreau, and ordained Unitarian minister who changed the course of the Unitarian Church.

The essays will be sent to participants month by month via e-mail as an attachment. Please call me, Brenda Graves, by September 15 to sign up for this series. Once we know who's in the group, together we will choose the time for the monthly zoom meetings, and I will tell you places where you can order the book, *Emerson as Spiritual Guide*.

SCUUF members shared information about our Fellowship at Promise Neighborhood's RACE UNITY DAY in June.

Pictured at the SCUUF booth are Angie Stevens, Louise Goetz, Judy Foster, and Lucinda Hudson.

Other SCUUF members attended the event.



Membership committee welcomes you back

By Marge Bates

Welcome back everyone both in person and on Zoom. I hope you were able to participate in some of the wonderful summer programs.

If anyone would like to bring a treat on any Sunday, please contact someone on the membership committee (Marge Bates, Susan Dunbar, John Peck, Linda Peck, and Jo Weis). This year we will be using plates if the person who brings the treat stays to clean up and run the dishwasher. Otherwise, we will proceed as last year, using napkins. I understand there are biodegradable plates, so you may want to bring some of those.

Meditation group to meet September 16

By Helen Manion

The meditation group will meet on **Saturday, September 16 at 10:30 a.m. at Munsinger Gardens**. This will be a walking meditation, and we will gather at the picnic tables, which are a short walk to the left of the gazebo when you are facing the river.

Autumn Equinox Gathering

This gathering, facilitated by Erin Hughes and Jane Barth, will be on **Saturday, September 23 at 7:00 p.m.** Location: Fellowship building.

Each season has its own sacred vibration which we see reflected in the natural world around us. Please join us in immersing ourselves in this Cosmic flow, partnering with the Energies of Autumn to bring balance into our lives as the light and dark come into equilibrium.

Full Moon Drumming

Please join us at the Fellowship building on **Friday, September 29 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.

Report on the UUA General Assembly/Article II Revision

By Judy Foster

At the UUA General Assembly in June the Article II Revision with amendments was approved for further discussion and a final vote at the 2024 GA.

See <https://www.uua.org/files/2023-06/Article%20%20Package.pdf>.

In addition, Rev. Sofía Betancourt was elected to be our president for the next 6 years with 95.5% of the vote. See <https://www.uua.org/central-east/blog/better-together/ga-2023-wrap> for more information. Louise Goetz and I served as delegates. Let us know if you have questions.

We need to think about delegates for the next GA and how we want them to vote on the final Article II revision.

Subscribe to the UU MidAmerica region newsletter

The Unitarian Universalist MidAmerica Region puts out a newsletter to which you can subscribe by clicking on <https://www.uua.org/midamerica/news> to keep updated on all of their events and activities.

MUUSJA Report

By Judy Foster

This must be the year for transitions and new UU leadership. The Unitarian Universalist Association elected a new president (see General Assembly Report above), and the MN UU Social Justice Alliance (MUUSJA) welcomed a new Executive Director. Katharine (Katie) Kline began her term on August 1 and led the MUUSJA Board retreat on August 5. She is working on visioning and team building with the staff and Board.

Two fall courses will be offered to congregations: “Trans Inclusion in Congregations” and “Sacred Earth” (a spiritual grounding in climate justice work based on the book [Braiding Sweetgrass](https://en.wikipedia.org/wiki/Braiding_Sweetgrass), by Robin Wall Kimmerer). See: https://en.wikipedia.org/wiki/Braiding_Sweetgrass for more information.

In response to an expressed need from congregations, Katie is hoping to offer a monthly "skill up" workshop for congregations on various justice-related themes.

Side With Love's two webinar recordings, *Combating Fascism: A UU Response*, is now available to view online [here](#). This topic will be paramount to the MUUSJA mission in the years ahead.

This is my last year on the MUUSJA Board, so it would be great if someone else would volunteer to represent SCUUF in that role.

Joys and Sorrows

From the Caring Committee

We learned recently that former SCUUF member John Rutherford died in July. John attended the Fellowship regularly until about five years ago. His involvement included doing work on our building as well as on the house we own. John's daughter informed us that there will be a Celebration of Life on September 22 at 2:00 p.m. at the Veterans Cemetery at Camp Ripley followed by a gathering at The Moose Lodge in Waite Park. She may be interested in having someone from the Fellowship who knew John speak at the Celebration of Life since we were "his church". Contact Charlotte Stephens if you might be willing to speak or if you have information that could be used in the memorial service.

Throughout the summer we heard that members have had surgeries, injuries, and other ailments, and have been traveling in the United States and abroad. As far as we know, people are recovering or receiving the treatment they need, and all have returned safely from travel. We look forward to seeing you this fall, either in person or on Zoom!

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. Please send an e-mail to [calendar](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.

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.

If you want to respond to an article, here are some ways to connect with the writers:

- 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.

To contact SCUUF newsletter editor, email [newsletter](#)

To contact SCUUF webmaster, email [webmaster](#)

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