

# UU SPIRIT

Unitarian Universalist Church of Fargo-Moorhead



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VOLUME 6, ISSUE 8

Dedicated to sharing the Unitarian Universalist message in the Red River Valley and beyond.

*March 2011 Programs, Sundays at 11:00 a.m.*  
*Sunday services are followed by coffee and conversation.*

**6-Mar: Abby Gold**

## ***Ethical Eating: What Can We Learn from Spirituality?***

Societally, the science of nutrition has changed our way of thinking about food away from merely sustenance to health and wellness. But, food encompasses the spiritual, physical, and emotional aspects of human existence. In this talk, Dr. Abby Gold, assistant professor in Health, Nutrition and Exercise Sciences at NDSU, will discuss the ethics of eating while focusing on food and environmental justice.

**13-Mar: Rev. Lyn Burton**

## ***Communitarian Universalism: The Middle Realm of the Spirit***

What if we are not self-sufficient pilgrims but rather seekers of an affinity group where each honors the other's free and responsible search for meaning along life's journey? What if we are not solitary figures in search of personal growth but instead are born into and born for community? What if we are really Communitarian Universalists? Rev. Lyn Burton is serving her third year as consulting minister to the Bismarck-Mandan UU Fellowship and Church. She is a Fargo native and briefly worked as a reporter for The Forum in 1970 after undergraduate school. Lyn earned a Masters in Divinity from United Theological Seminary in New Brighton, MN. She lives in Saint Paul, MN where she is Executive Director of Affordable Housing Connections.

**20-Mar: Kasye Sherva**

## ***Hoarding and Letting Go: A Spiritual Practice***

What is the significance of Dante's Inferno in relation to hoarding? What do we know, or believe we know about this phenomenon? And how can it possibly be a spiritual practice either to hold or to let go? Kasye Sherva is a Licensed Social Worker. Her first experience with hoarding was when her Great Uncle died in a fire that was a direct result of his hoarding behaviors. Kasye works for the Fargo Housing and Redevelopment Authority. She has studied and worked with hoarding practices and presented on it at National Association of Housing and Redevelopment Officials conferences and locally. Rather than shaming or judging people who are hoarding, Kasye's mission is to focus on strengths and causes.

**27-Mar: Skip Wood**

## ***The Importance of Being Available***

Being Available: A reflection on the importance of gathering for special occasions, for saying yes to opportunity, and how that intersects with our Unitarian Universalist community. Skip Wood is a member and past president of FMUU, and a liaison for the Prairie Star District. He works for Prairie Public.

## March 2011 FMUU Church Calendar

Date	Time	What
Sun. 3/6/2011		Food Pantry Collection Day
Sun. 3/6/2011	9:30 a.m.	Choir Rehearsal
Sun. 3/6/2011	12:30 p.m.	New Member class, CUUPS & UUism
Wed. 3/9/2011	6 p.m.	Pizza Social
Wed. 3/9/2011	6:30 p.m.	Stewardship Planning (All committees)
Sun. 3/13/2011	Noon	Spring Ahead Potluck
Mon. 3/14/2011	6:30 p.m.	Social Justice Council Meeting
Tue. 3/15/2011		April Newsletter Deadline
Wed. 3/16/2011	7 p.m.	Movie Night, <i>Root of All Evil?</i>
Sun. 3/20/2011	9 a.m.	FMUU Board Meeting
Sun. 3/20/2011	12:30 p.m.	Place Committee Meeting
Fri. 3/25/2011	6:30 p.m.	Adult RE Common Read
Sun. 3/27/2011	9:30 a.m.	Choir Rehearsal
Every Sun.	11 a.m.	Worship Service
Every Sun.	11 a.m.	Children's RE ages 4-7
Every Sun.	Noon	Children's RE ages 8-12
Every Sun.	Noon	Children's RE ages 13 and up

### Looking Ahead

**Sunday, April 3** during our service, we will have a new member in-gathering. Join us as we welcome our new members to the congregation. Members are invited to stay for a new member class after the service.

**Sunday, May 15** after services, we will have our FMUU Annual Meeting. It is essential to have all of our members attend.

## FMUU Adult RE UUA Common Read *The Death of Josseline: Immigra- tion Stories from the Arizona Borderlands*

The FMUU Adult Religious Education program will offer a reading and study group on the UUA's Common Read selection, *The Death of Josseline: Immigration Stories from the Arizona Borderlands*. The UUA is inviting congregations to read and study this book together as a way to begin their work with the 2010-2014 immigration congregational study action issue.

FMUU has also chosen immigration as our social justice focus for the year. So let's read and explore and question and learn together.

The FMUU Social Justice Council has purchased six copies of the book for our library. Check one out there or purchase at the UUA Bookstore at <http://www.uuabookstore.org> #4901, or go to [www.amazon.com](http://www.amazon.com).

This class will be held in the church at 6:30 p.m.-8 p.m. every other Friday night on **March 25, April 8, April 22 and May 6**.

For our first class on March 25, we will read chapters one and two pages 1-45. This class will be facilitated by Claudette Peterson and Carol Kapaun Ratchenski. For more information or to register, contact Carol at [luna-sight@gmail.com](mailto:luna-sight@gmail.com). You do not need to commit to all four sessions. Come once or more. Be part of the conversation. Friday night circles at FMUU are fun, informative and deepening of our shared liberal faith.



# Potluck

**Sunday, March 13**

Please join us in our annual Spring Ahead potluck on March 13, after the Sunday service. We will celebrate Daylight Saving Time and hope for a merciful spring.

Don't forget to turn your clocks ahead one hour at 2:00 a.m. on Sunday (or before you retire for the evening on Saturday the 12th) or you'll miss all the great UU food and conversation!

Please bring your food ready to serve, as there isn't enough prep area in the kitchen for anyone but the coffee servers. Hot foods should be pre-cooked. There is limited oven space for keeping foods warm. Please be prepared to label any dishes as to meat or non-meat content and possible allergens, labels will be provided.

**Wednesday, March 9**  
**Pizza Social at 6:00 p.m.**  
**Stewardship Meeting**  
**6:30 p.m.**

Our Place, People and Program committees will meet on Wednesday, March 9 at 6:30 p.m. to focus on our stewardship goals for 2011-2012. There will be a pizza social at 6:00 p.m. (free will offering).

Contact the office at (701) 235-0394 or [fmuu@fmuu.org](mailto:fmuu@fmuu.org), by Monday, March 7 if you would like childcare for this meeting.



**Please RSVP to the office with your choice of pizza by Tuesday, March 8.**



**FMUU Choir**  
**March 6 & 27 at 9:30 a.m.**

All are welcome to join the choir - prior choral experience is not necessary.

For the month of March choir will be held on the first and fourth Sunday at 9:30 a.m.

We will return to our regular schedule of the first and third in April.

Please join us!



**Dorothy Day Food Pantry**

The FMUU Church collects non-perishable food on the first Sunday of each month for the Dorothy Day Food Pantry.

**Please bring your nonperishable food donations to church on Sunday, March 6.**

Laurie Baker will take our collection to Dorothy Day this month. Thank you Laurie, for volunteering your time and gas to help with this service!

**Flowers for FMUU and U**



The FMUU Church will provide flowers for the sanctuary on the first Sunday of each month and we are inviting members of the congregation to sponsor the flowers if they would like.

For a sponsorship of \$30 you can take the wrapped flowers (not the vase) home following the service or donate them to another person or organization. Flowers that are left in the church do stay fresh for one more service.

The bouquets could be a memorial to a deceased loved one or to honor an important person or milestone in your life. The bouquet donor and the person/event being honored will be mentioned in the Sunday bulletin.

We have had some interest from people who would like to share the cost of the flowers. If you would like to sponsor a whole or half of a bouquet, please email Ruth Morton at [mortonrs@cableone.net](mailto:mortonrs@cableone.net) or the church office at [fmuu@fmuu.org](mailto:fmuu@fmuu.org).

**Sponsors are needed for April and May.**



**FMUU March Movie**  
**Wed., March 16 at 7 p.m.**  
***Root of All Evil?***

**A two-part presentation by Richard Dawkins.**

Dawkins has said that the title was not his preferred choice, but producers had insisted on it to create controversy. Dawkins has stated that the notion of anything being the root of all evil is ridiculous.

Part I, "The God Delusion," explores the unproven beliefs that are treated as factual by many religions and the extremes to which some followers have taken them. Dawkins opens the program by describing the, "would-be murderers.... who want to kill you and me, and themselves, because they're motivated by what they think is the highest ideal." Dawkins argues that, "the process of non-thinking called faith," is not a way of understanding the world, but instead stands in fundamental opposition to modern science and the scientific method and is divisive and dangerous.



**Benefit Concert for the**  
**FM Emergency Food Pantry**

***Skilly & Duff Irish Pub Band***

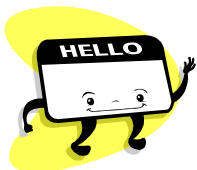
**Sat., March 19 at 7 p.m.**

**Studio 222, North Broadway, Fargo**

**Tickets \$20 at**

**[www.redriverfreethinkers.org](http://www.redriverfreethinkers.org).**

**March Sunday Greeters**



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|----------|------------------|
| March 6  | Carolyn Monzingo |
| March 13 | Paul Gibbons     |
| March 20 | Bob Olson        |
| March 27 | Diane Krogh      |

Please contact Stacy Nicholson at [stacyn@gomoorhead.com](mailto:stacyn@gomoorhead.com) or (218) 233-2001 if you have any questions or are able to help with this important task.



**Prairie Star**  
**District**  
**Annual**  
**Conference**  
**Des Moines, Iowa**  
**April 8–10, 2011**

The PSD Annual Conference is a weekend of lectures, workshops, worship, networking, and fellowship. The conference begins at 7:00 PM on Friday, but there are pre-conference activities earlier on Friday. The Conference concludes at 10:30 AM Sunday.

Our conference theme comes from a reading in our hymnal, "It Matters What We Believe" (#657) by Sophia Lyon Fahs. It begins, "Some beliefs are like walled gardens. They encourage exclusiveness and the feeling of being especially privileged. Other beliefs are expansive and lead the way into wider and deeper sympathies."

We are our best selves when we achieve understanding and empathy. We are at our worst when we can only proclaim what we are against. How do we challenge ourselves to be our best, while avoiding the trap of being exclusive ourselves?

Come and explore this theme with us. How do we articulate our individual beliefs? How do we help our children form their own moral compass? And how do we, as a church, take a public stand on ethical issues?

Rev. Brian Eslinger will present the Keynote Address: *Telling Our Stories* on Friday, April 8, 2011

We'll explore the unique story that is our Unitarian Universalist narrative and the larger human story that is part of all our lives.

Rev. Kendyl Gibbons will present the Judy Lecture: *Spiritual Maturity as the Goal of Faith Development* on Saturday, April 9, 2011.

Just as we expect ourselves and others to change over time in physical, intellectual, and emotional ways, so we should be anticipating growth in our religious lives. It matters what we believe about the purpose of religion, and the potential for spiritual maturity in each of us.

**For more information go to [www.psduua.org](http://www.psduua.org).**

## What Does it Mean to be Pagan?

By our FMUU Pagan Members

The FMUU Pagans question for this month's newsletter is "What does it mean to be Pagan?" That is a good question! For me I have discovered that being Pagan has different meanings for everyone, just like there are different ideals of spirituality. I had to sit down and really not just think about this one, but actually contemplate this question. So, here it goes...to me this is that I follow the rhythms of the Earth and the seasons of the year within the transitions of my life. There is a Supreme God, Goddess, and Ancients, which are part of everything living around us. I do my best to respect the planet, the trees, the rocks, the water, and all living creatures including myself and really believe in doing HARM TO NONE. As a Pagan, I don't go out into the community to try to convert others, although I am more than happy to sit and discuss religion – beliefs – spiritual ideas with anyone in a peacefully and respectfully way even though there be vast differences between us. Everyone is allowed to have their views on their own sense of Spirituality.

Joy Zeidan, AzureStar, Pagan / Triskellion

For me to be Pagan is not just a belief, but also a part of life. It makes one feel that you are in tune with the lord and lady wherever you go. From the water within you, the air you breathe, the earth you walk on or the fire in your heart. It's a responsibly as well for when you learn what you are best at you use it not to purposely harm none. If you feel anyone is in danger, you can protect or make sure that karma is brought to those that bring harm. Being Pagan also is to make sure your spirit will always be in complete balance. That what you take, you give back just as much in return. But what brings the best things about being Pagan is to celebrate the joys of the year and the seasons. From the slumber of Yule, to the joys of Beltane to the respects of those that have went on at Sahamin. So in conclusion, being Pagan means to use your spirit to great responsibilities and brings your joys and celebrations to the Lord and Lady!

Thomas Punton, LionLord, Celtic/Pagan

In my opinion, Paganism is a living faith that is part of who I am. As a Pagan, respect the importance and value of all beings and I do my best to be compassionate and fair to everyone I meet. I've committed myself to a lifetime of physical emotional, mental, spiritual growth by exploring ideas and values on my own, with my peers and members of my circle and/or UU Congregation. I believe that everyone and everything is connected and interdependent and that using my voice and acting on my ideas can have a positive effect, on my life, my friends and family, my community, and the world at large.

Jaime Altringer, Eclectic Witch

The FMUU Pagans would like to invite you to attend our FMUU New Member Class on March 6, 2011 after services in the sanctuary. We will be presenting on Unitarian Universalism and Paganism, and how the two can blend together. We look forward to seeing all of you.

Brightest Blessings to You & Yours, FMUU Pagans

## Unitarian Universalist Church Awards

The Board of Directors is asking for nominations for our FMUU Awards. We have two awards that we would like nominations for, please see descriptions below. If you would like to nominate someone, please list his or her full name and a short description of why you feel he or she should receive the Lifetime Achievement award or the Outstanding Service award. Nominations can be sent to the church email (fmuu@fmuu.org) or by regular mail. **Nominations shall be received through the month of March.**

### Lifetime Achievement Award

The Lifetime Achievement Award is to recognize individuals for exemplary services to the Unitarian Universalist Church of Fargo-Moorhead. It affirms those Unitarian Universalists whose actions inspire, support and express the values put forth by our congregation. The Lifetime Achievement Award is given to those whose lifetime activities have made a significant contribution to the cause of Unitarian Universalism.

### Outstanding Service Award

The Outstanding Service Award shall recognize volunteers for their exemplary service and significant contributions to the Unitarian Universalist Church of Fargo-Moorhead. This award honors those volunteers of integrity who consistently give a great service to the congregation, supporting the values of Unitarian Universalism.

## Recipients of Past FMUU Awards

Ruth & Sidney Morton  
Outstanding Service Award  
2002-2003

Bill & Millie Treumann  
Lifetime Service Award  
2004-2005

Stacy Nicholson  
Outstanding Service Award  
2007-2008

Nancy Harris  
Lifetime Service Award  
2003-2004

Linda Coates  
Outstanding Service Award  
2005-2006

Bill Thomas  
Outstanding Service Award  
2008-2009

Cindy Palmer  
Outstanding Service Award  
2003-2004

Thom & Audrey Richmond  
Lifetime Service Award  
2005-2006

Mary Rundquist  
Outstanding Service Award  
2009 - 2010

Claudia English  
Outstanding Service Award  
2004-2005

Maggie Scott  
Outstanding Service Award  
2006-2007

Robert Olson  
Lifetime Service Award  
2009 - 2010

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## The Unitarian Universalist Church of Fargo-Moorhead will offer New Member classes after services on the following dates.

**March 6:** CUUPS and UUism, UU Pagan members facilitate.

**April 3:** Principles in Story and Worship, Tim Peterson facilitator.

**May 1:** The Unitarian Universalist Pocket Guide, Board members will facilitate.

These classes are for anyone who would like to know more about Unitarian Universalism and our church.

## FMUU Board Openings

The FMUU Nominating Committee is looking for people who are interested in volunteering for church activities and would like to be involved with a dynamic and engaged church committee.

You are invited to join the FMUU Board of Directors; we have openings for the President-Elect, Treasurer and on At-Large position.

Curious? Talk with any member of the Nominating Committee: Audrey Richmond (701) 235-3904  
Carol Kapaun at lunasight@gmail.com  
Carolyn Monzingo at cjmonzingo@i29.net.

## WELCOMING CONGREGATION

We are a Unitarian Universalist Welcoming Congregation that seeks to be a spiritual home for people of free faith regardless of race, color, gender, affectional or sexual orientation, age, national origin, socio-economic status, physical or mental ability.

## MISSION STATEMENT

The Mission of the Unitarian Universalist Church of Fargo-Moorhead is to provide to its members, and to the community, an environment of religious tolerance, a loving fellowship of diversity, an open forum for the exchange of social, political, and moral ideas and values, and a religious home for spiritual growth without fear of reprisal.

## RELIGIOUS EDUCATION

Religious Education classes are held for children of all ages Pre-School through High School. Beginning Sunday, January 9, children ages 4-7 will be meeting during the service at 11:00 a.m. These children will start in the sanctuary at 11:00 a.m. with their parents for the first 15 minutes of the service and then are escorted to their RE classes.

Children 8-12 years of age will meet after Sunday services at noon.

The Teens (13-18) will continue to meet in their classroom at noon.

The curriculum covers UU Principles, World Religions, and Social Justice.

## NURSERY ROOM

Child care is provided on Sundays at 10:45 a.m. - 12:30 p.m. for children four years of age and under.



## March Coffee Servers

- March 6 Sarah King & Jim Fremstad  
March 13 Nancy Saeger & Gail Wischmann  
March 20 Barbara Honer & Kurt Huseby  
March 27 Liz Johanson & Tarver Mathison

Contact Thom Richmond at (701) 235-3904 or richmond@cord.edu if you have any questions.

We would like to thank our congregation members who serve coffee each Sunday. All of our church members are placed automatically on the coffee server list and serve twice a year. We are grateful that our congregation is willing to help with this task.

If you are not a church member, but would like to volunteer serving, contact Thom Richmond at (701) 235-3904 or the church office [fmuu@fmuu.org](mailto:fmuu@fmuu.org).

## CHURCH BOARD MEMBERS

President, Mark Sinner	(218) 233-0337
President-Elect, Tim Peterson	(701) 532-0335
Treasurer, Elwyn Krogh	(701) 235-6632
Secretary, Brian Arett	(218) 236-1386
At-Large, Janice Johnson	(701) 237-4206
At-Large, Sanjay Lal	(218) 227-5662
At-Large, Stacy Nicholson	(218) 233-2001
At-Large, Thom Richmond	(701) 235-3904
At-Large, Jon Solinger	(218) 233-8001

## CHURCH EMPLOYEES

Katie Christensen, Coordinator of  
Children's Religious Education

Phone: (701) 235-5278

E-mail: [kt\\_christensen@yahoo.com](mailto:kt_christensen@yahoo.com)

Laurie Baker, Program Coordinator

Cell: (701) 866-1197 E-mail: [emsdatter@gmail.com](mailto:emsdatter@gmail.com)

Julie Allen, Office Manager

Office: (701)235-0394 E-mail: [fmuu@fmuu.org](mailto:fmuu@fmuu.org)

Office Hours: Mon. - Thurs. 11:00 a.m. - 3:00 p.m.

*If urgent call cell: (701) 371-4481*