

UU SPIRIT

Unitarian Universalist Church of Fargo-Moorhead

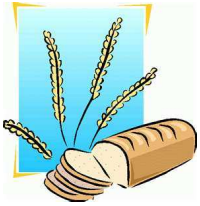


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VOLUME 7, ISSUE 2

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

August 2011 Programs, Sundays at 11:00 a.m.



August 7: Joy Zeidan

Pagan Pride

Joy will act as Worship Leader in this festival of pagan traditions. A Lammas Bread Ceremony will be performed as part of the service. Lammas is the celebration of the first harvest in the wheel of the year. A time when we begin to gather the grain, which is the beginning preparation for the cold seasons to come. The focus is on gratitude and thankfulness for this bounty and recognition of difficult times ahead. A time to think about our hopes and fears the recognition of the uncertainty that the future holds.



August 21

Bruce Bonde

Incarceration:

A Failed Response

In touch with our principle, "The inherent worth and dignity of every person," Bruce will offer observations from his tenure in the Mental Health Unit at the South Dakota Women's Prison in Pierre, where he served as a Therapist to 200 women who were incarcerated for any number of reasons. He has also worked as a Family Therapist on the Spirit Lake Dakota Reservation in Devils Lake.



August 14

FM Pride

Interfaith Service

11 a.m. in the Fargo Island Park Gazebo.

We have been actively participating in this event in the past and more will be forth coming as we join with members of the gay, lesbian, bisexual and transgendered (GLBT) community in recognizing and respecting their issues and life style.

Join the FMUU Church at 1 p.m. for the FM Pride Parade in downtown Fargo. Don't forget to wear your yellow Standing on the Side of Love shirts!



August 28

Pastor Ray Branstiter

Recovery Spirituality

Pastor Ray Branstiter is from Lost and Found Ministry and the Pastor at Recovery Worship. He will present a program on *Recovery Spirituality* as it applies, not just to substance abuse, but also as a response to the challenges of our every day living experiences. This will reflect the importance of our third principle, "The acceptance of one another and spiritual growth."

August 2011 FMUU Church Calendar

Wed.	8/3/2011	5:30 p.m.	<i>UU Mentor Night @ CHARISM McCormick Family Center, 612 23 St. S, Fargo</i>
Sun.	8/7/2011	11 a.m.	Sunday Service
Mon.	8/8/2011	6:30 p.m.	Social Justice Council Meeting
Wed.	8/10/2011	5:30 p.m.	Leadership Council Meeting
Wed.	8/10/2011	6:30 p.m.	People & Program Committee Meeting
Sun.	8/14/2011	11 a.m.	<i>Sunday Service in Island Park Gazebo</i>
Sun.	8/14/2011	1 p.m.	<i>Pride Parade, wear your Standing on the Side of Love Shirts</i>
Sun.	8/14/2011	1:30 p.m.	Drumming Circle
Mon.	8/15/2011		Sept. Newsletter Deadline
Wed.	8/17/2011	7 p.m.	FMUU Movie Night
Sun.	8/21/2011	9:30 a.m.	Choir Rehearsal
Sun.	8/21/2011	11 a.m.	Welcome Back Sunday Service
Sun.	8/28/2011	11 a.m.	Sunday Service
Sun.	8/28/2011	1:30 p.m.	Drumming Circle
Wed.	8/31/2011	5:30 p.m.	<i>UU Mentor Night</i>

FM Pride in the Park Volunteers Needed

The FMUU Church needs volunteers to help with our Pride booth on Saturday, August 13 from 12:00—5:00 p.m. at Rheault Farm in Fargo. If you are able to help, please contact Joy Zeidan at (701) 640-8380 or jannzei3@yahoo.com.

People & Program Meeting at 6:30 p.m. Wed., August 10

Plug Into an FMUU Group We Need Your Power!

By joining a group, you are assisting the church to become vital and grow. In return, the group will give you a sense of accomplishment and community.

Contact the office by Thursday, Aug. 4 if you need childcare for the meeting.

Church Directory

The FMUU church will be making a new church directory for our members to take home. All members and their spouses will be added to our church directory.

If you do **not** want your name, address, phone (home, cell & work), email and the names of your children under the age of 18 listed in the directory, please email or phone the church office with what information we can print by the end of September 2011.

If you have had any name, address, phone (home, cell or work), email changes or perhaps an addition to your family, please let the office know.

Frequent visitors/friends can list their contact information in our directory too. If you would like to be added to our directory, please provide the church with your name, address, phone (home, cell and work), email, first names of your children under the age of 18 with the year they were born. Please include your spouse or significant other too.

The FMUU directory is for church use only; commercial, political or any unauthorized use of this list is strictly prohibited.



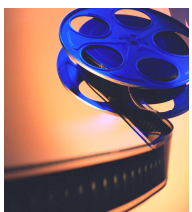
Fair Trade Coffee

We are now in partnership with the Unitarian Universalist Service Committee Coffee Project and Equal Exchange, linking UUs across the country with small-scale farmers all over the world who grow coffee, tea, cocoa and nuts. Through their relationship with Equal Exchange, a Fair Trade Organization, these farmers receive a guaranteed minimum price, affordable credit and support for sustainable farming. This allows them to stay on their land, support their families, plan for the future and care for the environment.

Additionally, for every pound of fairly traded products UUs purchase through Equal Exchange, 20 cents is donated to UUSC's Small Farmer Fund. This fund enables UUSC to support human rights, capacity building, and environmental initiatives with farmer co-operatives in Latin America, Africa and the U.S.

Equal Exchange is a 100% Fair Trade worker-owned co-operative with a track record of creating direct long-term relationships with small farmers that are economically just and environmentally sound.

We now have Equal Exchange Coffee available at \$10/lb. We have both ground and whole bean in both Organic Breakfast Blend Medium/French Roast and Organic Decaf Full City Roast. It will be available on Sunday mornings following church.



FMUU Movie of the Month: *The End of the Line*

Wednesday, August 17 at 7:00 p.m.

Documentary filmmaker Rupert Murray examines the devastating effect overfishing has on the world's fish populations and argues that drastic action must be taken to reverse the trends.

Due to endless human appetites, huge factory ships are depleting fish in the oceans, which are also experiencing adverse effects of global warming. The result is that by 2050, we may no longer have a supply of edible fish from our seas.

"Overfishing is the great environmental disaster that people haven't heard about," said documentary producer George Duffield. This is not merely an indictment of mercenary corporate fishing, but also exposes how consumers choose to ignore the impact of eating endangered fish. As supplies of certain fish dwindle, they become more expensive and therefore more of a delicacy.

Charles Clover, author of the book the documentary is based upon, said, "We must stop thinking of our oceans as a food factory and realize they thrive as a huge and complex marine environment. We must act to protect the sea from rampant overfishing so there will be fish for our grandchildren and great-grandchildren."

The End of the Line, reveals how important fish are to the food chain and that depletion of edible species may lead to mass starvation in many nations.

Run time: 82 min.; Narrated by Ted Danson

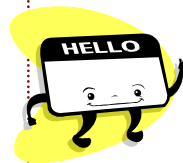
Sunday Greeters are Needed

We need volunteers to greet visitors as they enter the sanctuary for our upcoming 2011-2012 church year. If you agree to help, you will be placed on a rotation cycle. You will greet one Sunday every two or three months, approximately. The more volunteers the fewer times you will be scheduled. If you cannot commit to being on the rotation, please consider being on our substitute greeter list.

Duties include: Arrive by 10:30 a.m. to greet arrivals and give them the opportunity to make a nametag, if they do not have one. Ask them to sign the guest book. Point out our newsletter and brochures. Inform them that we have a nursery and children's RE program downstairs, if they have children. Inform them of coffee hour in the fellowship hall. Thank them for coming after the service. Turn off the lights in the sanctuary.

This is a fun volunteer opportunity and is a great way to meet new visitors and give them a terrific first impression of our church.

If you are willing to be a greeter, please contact the office at fmuu@fmuu.org or call (701) 235-0394.



August Sunday Greeters

August 21 **Dee Johnson**
August 28 **Bill Thomas**



Back to RE...

It's about time to start another year of Children's Religious Education at FMUU. Our RE Program will begin the year by focusing on UU Identity. Being a Unitarian Universalist is not a matter of simply memorizing the 7 Principles, but knowing how to implement those principles into daily life. Other items on the agenda this year include celebrating the 120th anniversary of our building, keeping a gratitude journal, and completing our Poet Tree.

The FMUU RE Program continues to offer three different class groups as well as the nursery. Talk with me sometime if you're not sure which group is best for your child.

Our nursery will be available for our youngest UU's starting at 10:40am before each service. The nursery is available for any child four years of age or younger.

Our **Children's Group** will be led by volunteer teachers from our congregation. The children will attend the 11 a.m. service through the chalice lighting. At that point, they will follow the RE teacher downstairs for class. There is no set age group for this class, although the children need to be able to follow instructions and cooperate with the teacher and other students. Activities will include sharing joys and concerns, singing songs, crafts, reading stories, games, and other fun. **Our first RE class for the children is Sunday, August 21st.**

Children are not allowed to wander in and out of the nursery or class during the service. All nursery and RE participants are expected to cooperate with the teachers and other students.

We have two RE groups that will meet after the service, the **Middles and Teen Groups**. The Middles Group is for our UU's who have out grown the Children's Group, but aren't quite teens yet. Students from both these groups will be able to attend the service and then attend RE class shortly after the service ends. This class will involve some crafts and activities, but also more in depth discussions and larger projects. Class will meet for 20-30 minutes. The year will be broken into units that last 3-6 weeks with a 1-2 week break between units. The Middles will meet in the room across from the sanctuary while the teens will be in the Teen RE Room. **Our first RE class for the Middles and Teens will be Sunday, September 11th.**

As always, our RE program welcomes suggestions, resources, and **VOLUNTEERS**. The program will not survive without volunteers.

Thank you, Katie Christensen, Religious Ed. Coordinator
Contact me at kt_christensen@yahoo.com to volunteer or offer suggestions.



Change for Change

In January 2011, we began asking members of the church to put their change in to the offertory basket to support our social justice causes. In May, we counted the change and found that we collected \$320 just over four months. Since the English Language Tutors were one of the causes the church wanted to support, it was decided to give the first Change for Change to the tutors.

The money was presented to Carolyn Monzingo at a church service. As the hymn, *The Fire of Commitment* proclaims, "When the fire of commitment sets our mind and soul ablaze. When our hunger and our passion meet to call us on our way. When we live with deep assurance of the flame that burns within, then our promise finds fulfillment and our future can begin." This act of providing tangible resources for the social justice causes we believe in is a clear example of the fire that burns within this congregation.

Lutheran Social Services is in the fourth of its five-year Bhutanese resettlement commitment. Their projected goal is to have about 800 people resettled in the state. Currently, there are 534 in the Fargo/West Fargo area and 211 in Grand Forks. The FMUU Church has joined with Bethel church in teaching Conversational English, some grammar, some driver's training, and some American customs and culture to an average of 20 adults on Wednesday evenings at 5:30. During the summer we are meeting at Community Homes, however, we will return to Jefferson school when school opens in late August.

We are all called mentors because we care about our new friends and their deep desire to learn and become assimilated into their adopted culture. Anyone may be a mentor. The FMUU is responsible for the first and last Wednesday of each. Please come and be changed forever by the impact you can make in someone's life.

A Report on Stewardship

by Tim O. Peterson

When we started this year's stewardship campaign, the board asked the three committees of Programs, People, and Place to bring forward ideas for the future of our spiritual community. Then one Sunday, the congregation prioritized these items. It was determined that we would need a total of \$81,000 from pledges, weekly offering, and other fund raising efforts to accomplish what we dreamed about for this spiritual community. The stewardship campaign is now concluded. We received \$63,870 in pledges. If our other revenues remain constant during the next church year we will have a total of \$73,870.

This results in \$1,000 more in projected revenues for the 2011-2012 church year than we had in the 2010-2011 church year. The Board voted to use the additional \$1,000 to fund the leadership development budget line. As a result, we will be able to provide scholarships to help potential leaders of the church to attend Prairie Star district meetings, Midwest Leadership School, and potentially General Assembly. In addition, there is some money available in the Memorial Fund. The Board decided to use some of the memorial money to purchase a screen and audiovisual cart for movie night and for use in the sanctuary on Sunday. Unfortunately we did not receive adequate pledges to fund the Membership/Marketing Coordinator position, a part-time seminary student, the spiritual support group for hospitalized members, or the 120th anniversary celebration of the building. These items remain unfunded and would require an additional \$6,000.

At this point as I write this I am disheartened but I am also reminded of Vice Admiral James Stockdale's statement about how he survived the prisoner of war camp in Vietnam. He said, "You must retain faith that you can prevail to greatness in the end, while retaining the discipline to confront the brutal facts of your current reality." The current reality is that the money is just not available to move this church forward in the direction we expressed a desire to earlier in the year.

To do so we would have had to have an average pledge of \$1,327 per pledging unit. However, our average pledge was \$1,205. Actually this looks pretty good but the average is distorted by a few larger (over \$6,000) pledges we received. A better measure is the median pledge which was \$600. This means that half of the pledges were greater than \$600 while the other half were below \$600. You can see that this is considerably less than the average pledge of \$1,327 that we would need to realize what we said we wanted for the future of this spiritual community. Over the next year we will have to reflect and think deeply about what we really want for this spiritual community. May it be so!

Summer Services So Much to Celebrate!

As FMUU moved to a full calendar year this summer, we have so much to celebrate together. All the visitors and new faces we have met, the warm days and cold iced tea, the gifts of music, inspiration, and caring fellowship. The commitment and creativity of the Program Committee, has given us all a summer of thought provoking and spiritually centered Sundays. The energy and dedication of the Summer Services Sub-Committee reminds us all how the contributions of a few generous individuals can make a meaningful and significant impact in this community.

Gratitude and appreciation goes out to all, especially to Claudette Peterson who presented a four-week series on Spiritual Practice. This series anchored our summer together with challenging and joyful ideas about Unitarian Universalism and the practice of spirituality and where does this all come together--in each of our daily lives, yes, and in community, yes and in our hearts, of course. Thank you Claudette for all your time, energy, words, and generous leadership.



Drumming Circle

Join us on the second and fourth Sunday of each month at 1:30 p.m. for a drumming circle. Let the rhythm of the drums lift your spirits. Some extra instruments are provided, but bring drums, rattles, and other rhythm instruments if you have them. No experience necessary.

FMUU Choir —August 21

All are welcome to join the choir - prior choral experience is not necessary. Choir meets in the church at 9:30 a.m. every first and third Sunday of the month for rehearsal, and performs that Sunday for the 11:00 a.m. service. Please join us!



Fargo-Moorhead Pride 2011 is scheduled for August 11th – 14th.

A variety of activities will be held in the FM area and we want you to get involved!

Here's how:

August 11th - 14th, 2011

- Show your organization or company's support to the LGBT community and [become a FM Pride sponsor!](#) Several levels of sponsorship are available.

- Showcase your organization or business and promote and sell your products or services to FM Pride attendees during FM Pride in the Park. [Sign up as a vendor today!](#)
- Show your commitment to the LGBT community and really get into FM Pride by registering to participate in the FM Pride Parade!
- Help support a good cause. Donate to FM Pride and the Pride Collective to support LGBT individuals in the Fargo-Moorhead community.

FM Pride 2011 Schedule of Events

Dates and events subject to change, visit <http://www.pridecollective.com/fmpride/events/> for updates.

Thursday, June 16th:

- Noon—3:00 PM—FM Pride Day of Service, Habitat for Humanity Women's Build

Sunday, July 10th:

- 2:30 PM—FM Pride Day of Service, Horizon Shores Park Clean-Up and Picnic

Thursday, July 14th:

- 7:00 PM—FM Pride 5K Fun Run/Walk, Dike East, Fargo

Thursday, August 11th:

- 6:00—11:00 PM—Bowling, Karaoke and Dancing at All Star Bowling, 309 17 St N-MHD, \$8 adult, \$6 ages 17 and under

Friday, August 12th:

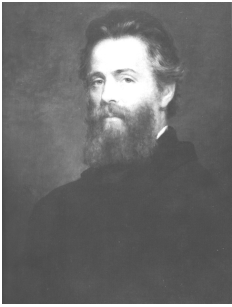
- 6:00—11:00 PM—FM Pride Block Party, Usher's House, 700 1st Ave N-Moorhead—all ages (\$10)

Saturday, August 13th:

- 12:00—5:00 PM—FM Pride in the Park at Rheault Farm in Fargo—all ages
- 7:00—10:00 PM—FM Derby Girls & Rock City Riot Pride Bout at the Fargo Civic Center—all ages (\$12 adults, \$7 kids ages 5-12, under 5 free)
- 10:00 PM—2:00 AM—Post Party Downtown Fargo

Sunday, August 14th:

- 7:00 AM—1:00 PM—Pride Breakfast at the Hotel Donaldson—all ages—Call 701-478-1000 for reservations
- 11:00 AM—Interfaith Service at Island Park Gazebo in Fargo—all ages
- 1:00 PM—FM Pride Parade in downtown Fargo—all ages. [Where your Standing on the Side of Love shirts!](#)
- 2:00 PM—FM Pride Rally at the Fargo Civic Center—all ages
- 3:00 PM—7:00 PM—Karaoke Post Party—Howard Johnson Ballroom and Courtyard—all ages (\$2 donation)
- 7:00 PM—2:00 AM—Post Party hosted by Sidestreet Grille & Pub—21+



This Day in Unitarian Universalist History

by Dr. Frank Schulman

August 1, 1819

The great American author Herman Melville was born in New York City. He left home at age 17 and served on the whaler *Acushnet*, deserted in the Pacific, and lived briefly with a cannibal tribe. His works include *Typee*, *Omoo*, and *Mardi*, but he is most famous for his 1851 novel *Moby Dick*. He was a member of the Unitarian Church of All Souls in New York City.



August and September

Coffee Servers

- Aug. 21 Bill Thomas & Tom Williams
- Aug. 28 Sheila Oye
- Sept. 4 Nancy & Ron Saeger
- Sept. 11 Jamie Altringer & Amy Bauroth
- Sept. 18
- Sept. 25 Mark Chekola & Warren Christensen

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.

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



NURSERY ROOM

Child care is provided on Sundays at 10:45 a.m. - 12:15 p.m. for children four years of age and under.

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, Stacy Nicholson (218) 233-2001
- At-Large, Thom Richmond (701) 235-3904
- At-Large, Jon Solinger (218) 233-8001
- At-Large, Joy Zeidan (701) 640-8380

CHURCH EMPLOYEES

Katie Christensen, Coordinator of Children's Religious Education
Phone: (701) 235-5278
E-mail: kt_christensen@yahoo.com

Jim Fremstad, Worship Coordinator
Phone: (218) 287-4950
E-mail: jfremstad@midco.net

Julie Allen, Office Manager
Office: (701)235-0394 E-mail: fmuu@fmuu.org
Summer Office Hours: Tue. - Thurs. 10 a.m.- 2 p.m.
If urgent call cell: (701) 371-4481