

UU SPIRIT

Unitarian Universalist Church of Fargo-Moorhead



121 South 9th Street
Fargo, ND 58103
Phone: (701) 235-0394
E-mail: fmuu@fmuu.org
Website: www.fmuu.org

VOLUME 7, ISSUE 5

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

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



November 6

Rebecca Woods

Mind Psi Biotics

Rebecca Woods is a professor at NDSU in the Department of Human Development & Family Science. She will present the techniques of Mind Psi Biotics, which is a merging of the Silva Method and Hawaiian Huna beliefs and practices. In her presentation, she will talk about the benefits and challenges of growing up with this belief system. In doing so, she will discuss how she came to reconcile a belief in the power of the mind with her scientific training, and how the scientific community has begun to support many of these beliefs.

Join us in the community room after the service for our annual fall back potluck!



November 13

Tim Peterson



How do You Choose to Serve this Beloved Community?

There are many ways to serve our congregation. One way is by being part of the governance process by serving on the board, becoming a committee chair or being professional staff. Not everyone wants to serve in these capacities. However, they are vital to the health of this beloved community. Come, hear, and be involved in direction of the church.



November 20

FMUU Panel

Expressions of Gratitude

Members will have an opportunity to express their gratitude and what the church means to them as we approach the Thanksgiving holiday. More to come on this service and its content.



November 27

Raymond Rea

Trans 101

Issues that we have resolved in our faith community include our relationship with those whose gender preferences or their very gender identity may be out of the mainstream, and how we can best welcome them into our community and congregation. We affirm that we are "Standing on the Side of Love," but what does that mean if we have never had the opportunity to meet and to relate to an individual with these issues. Raymond Rea, an Assistant Professor of Film Studies at Minnesota State University Moorhead, will share his experiences with aligning his gender identity with his physicality, his life as a transsexual man and the implications for his life journey.



November 2011 FMUU Church Calendar

Tue	11/1/2011	7 p.m.	FMUU Movie Night <i>UU Mentor Night at Jefferson School 1701 4 Ave S Fgo</i>
Wed.	11/2/2011	5:30 p.m.	
Wed.	11/9/2011	6 p.m.	Pizza Social Night-RSVP to Office
Wed.	11/9/2011	6:30 p.m.	All Committee Meeting on Social Justice
Sun.	11/13/2011	9 a.m.	Board Meeting
Sun.	11/13/2011	1:30 p.m.	Drumming Circle
Mon.	11/14/2011	6:30 p.m.	Social Justice Council Meeting
Thur.	11/15/2011		<i>December Newsletter Deadline</i>
Sun.	11/27/2011	1:30 p.m.	Drumming Circle <i>UU Mentor Night at Jefferson School 1701 4 Ave S Fgo</i>
Wed.	11/30/2011	5:30 p.m.	
Every Thur.		5:30 p.m.	Tai Chi Class
Every Sun.		11 a.m.	Worship Service
Every Sun.		11 a.m.	Children's RE Group
Every Sun.		Noon	Middle's RE Group
Every Sun.		Noon	Teen RE Group

Recorded Sunday Services

We make mp3 recordings of all our Sunday services, which are available by request. Contact the church office at fmuu@fmuu.org or (701) 235-0394, if you would like to hear a service you may have missed.

Drumming Circle on Nov. 13 & 27



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.



Volunteers Needed

We need volunteers to shovel our walks during snowfalls of less than two inches. Snowfalls more than two inches are done by a local service. If you are able to volunteer to shovel for one or two weeks, please contact the office.

Singers Wanted

Attention Singers!

The FMUU Church is looking for singers to lead the congregation in song during our Sunday services. This is a great opportunity to share your talent and be a leader in our church community. Practice time with our pianist, Suzanne Strache, will be available before and after services. If you

are interested in volunteering or have questions, please contact Katie Christensen at kt_christensen@yahoo.com.

The FMUU Choir has been cancelled for the time being. Christina has taken a teaching job and we thank her for her past guidance and wish her well in her new life adventure.



FMUU Movie Night *Soldiers of Conscience*

Tuesday, November 1, 2011 at 7 p.m.

Soldiers of Conscience is not a film that tells an audience what to think, nor is it about the situation in Iraq and Afghanistan today. Instead, it tells a bigger story about human nature and war. The film begins with a little-known fact – after World War II, the Army’s own studies revealed that as many as 75 percent of combat soldiers, given a chance to fire on the enemy, failed to do so. The studies showed that soldiers, despite training, propaganda and social sanction, retained a surprising inhibition when it came to taking human life. The statistics surprised and alarmed America’s generals, who developed training techniques to overcome the reluctance to kill. However, if the military found a solution to its problem, the moral contradiction for the individual soldier remained. The mental and emotional burdens carried by soldiers who have killed ripple across America’s families and communities after each of its recent wars. As this film shows, every soldier is inescapably a “soldier of conscience.” The film profiles eight American soldiers, including four who decide not to kill, and become conscientious objectors; and four who believe in their duty to kill if necessary. The film reveals all of them wrestling with the morality of killing in war, not as a philosophical problem, but as soldiers experience it, a split-second decision in combat, that can never be forgotten or undone.

Not recommended for youth under age 13.

Runtime: 86 Min.

Watch an Amazing UU Homecoming Video

First Unitarian Church invested 400 hours in this Homecoming Sunday video. Please click on the following link or copy and paste it into your web browser:

<http://www.uuworld.org/news/articles/188334.shtml>



Fair Trade Coffee Makes Great Gifts

We have four kinds of Fair Trade coffee: Breakfast Blend, Ethiopian, Love Buzz, decaf Full City Roast available in ground and whole bean at the church for \$10/lb. In addition, we have Hazelnut Crème coffee, unsweetened baking cocoa, and cocoa mix for \$7 each and three kinds of chocolate bars (\$3) available for the holidays.

Volunteers Needed for the November 6 Potluck

- We need volunteers to assist with the potluck on Nov. 6. Help is needed setting up and taking down tables and chairs, etc.
- Please come a little early or stay a little late and offer your help, if needed.

Become an English Mentor

The English Mentoring classes with the Bhutanese is going well, but we need more volunteers to participate. There were so many of you last spring but our numbers have dwindled and we need to make a recommitment now that school has started.

We meet on the first and last Wednesday of each month at Jefferson school, 1701 S. 4 Ave., Fargo from 5:30-6:30 p.m.

If you would rather attend on any other Wednesday, that is fine too, as Aida, the lead teacher will welcome you warmly.

We have four classes running: intermediate conversation, beginners understanding, driver's education and citizenship. **We need your help in each of these classes.**

For more information, contact Carolyn Monzingo at 232-3669 or cjmonzingo@cablone.net.



What's Happening in Youth Religious Education?

Our Youth Religious Education classes are continuing to flourish after a strong start to the year! All age levels are focusing on what it means to be a Unitarian Universalist by living through our seven principles. The activities that we have been doing encourage our youth to contribute, cooperate and appreciate. The children's group will soon be collecting leaves to dry and use in a later art project that involves giving thanks for meals. The teens will be contributing to our church community by reviewing and summarizing the feedback forms filled out during the services. As always, I welcome suggestions and I cherish the opportunity to work with volunteers. Please contact me at kt_christensen@yahoo.com to volunteer or contribute to our youth religious education program.

Exciting News from the Emergency Food Pantry!

The Emergency Food Pantry, currently at 1438 10th St N, Fargo, is fundraising to effect a relocation to 402 11th St N (former Cooper Tire warehouse) where there is more space for efficient food delivery to clients and for parking. Total remodeling cost is estimated at \$700,000. Grants and other funds are expected to cover \$500,000. The remaining \$200,000 is needed from churches, individuals, and area businesses. We are asking you to help us reach this goal, either through your church or by sending your individual contribution to the Emergency Food Pantry at 1438 10th St N, Fargo, ND 58102. Thank you for considering this worthwhile project.



Building Your Own Theology

Many people come to Unitarian Universalism from other faith traditions. Often we know what it is that we no longer believe, but we may have trouble articulating what we DO believe. We invite you to join us to explore your current theology. Building Your Own Theology (BYOT) is an adult religious education curriculum that invites people to develop their personal credos: the fundamental religious beliefs, values and convictions that inform and direct how they live their lives. Participants are encouraged to explore their ideas about human nature, history, ultimate reality, ethics, and religious meaning. The ten-session program begins with an introduction to the seven UU principles. No book purchase is required; materials will be provided. Dates and times of meetings will be available soon. Please leave your name and contact information for Claudette Peterson at (701) 532-0335 if you are interested in participating or if you have any questions.

**Wednesday, Nov. 9
Pizza Social at 6 p.m.
Social Justice Focus
All Committee Meeting
at 6:30 p.m.**



**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.

At 6 p.m. on the second Wednesday of each month, everyone meets for a pizza social (free will offering and please RSVP). People, Place and Program meet that same night at 6:30 p.m. Childcare is provided for these meetings. Visitors are always welcome to join us for our pizza social and stay to see what our committees are planning.

We request that you inform the office that you will be attending the Pizza Social, so we can order enough food for everyone. Please contact the office at (701) 235-0394 or fmuu@fmuu.org with your RSVP by Nov.7.



We cannot hold a torch to light another's path without brightening our own.

—Martin Luther King, Jr.

POTLUCK

It's time to celebrate the changing seasons with our annual Fall Back Potluck on Sunday, November 6, after the worship service.

Bring your fall harvest or your supermarket harvest to share in your favorite fall recipes.



And PLEASE don't fail to set your clocks back an hour or you'll miss all the wonderful food!

A few reminders: Bring your salads, fruits, and breads already cut up/prepared and hot foods already cooked as our kitchen is too small to accommodate these activities while the coffee servers are doing their jobs. A few of these cooked dishes can be kept warm in the oven if already hot. There will be labels available for you to list any allergy-sensitive ingredients and whether vegetarian or meat-based.

We need volunteers to assist with the potluck on Nov. 6. Help is needed setting up and taking down tables and chairs, etc.



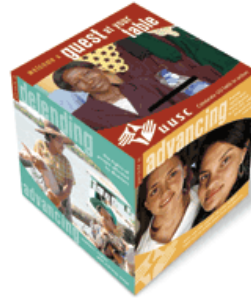
Tai Chi for Health

Free and Open to All

Thursdays 5:30-6:30 p.m.

The FMUU Church will be offering a Tai Chi class led by Andrew Tyson. This class is for all ages and levels of fitness. We will have a weekly session for one hour that will involve the slow, gentle movements of Qi Gong, Tai Chi and Yoga. Participants will learn forms and partner exercises designed to engage the body, cultivate the spirit, improve balance, posture, overall health, and to decrease stress. The ultimate goal is to harmonize oneself with the world around us and the myriad activities of life. You can come to one or all of the classes at anytime. This is an open class with no set start or end date, just bring a mat to lie on.

*** There will be no class on Nov. 24, due to the Thanksgiving holiday.**



Guest At Your Table

Once again, it is time to celebrate Guest at Your Table. On the Sunday before Thanksgiving, November 20, boxes featuring pictures of the workers who actually live among the

people being helped by the Unitarian Universalist Service Committee (UUSC) will be distributed. The purpose of the boxes is to place them on your dining table to accept contributions of coins or bills for the UUSC, as we share and discuss the Stories of Hope, which accompany the boxes. This year the stories tell of the native workers at the grassroots level who serve as liaisons with UUSC in bringing justice, equity and compassion in human relations to the people they live among. These workers are the imaginary guests at your table. Boxes will be turned in at the end of December or earlier if you wish.

UUSC works to strengthen the rights of workers, protects the right to safe affordable water, defends civil liberties and democratic processes and preserves the rights of the affected people during natural disasters and armed conflicts. The organization receives no funds from the Unitarian Universalist Association or the federal government. It depends upon the activism and generosity of over 42,000 UU members and friends. Any contributions are welcome, but membership is encouraged at \$40 for individuals, \$20 for seniors and \$10 for youth. A contribution of \$100 will be matched by a New York congregation.

Perhaps you have noticed the banners that are hanging in the greeter area and on the piano in the sanctuary. These are awards we have received in the past, acknowledging our contributions to UUSC during Guest at Your Table. May we make this another banner year!



Audrey Richmond
UUSC Congregational
Representative

Work devoted to something greater than yourself, lifts you out of the narrow sphere of individual concerns, enlarges your perspective, and provides context for the joys and concerns of your own life.

—By Erik Walker



FMUU Forum Email List

The Forum email list is for those who would like to hear about other events that are not church related. The church sometime gets information from church members and the community to pass on to the congregation. It is our policy to only send email out to the congregation that is FMUU Church and committee related. The only exception would be if it were another UU Church, PSD or UUA information. We have created the Forum email list for those of you who would like to have this information sent to them in an email. If you would like to be added to this list, please email the church and request to be added to the Forum email list.

Examples of Events Not Church Related

The Spirit Room offers courses which may relate to our seven principles or offer a relationship to the six sources of our inspiration. Please visit their website at www.spiritroom.net. On the left hand column of their website is an opportunity to be on their email list.

Anti-Racism Workshop

- Thursday, November 3, 5:30pm-8:30pm
- Friday, November 4, 8:30am-5:00pm
- Saturday, November 5, 8:30am-3:30pm

At the NDSU, Memorial Union, Hidatsa Room

It is important that participants plan to attend all three training sessions. For more information, or to RSVP, contact Larry Peterson, History, 701-231-8824, Larry.R.Peterson@ndsu.edu or Gene Berry, Biology, 701-231-7520, eugene.berry@ndsu.edu.



Caring & Sharing

The church will send cards for important life events (birth, death, illness/hospitalizations and weddings) of our UU members & friends. Please help us in identifying those who are experiencing life changing events in their lives or may need a message of cheer and hope by contacting the church at fmuu@fmuu.org or (701) 235-0394.



Inclement Weather Announcement

If we cancel any church event or service due to inclement weather, we will post our closing on the following sites:

Online with the Forum at <http://www.inforum.com/>

WDAY <http://www.wday.com/>

KFGO Radio and online at <http://www.kfgo.com/>

TV stations KVLV-11 and KXJB-4 and online at <http://www.valleynewslive.tv/>

This decision is based on the general conditions that exist for the majority of the congregation and/or when the National Weather Service has stated no travel is advised. Please always use your own judgment in determining if the weather is suitable for traveling before you make your journey to the church.



Flowers for Everyone

The FMUU Church will provide flowers for the sanctuary on the first Sunday of each month. We are asking our members and friends to sponsor the flowers for \$30, if they would like.

You may dedicate your sponsored bouquet as 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.

If you would like to sponsor a bouquet, please email Ruth Morton at mortonrr@gmail.com.

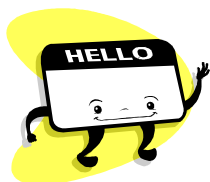


Candles of Concern

We invite you to enter into a time of silence, and to bring into your hearts and minds our member, Mike Headrick, who is in Sanford Hospital.

Let us keep our hearts open to all those in the congregation, and in our families, who are facing challenges.

November Sunday Greeters



Nov. 6 Thomas Punton

Nov. 13 Donna Jones

Nov. 20 Barb Anton

Nov. 27 Skip Wood

If you are not able to greet on the Sunday you have been scheduled on, please find someone to switch dates with you. This should be done at least one week in advance.

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.



November Coffee Servers

Nov. 6 Barbara Honer-Solinger &
Christyann Ranck

Nov. 13 Dee Johnson & Janice Johnson

Nov. 20 Donna Jones & Sarah King

Nov. 27 Liz & Tarver Nova

If you are not able to serve on the Sunday you have been scheduled, please find someone to switch dates with you. This should be done at least one week in advance.

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.

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