

# UU SPIRIT

Unitarian Universalist Church of Fargo-Moorhead



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VOLUME 7, ISSUE 6

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

*December 2011 Programs, Sundays at 11:00 a.m.*

*Sunday services are followed by coffee and conversation.*



**December 4**  
**Claudette Peterson**  
**Chalica**

The UU tradition of observance and celebration of our principles and their integration into our lives during this season, where we have Christian, Judaic, Pagan and materialistic celebrations. How can our principles move us into a different personal, emotional and spiritual space as we participate in community, reflect on our relationship to the world, and experience the beauty and magic of the seasons? How can we act appreciatively and interact through our basic goodness and the gifts we have received with this family, friends and congregation? What gifts can we bring to our individual expressions of gratitude?



**December 18**  
**Steve Clemens**  
**People of Faith Peacemakers**

Peace Activist and Spiritual Sojourner, Steve Clemens, will present a vision for us and offer observations about our war like tendencies. We can manifest peace in our personal, spiritual and community participation, lending our talents to the peace movement through non-violence and faith in our mission. Ron Saeger and Lewis Lubka highly endorse Steve's message.

**December 11: Shirley Dykshoorn and Karen Nitzkorski**



In silence, meditate on the words habitat and humanity. Go on, you can do it! Take a

moment to reflect on their importance and how close we may be to the loss of our personal and economic comfort zones. This presentation will highlight the work of this organization to provide opportunity and hope for the homeless, disenfranchised and economically distressed as they seek shelter, inclusion and affirmation. How can we participate? Can you be a volunteer? Show up and find out. As a potential social justice initiative for our church, this will be of value to you.



**December 25**  
**FMUU Members**  
**Yule**

As the season of giving approaches, we will honor our historical antecedents in Christian and Pagan traditions by recognizing resurrection, hope and renewal of the human spirit by invoking the elements of earth, wind, fire and water. Join our intergenerational Yule celebration as we sing carols and share holiday stories. Invite your family and friends in this holiday service for all ages.



*Happy Holidays to  
All Our UU  
Members and Friends!*



## December 2011 FMUU Church Calendar

Wed.	11/30/2011	5:30 p.m.	<i>UU Mentor Night at Jefferson School 1701 4 Ave S Fgo</i>
Wed.	12/7/2011	5:30 p.m.	<i>UU Mentor Night at Jefferson School 1701 4 Ave S Fgo</i>
Sun.	12/11/2011	9 a.m.	Board Meeting
Sun.	12/11/2011	1:30 p.m.	Drumming Circle
Mon.	12/12/2011	6:30 p.m.	Social Justice Council Meeting
Wed.	12/14/2011	6 p.m.	Pizza Social Night-RSVP to Office People, Place & Program
Wed.	12/14/2011	6:30 p.m.	Meeting Night
Thur.	12/15/2011		January Newsletter Deadline
	12/22-26		Office Closed
Wed.	12/28/2011	5:30 p.m.	<i>UU Mentor Night at Jefferson School 1701 4 Ave S Fgo</i>
Fri.	12/30/2011	7 p.m.	FMUU Movie Night
<b>Every Thur.</b>		<b>5:30 p.m.</b>	<b>Tai Chi Class</b>
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

### New Program Committee Chair

Warren Christensen has accepted the volunteer job of Program Committee Chair. If you need to contact him regarding programs, his email is warnpeace1414@hotmail.com.

### Guest At Your Table Boxes

Please return your *Guest At Your Table* boxes by Sunday, December 25, or earlier if you will not be in town for our Christmas service. Please contact Audrey Richmond, UUSC Representative, if you have any questions at (701) 235-3904.

### 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. **No class on Dec. 25.**



### 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](mailto:kt_christensen@yahoo.com).

# FMUU Board of Director's Announcement

One of the goals we set for our Board of Directors at our summer retreat was to examine our bylaws and to propose changes to address some cumbersome processes and to make modifications that might fit our specific congregational needs. Much of the insight for these changes came from discussions or presentations at the PSD and UUA yearly assemblies.

**Board size:** It has been observed and noted that perhaps as few as 20% of congregations' members are interested in serving on committees or boards. Given that, when our current board structure calls for 15% of our membership to serve (9 members of 67) we severely deplete the number of members to lead committees. Thus, we propose reducing the board size to six.

**Membership:** Each year we scramble at the end of the year to renew pledges and membership intentions. There have been times when members are taken off our roles not due to their intentions but due to their failure to respond to a deadline. To streamline this and to follow the lead of many organizations, we propose to make pledges and membership ongoing unless a member chooses to end their membership. This would also free up the stewardship committee to focus on specific areas of need.

**Leadership:** We are proposing that the Nominating Committee structure be changed to include one member from the Board of Directors. The intention here is to share insight into the leadership needs of the organization and to work proactively in developing leadership, by charging the group to offer leadership development resources to interested members.

**Active members:** We are adding language to our bylaws that set expectations of involvement for board members and committee chairs. The guidelines suggest a commitment from our leaders to attend Sunday services at least twice a month and to be active in some of our planned activities. We know that an essential part of leadership is involvement. This also helps us to layout expectation for members interested in choosing leadership roles.

**Pledges:** We also discussed our pledge requirements for membership, with some advocating a required no-minimum financial pledge. Others were more comfortable with a required pledge that accepted a time and talent pledge in lieu of or in addition to a financial pledge. The proposed language reflects a non-specified pledge as a requirement of membership, so a list of tasks with financial values will be created by our committees for pledging opportunities.

All of these changes are proposals that our membership will have opportunities to discuss, debate and either approve or reject. We plan to schedule a 'town hall meeting' to answer questions and show the exact language changes that are being proposed for your review. I want to express gratitude for our board members that have invested time and effort in studying and recommending these changes, so thank-you to Tim Peterson, Stacy Nicholson, Brian Arett, and Jon Solinger collectively known as the by-law champions.

Respectfully submitted by Mark Sinner, Board President



## FMUU Movie Night

7 p.m. on Friday

December 30, 2011

### *The World According to Monsanto*

A film by Marie-Monique Robin

Monsanto's controversial past combines some of the most toxic products ever sold with misleading reports, pressure tactics, collusion, and attempted corruption. They now race to genetically engineer (and patent) the world's food supply, which profoundly threatens our health, environment, and economy. Combining secret documents with first-hand accounts by victims, scientists, and politicians, this widely praised film exposes why Monsanto has become the poster child for malignant corporate influence in government and technology. A film by Marie-Monique Robin.

*The World According to Monsanto* is an in-depth look at the domination of the agricultural industry by one of the worlds most insidious and powerful companies. A bold, brilliant film and a must-see for anyone interested in the multi-billion dollar, omnipowerful, and highly dangerous Monsanto.

No other filmmaker has ever created such a compelling and damning case against Monsanto. The only other individual to come close to exposing the ugly reality of Monsanto's contribution to the planet is best-selling author Jeffrey Smith with his book *Seeds of Deception*.



### Chalice Group

Jim Fremstad is looking for folks who would like to form a chalice group. Members of the group would share their life challenges and responses in a group process formula guided by UU principles, covenantal development, and maybe even some twelve-step program ideas. Looking for spiritual development and actualization? We welcome you. Jim is a graduate of NDSU's Counseling and Guidance program, who is addicted to life and prone to find support and comfort in interaction with others. Call him at 218-287-4950 (Home) 218-443-0026 (Cell) or email [jfremstad@midco.net](mailto:jfremstad@midco.net) , if you are interested and would like to discuss times and program direction. Then come to the next Program Committee meeting for further information (December 14th).



### 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. These items are available for purchase after Sunday services in the community room.



### Sunday Greeters Needed for Dec. 25 and Jan. 1

If you are able to volunteer, please contact the office at [fmuu@fmuu.org](mailto:fmuu@fmuu.org) or call (701) 235-0394.

Greeter duties:

- Smile and welcome people as they arrive.
- Assist in making visitors a nametag.
- Ask visitors to sign the guestbook.
- Point out our informational brochures.
- If they have children, inform them of RE and the nursery.
- Invite them to fellowship after the service.
- Say goodbye and thank them for coming.
- Turn off the sanctuary lights after the service.

# We Are Family



A Pride Collective Monthly Event

Saturday, Dec. 17

6 p.m.-9 p.m.

Skateland in Fargo

Free Admission

Meet us for an old school skate party! Bring your own skates and roller-

blades, or use theirs! Video games and places to sit and chat if you are not a skater. This should be a good event so bring your friends! Any LGBTQ or allied person of any age is welcome (with or without children.) This is a great place to meet people and have a relaxed good time. Teens and young adults are very much encouraged to attend-- we want you there!

**Discussion Topic:** Coming out or not in various areas of your life.

Check out We Are Family's website for future events

<http://maramorken.com/waf>



## 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.

Wednesday, December 14

Pizza Social at 6 p.m.

Committee Meetings

at 6:30 p.m.



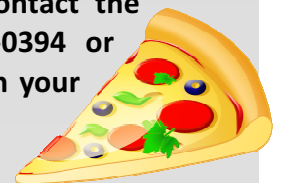
Plug Into an  
FMUU Group

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](mailto:fmuu@fmuu.org) with your RSVP by Dec. 12.



## Getting to Zero

**Zero New HIV Infections—Zero Discrimination--Zero AIDS-Related Deaths**

Thursday, December 1, 2011 at 7 p.m.

M-State's Oscar Bergos Center—1900 28 Avenue South Moorhead

Minnkota Health Project and M-State Community and Technical College would like to invite you to attend a community forum. Come learn about living with HIV in our region and what you can do to help promote "Getting to Zero!" Check out a PSA that People's Press Project made for our event: <http://youtu.be/UYU-z1u4wm4>. For more information, contact Clinton Lende @ 218-287-4636 or minnkota@mhpmc.org.

## 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.



## WhaleCoast Alaska 2012

Have you always dreamed of visiting Alaska? Are you curious about the lifestyles of Alaskan UUs? Do you enjoy getting to know your fellow travelers? If so, WhaleCoast Alaska 2012 is for you! Four Alaskan UU fellowships invite you to experience our eco-cultural and spiritual program this summer as we celebrate our 15th year! See Alaska through the eyes of local UUs in Anchorage, Fairbanks, Juneau, and Sitka with friendly home stays and unique tour activities. See wildlife, including moose, bear, whales, bald eagles, seals, and caribou. Visit Denali National Park. Experience Native Alaskan culture. Enjoy all that our beautiful state has to offer. Programs led by Dave Frey, member of the farthest north UU congregation. To find out more about your Alaskan trip of a lifetime, visit [www.WhaleCoastAK.org](http://www.WhaleCoastAK.org), or email Dave Frey at [dfrey@whalecoastak.org](mailto:dfrey@whalecoastak.org), or call 907-322-4966. We would love to share our Alaska with you!



## 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](mailto:mortonrr@gmail.com).



## 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](mailto:fmuu@fmuu.org) or (701) 235-0394.

## Chalica Begins Monday, Dec. 5, 2011

By [Donald E. Skinner](#)

It is not often that we have the opportunity to be in on the ground floor of a new holiday, especially a Unitarian Universalist holiday! So clear your calendars and welcome Chalica, which starts Monday, December 5. This weeklong holiday, beginning on the first Monday in December, focuses on one of the seven UU principles each day.

If you have never heard of Chalica, you are not alone. It first emerged in 2005, from conversations that Daylene Marshall had with other young adults when she was a student at the Vancouver School of Theology in Vancouver, British Columbia. However, just like Christmas, the exact origins of this holiday are already lost to history. In her own words, Marshall said, "I don't remember where the initial conversation started. I had been talking with a UU friend from Seattle about winter holidays and the fact there should be a UU holiday. And we may have discussed the same thing in the young adults group at church." That would be the Unitarian Church of Vancouver. "I went home after one of those discussions—that was probably November of 2005—and wrote something that I thought embodied our values," she said. "I sent it to a few friends and one of them created a Chalica website and it's grown from there."

Four years after its genesis, Chalica is not widely celebrated. In fact, it is a little hard to find congregations that are being observant. Nevertheless, it does seem to be gaining some visibility. The new holiday has a Facebook fan page with more than 1,000 fans. And here and there, a congregation is devoting a Sunday to it and inviting members to take up Chalica at home.

What is Chalica exactly? It's an invitation to spend a day with each of the principles, reflecting on their meaning and doing a good deed focused on each one. For instance, on Monday, Dec. 5, focus on the First Principle—worth and dignity—it would be a good time to make an apology or forgive someone. Tuesday—justice, equity, and compassion—could be marked by working at a food pantry, while Sunday—the interdependent web—would be a good day to make a compost pile or rescue an animal.

A chalice is to be lit each day. Gifts may be given during the week, but they can be notes, small handmade items or acts of kindness. The holiday is designed to end on a Sunday, with a worship service at church.

### Related Resources

[Chalica website.](#) (uidentity.com)

[Chalica Facebook page.](#) (facebook.com)

["Chalica" song by Daniel Flores.](#) (myspace.com)

["The Chalica Song" by Evan Austin.](#) (youtube.com)

[Seven Unitarian Universalist Principles.](#)

The weeklong Chalica holiday focuses on one principle each day. (UUA.org)

## Our Seven UU Principles

1. The inherent worth and dignity of every person;



2. Justice, equity and compassion in human relations;



3. Acceptance of one another and encouragement to spiritual growth in our congregations;



4. A free and responsible search for truth and meaning;



5. The right of conscience and the use of the democratic process within our congregations and in society at large;

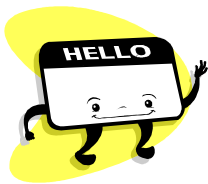


6. The goal of world community with peace, liberty, and justice for all



7. Respect for the interdependent web of all existence of which we are a part.

## December Sunday Greeters



Dec. 4 Claudette Peterson  
Dec. 11 Andrew Tyson  
Dec. 18 Rachael Tyson  
Dec. 25 Volunteer Needed

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.



## December Coffee Servers

Dec. 4 Haley Burdett and Sandy Kraig Kraft  
Dec. 11 Diane Krogh and Patty Leonard  
Dec. 18 Sheri McMahon and Carolyn Monzingo  
Dec. 25 Ruth Swain and Don Quittschreiber

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.



**If you choose to bring snacks, please consider a healthy choice.**

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