



UU SPIRIT

Unitarian Universalist Church of Fargo-Moorhead



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VOLUME 7, ISSUE 7

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



January 2012 Programs, Sundays at 11:00 a.m.

Sunday services are followed by coffee and conversation.



January 1: Leewana Thomas, *Racism and Revelation*

This service is an expansion to Leewana's summer presentation of "Racism Without Racists." She will share new insights into our unconscious or pre-conscious cultural and personal postures that may reflect the racism that lies beneath our liberal ideology. Don't we always tend to fear and demonize the "other" and project our own attitudes onto others?




January 8: Joseph DeMasi, *A Minstrel's Vision*

Joseph will present his musical creativity in a service that is welcomed for its freshness and insight. As a musician, singer and songwriter, Joseph is always on the cutting edge of humor and poetry in his offerings. We will see what new insights he can bring us on racial and personal relationships, spirituality, inclusion, exclusion and maybe even the value of own blemishes and flaws. In the words of Leonard Cohen, "Let the light come in."

January 15: Joyce Hatton, Susan Ostby and Andrea Blackwell: *Who I Am, Now*

As we honor the late Rev. Dr. Martin Luther King, Jr. we will examine our spirituality, feminism, racial identities and our current relationships with each other. This panel presentation will leave you more aware of the grace and beauty in the FMUU congregation and our contributions to racial and gender equity.

Joyce Hatton has a background in service through the Catholic Workers movement, assisting HIV and Aids victims. Andrea Blackwell, an advocate for total feminism and the spirituality of the family, is also an opponent of the Corporate Share Cropper Culture. Susan Ostby's early experiences with race in a predominately black college have been formative in her personal spirituality and ethical development.



January 22: Everett and A-ta Rattray, *Island Fusion*

Everett, a Jamaican by birth with an island sensitivity, and A-ta Rattray, a wellness coach, are young entrepreneurs who bring a healthy living concern to our community. Using soy based products to reduce fat intake, A-ta was able to lose 80 pounds, which sparked her interest in nutrition. They will help encourage us to implement our New Years resolution to lose weight, engage in more ethical eating practices, and gain a more positive spiritual approach to life. Through caloric management and reduced animal fat intake, we can improve our mind, body connection, our self-images and, perhaps, prolong our lives. Less pain, more gain through healthy living!

January 29: Dennis Warner, *Beads on One String*



We will enjoy the musical musings of National Recording Artist Dennis Warner. The spirituality of inclusion and the gifts we all bring to each other will be highlighted in this inspirational and fun event, which is intergenerational in appeal. Dennis has recorded over six albums and been featured with Prudence Johnson of Garrison Keillor's Prairie Home Companion fame. If you loved Peter Mayer, you will find this service very edifying.

Also, tentatively plan to attend a concert and fundraiser featuring Dennis Warner the night before in the FMUU Church.

January 2012 FMUU Church Calendar

Wed.	12/28/2011	5:30 p.m.	<i>UU Mentor Night at Jefferson School 1701 4 Ave S Fgo</i>
	12/29-1/2		Office Closed
Wed.	1/4/2012	5:30 p.m.	<i>UU Mentor Night at Jefferson School 1701 4 Ave S Fgo</i>
Sun.	1/8/2012	9 a.m.	Board Meeting
Sun.	1/8/2012	12:30 p.m.	Church Town Hall Meeting
Sun.	1/8/2012	1:30 p.m.	Drumming Circle
Mon.	1/9/2012	6:30 p.m.	Social Justice Council Meeting
Wed.	1/11/2012	5:30 p.m.	Leadership Council Meeting
Wed.	1/11/2012	6 p.m.	Pizza Social Night-RSVP to Office
Wed.	1/11/2012	6:30 p.m.	People, Place & Program Meeting
Sun.	12/15/2011		February Newsletter Deadline
Wed.	1/18/2012	7 p.m.	FMUU Movie Night
Sun.	1/22/2012	12:30 p.m.	Congregational Meeting <i>UU Mentor Night at Jefferson School 1701 4 Ave S Fgo</i>
Wed.	1/25/2012	5:30 p.m.	<i>UU Mentor Night at Jefferson School 1701 4 Ave S Fgo</i>
Sat.	1/28/2012	TBA	Dennis Warner Concert
Sun.	1/29/2012	12:30 p.m.	UU Orientation Class
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

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.

Thank You!

Have you been in the teen room lately? It looks great! The church would like to thank Dee and Ernie Johnson, Donna Jones and Joy Zeidan for all of their hard work in getting that room back to a usable state.

Drumming Circle Jan. 8 & 22

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.

FMUU Board of Director's Announcement

Town Hall meeting on January 8, 2012 at 12:30 p.m.

Congregational Meeting on January 22, 2012 at 12:30 p.m.

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.

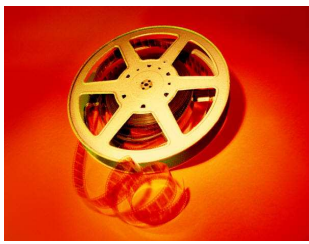
Pledges: We also discussed our pledge requirements for membership, with some advocating a required no-minimum financial pledge. Others were more comfortable with a required pledge that accepted a time and talent pledge in lieu of or in addition to a financial pledge. The proposed language reflects a 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 discuss during a **Town Hall meeting on January 8, 2012 at 12:30 p.m.** in the church sanctuary. Members of the Board will be there to answer questions you may have.

There will be a **Congregational Meeting on January 22, 2012 at 12:30 p.m.** in the church sanctuary. During this meeting, current church members will vote to approve or reject the proposed bylaw changes. Voting members must have filled out a 2011-2012 Annual Membership and Stewardship Campaign form to be eligible to vote.

You can find copies of the bylaws on our website and posted on the bulletin board in our community room downstairs. The green highlighted words are the new proposed changes.

Respectfully submitted by the FMUU Board of Directors.



FMUU Movie Night
Capitalism Hits the Fan
7:00 p.m. Wednesday
January 18, 2012

With clarity, renowned University of Massachusetts Economics Professor Richard Wolff breaks down the root causes of today's economic crisis, showing how it was decades in the making and in fact reflect seismic failures within the structures of American-style capitalism itself. Wolff traces the source of the economic crisis to the 1970's, when wages began to stagnate and American workers were forced into a dysfunctional spiral of borrowing and debt that ultimately exploded in the mortgage meltdown. By placing the crisis within this larger historical and systemic frame, Wolff argues convincingly that the proposed government bailouts, stimulus packages, and calls for increased market regulation will not be enough to address the real causes of the crisis - in the end suggesting that far more change that is fundamental will be necessary to avoid future catastrophes. Richly illustrated with motion graphics and charts, this is a superb introduction designed to help ordinary citizens understand, and react to, the unraveling economic crisis.

Professor of Sociology and Urban Education Stanley Aronowitz said, "With unerring coherence and unequalled breadth of knowledge, Rick Wolff offers a rich and much needed corrective to the views of mainstream economists and pundits. It would be difficult to come away from this viewing with anything but an acute appreciation of what is needed to get us out of this mess."

(Run time: 57 Min.)

For the New Year, Think Healthy!

We are grateful for our church members and their willingness to take turns serving coffee and are even more appreciative of the snacks they bring. We would like to take on a new healthier outlook for 2012. If you choose to bring snacks to church, we ask that you consider the following healthy choices: carrot sticks, apple slices, orange wedges, bananas, grapes, assorted veggies and dip, or any other healthy choice you can think of. If anyone wishes to donate juice to serve on Sundays, please contact someone from the People committee or the office. We would like to eliminate the Kool-Aid and lemonade served.



FMUU
Orientation Class

Sunday, January 29 at 12:30 p.m.

There will be a one-day FMUU orientation class for anyone new to our church. Topics will include our UU Heritage, UU Principles, and a video on Unitarian Universalism. You will have an opportunity to share your spiritual journey and to reflect on the journeys of others in the congregation. Opportunities for further involvement and engagement with the church will also be explored. The orientation class is open to all who wish to explore a membership relationship to the FMUU Church and those who desire further information about Unitarian Universalism.

Childcare will be provided for this class. There will be a new member ceremony for those desiring membership on February 12 during the service.

Beginning on Sunday, March 4 after the Sunday service, we will be offering new member classes on the first Sunday of each month.



Tai Chi for Health

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. This class is free and open to the public.

Job Opening

FMUU Church Cleaner Needed

The FMUU Church will be taking bids for the cleaning of the church on an annual basis. This is an opportunity to show your commitment as a member and volunteer your time and talent as part of your pledge.

If you are interested in doing this service as part of your pledge of time and talent, please obtain a copy of the cleaning duties from the office. Using \$20.85 per hour, then submit a bid indicating on your bid that the time spent will fulfill part of your pledge for the year. This cleaning service could be split between multiple members if desired or you could submit a bid to only clean on the off week the cleaner is not here, when that is required. On the other hand, you could place a bid on this cleaning job for compensation. In either case, if you are interested, please send in your bid application to the church office by **January 15, 2012**. You can request an application and a complete list of cleaning duties from the office at fmuu@fmuu.org.

Cleaning is needed every other week at a minimum, more often if needed, on Friday evenings or Saturday afternoons, when the church is not in use. Cleaners must be flexible in days and times and have a back up replacement if needed. This position will begin the first week of February 2012.



Wednesday, January 11

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. Child-care 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 Jan. 9.

Worship Coordinator's Corner

By Jim Fremstad

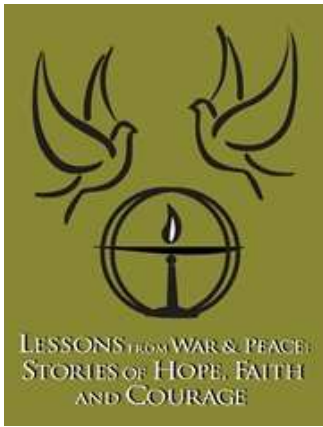
Come early to the FMUU for coffee and fellowship prior to the services starting on January 15, I will host coffee and unhealthy pastries for those of you who need a sugar and caffeine rush to get in the mood for a worship experience. We are trying to pick up the energy level a bit.

Is there any interest in reforming the choir *sans* Director? Maybe for our January 15 service, it would be fun to do some spirituals for special music. Let me know and I will advance this with the program committee.

How about Forums prior to the service, where we can discuss and share other topics of political, personal or spiritual interest to the attendees. Let me know if this would be of interest to you.

I am 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. I am a graduate of NDSU's Counseling and Guidance program, and am addicted to life and prone to find support and comfort in interaction with others.

Jim Fremstad, Worship Coordinator
218-287-4950 (Home)
218-443-0026 (Cell)
jfremstad@midco.net



**PSD Annual
Conference 2012
Lessons from War
and Peace:
Stories of Hope,
Faith, and Courage
April 13-15, 2012**

Bloomington, Minnesota

DoubleTree by Hilton Hotel (952) 835-7800

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

Lessons from War & Peace: War is like the elephant in the room that nobody wants to talk about. As Unitarian Universalists, we can agree that we all want peace and we all need to support our troops and their families, but we may feel very differently about war itself. Is war ever justified? What can we learn from those who have experienced it? Can we wage peace instead?

As our country is engaged in war on the other side of the globe, every one of us is affected by the enormous emotional and financial burden of sending our young people into battle. Many of us have served our military, or have family members proudly serving now. On the other hand, perhaps we have just been horrified by the articles in the paper about the rising suicide rate among veterans. Let us consider the seven UU principles and how they can guide us to peace.

We invite you to join us for a deeper exploration of the costs of war, how to heal from it, and how we, as people of faith, can become instruments of peace in our everyday lives.

In addition to examining this profoundly moving theme, you can benefit from workshops designed to strengthen your congregations, deepen your social justice work, and enrich you on a personal level. Come and experience some of the PSD's top talent, culminating with the joy of shared worship and musical celebration on Sunday morning.



**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.

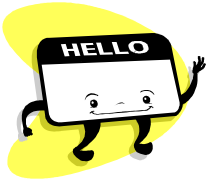
If you would like to sponsor a bouquet, please email Ruth Morton at mortonrr@gmail.com.



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.

January Sunday Greeters



Jan. 1 Carolyn Monzingo
Jan. 8 Claudia English
Jan. 15 Gail Wischmann
Jan. 22 Laurie Baker
Jan. 29 Bill Thomas

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.



January Coffee Servers

Jan. 1 Janet Paul Rice & Sheila Oye
Jan. 8 Ronni Arensberg & Phil Mouch
Jan. 15 Claudia English & Nateal Erickson
Jan. 22 Jen DeMaio, Katie Christensen & RE children
Jan. 29 Jon and Cathi Tiedeman

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

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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