

UU SPIRIT

Unitarian Universalist Church of Fargo-Moorhead



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VOLUME 7, ISSUE 9

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

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

Sunday services are followed by coffee and conversation.

March 4: Dr. Jim Knudsen
with special music from
Morgan Ranstrom
We Are One



Dr. Knudsen, a member of the Baha'i Faith for over 40 years, will convey that through education and communication, we can foster an interfaith understanding by focusing on the common denominators underlying all religions. His message promotes world peace and harmony through the recognition of the essential teachings of all religions.

Morgan Ranstrom is a local songwriter and guitarist. He loves to share his work, which is a testimony to his creative talent and passion for music. His song selections for this service complement the message of interfaith unity.

There will be a new UU member class following the service.



March 11:
Dr. Hilda Koster
Religion and Ecology

Dr. Koster is a Christian theologian who teaches Theology and Ethics at Concordia College in Moorhead. A native from the Netherlands, she received a PhD from the Divinity School of the University of Chicago and a Master Degree from Princeton Theological Seminary in Princeton (NJ). Dr. Koster's teaching and research focuses on the question of how best to articulate an earth-centered Christian spirituality in the face of the current global environmental crisis.

Join us for our Spring Potluck following the service.



March 18: Bill Thomas
Spring Time Poetry

Join us as we celebrate the arrival of spring with poems selected by our longtime member Bill Thomas. Poetry reading services are always refreshing and enlightening especially at this time of year. Spring is near!

March 25: Karen Van Fossan



***On Creating
"The Group that
Opened the Box"***

With the help of a colleague, writer Karen Van Fossan had an idea: get a group of adolescent girls together and allow them to speak the truth with no rules, no judgments....just honest feelings. Rather quickly, the creativity and openness began to flow as the girls shared their fears about everything from body image and the environment to bullying and sexuality. Karen Van Fossan, who is studying to become a UU minister, will share with us her experiences as she created an environment, which allowed for open and honest discussion with the youth of Bismarck.

Where did all the hymnals go? It has been too nice for them to think of being "snowbird books" so perhaps they elected to stay closer to someone's warm hearth for the winter. Some may be hiding in closets or forgotten in cupboards or even in the car. In any case, they need to migrate home to the FMUU sanctuary where they belong and can be enjoyed by all.

March 2012 FMUU Church Calendar

Wed.	2/29/2012	5:30 p.m.	<i>UU Mentor Night at Jefferson School 1701 4 Ave S Fgo</i>
Sun.	3/4/2012	12:30 p.m.	New UU Class <i>UU Mentor Night at Jefferson School 1701 4 Ave S Fgo</i>
Wed.	3/7/2012	5:30 p.m.	<i>UU Mentor Night at Jefferson School 1701 4 Ave S Fgo</i>
Sun.	3/11/2012	9 a.m.	Board Meeting
Sun.	3/11/2012	Noon	Spring Ahead Potluck
Sun.	3/11/2012	1:30 p.m.	Drumming Circle
Wed.	3/14/2012	6 p.m.	Pizza Social Night
Wed.	3/14/2012	6:30 p.m.	People, Place & Program Meeting Night
Wed.	3/15/2012		April Newsletter Deadline
Sun.	3/18/2012	12:30 p.m.	Social Justice Council Meeting
Wed.	3/21/2012	7 p.m.	FMUU Movie Night
Sat.	3/24/2012	6 p.m.	FMUU Game Night
Sun.	3/25/2012	1:30 p.m.	UU Drumming Circle
Wed.	3/28/2012	5:30 p.m.	<i>UU Mentor Night at Jefferson School 1701 4 Ave S Fgo</i>
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

Integrity: We strive to act consistent with our values and UU principles.

Spirituality: We seek insight into our deepest questions to practice awareness, develop understanding and celebrate meaning in our lives.

Compassion: We strive to act with kindness and consideration to show our love and acceptance for others.

Fellowship: We gather in mutual support and exploration of spiritual development and community values.

Minnkota Recycling

Aluminum, paper and plastic taken to Minnkota Recycling, 901 4th Ave. N., Fargo, 3501 S. University Dr., Fargo, or 1321 1st Ave. N., Moorhead, can benefit the church. Just use the church telephone number, 235-0394 or tell them Unitarian Universalist Church, and a check will automatically be sent to the church; you will receive a receipt for your records.

Drumming Circle

Mar. 11 & 25



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, everyone is welcome.

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 Movie Night
Wednesday, March 21 at 7 p.m.
Taxi to the Dark Side

Oscar Winner for Best Documentary Feature

A young cab driver picked up a few passengers near his home in Afghanistan... He never returned. Dilawar, the rural Afghan cab driver, was accused of helping to plan a rocket attack on a U.S. base, clamped into prison at Bagram, and subjected to physical torture so relentless that he died after two days of it.

The film's impact is powerful and complex. We come to see the very soldiers who broke Dilawar's body and spirit as victims, too--and patsies of a policy that, from Cheney and Attorney General Alberto Gonzales on down, ignored the Geneva Convention and shrouded itself (and commanding officers) in a fog of ambiguity while the grunts took the fall. A lot of them testify here, and the accumulation of their individual perspectives on a shared tragedy is devastating.

The latter half of the film features penetrating commentary from critics of torture as a policy (Senator John McCain was still one at the time), all of who agree that it does not work and it only damages us. In addition, for Theatre of the Absurd, there is a PR tour of the Guantánamo facility (a discrete portion of), which turns out to be kind of like summer camp and they get ice cream on Sundays.

Finally, *Taxi to the Dark Side* is not about torture or politics or the justness or unjustness of the war in Afghanistan and Iraq. The director is entirely correct when he says, "It's really about the American character and whether we have become something rather different from what we imagine ourselves to be." He is asking; he does not want it to be true.

Runtime: 106 min.



Wednesday, March 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). 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.

Wanted
Song Leaders!



You do not need to be a star performer, just familiar with the songs and willing to lead.

Practice time with our lovely pianist is available and encouraged.

Please contact Katie Christensen at

kt_christensen@yahoo.com

if you would be willing to lead our congregation in song during a service.

FMUU Game Night
Saturday, March 24
6 p.m.

We will be having a Family Game Night at the FMUU Church. Bring your favorite games or join in on the games here: Settlers of Catan, Puerto Rico, Blokus, Carcassonne, Set, Sleuth, and more. For the younger crowd, we will have Candy Land, Memory, Don't Let the Pigeon Ride the Bus, and Roller Coaster. Bring your family and friends to this fun monthly event!





Youth Religious Education

Full Steam Ahead

I am thrilled to announce that our Youth Religious Education (RE) classes are in good hands!

By Katie Christensen, Youth RE Coordinator

Our teens are currently being led by Joseph DeMasi as they explore his musical abilities. Next up, they will be engaged in discussions involving who decides what is right and wrong. Who determines which actions are sinful and which are virtuous? Following curriculum from the UUA, Caitlin Rakow, a social work student from MSUM, will lead the teens through this 7-week session. Joy Zeidan, board member, will also provide a few drumming circle experiences for the teens before the year comes to an end in May.

Our children's group will finish up a few months of lessons from Bill Thomas. He has delighted them with his musical talents. Next up, the children will embark on an OWL journey as they follow a 7-week plan that opens them up to developing a positive body image, challenging traditional gender roles, and examining what makes a family function. This session will be led by Emily Haugen, who is a graduate student in the Couple and Family Therapy Program at NDSU. Emily's research focuses on body image development.

I am deeply appreciative of all the wonderful and talented people in our congregation who are willing to share their time with our youth.



Our FMUU child-care provider, Ashtin Spies, will be participating in a bike ride through Enbridge Ride to Conquer Cancer

to raise funds for cancer research this June 2012. The ride is a 200-mile long stretch from Toronto to Niagara Falls. It will be spread out between two days, 100 miles the 9th and 100 miles the 10th. In order to participate each rider is required to raise at least \$2,500 dollars each, and every penny of it will go to the cancer research of their choice. After much diagnosis around me, I chose breast cancer. Specifically the funds will go to the Princess Margret Hospital Foundation, which is one of the top five cancer research centers in the world, and a leader in the discovery and delivery of personalized cancer medicine. Since 2008, the Enbridge Ride to Conquer Cancer has raised well over \$60 million to benefit cancer research. If you would like to read more about the race or donate online, visit the website at to12.conquercancer.ca. Ashtin will be selling silicon bracelets that read "Conquer Cancer" for \$5 each, as well as accepting donations online or in person during snack time.



Tai Chi
for
Health

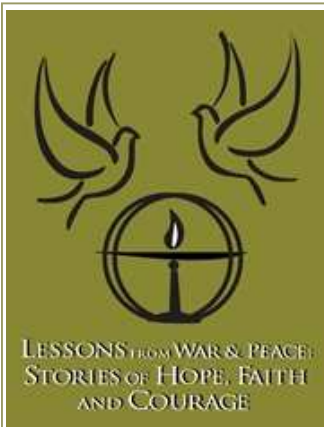
Thursdays

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.

LGBTQ2-SPIRIT HEALTH AND RESOURCE FAIR

Minnkota Health Project / Minnkota Center is hosting its 3rd annual LGBTQ2-Spirit Health and Resource Fair on **March 27, 2012 from 10am-2pm** in the Comstock Memorial Union on the MSUM Campus to coincide with the National LGBT Health Awareness Week taking place from March 26-30. For more information contact Clint at 218-287-4636 or email minnkota@mhpmmc.org



**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.



Sunday, March 11

Please join us in our annual Spring Ahead potluck on March 11, after the Sunday service. We will celebrate Daylight Saving Time, as we look forward to 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 10) 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.



Flowers for Everyone



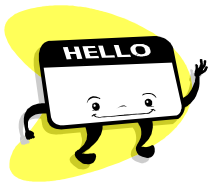
The FMUU Church will provide flowers for the sanctuary on the first Sunday of each month. We are asking our members and friends to sponsor the flowers for \$30, if they would like.

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 for the month of April or May, please email Ruth Morton at

mortonrr@gmail.com.



March Sunday Greeters

March 4: Diane Krogh

March 11: Laurie Baker

March 18: Ron Saeger

March 25: Warren Christensen

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.



March Coffee Servers

Mar. 4: Theo Kirkley & Sandy Kraig Kraft

Mar. 11: Jaime Altringer & Amy Bauroth

Mar. 18: Ronni Arensberg & Phil Mouch

Mar. 25: Claudia English & Nateal Erickson

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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E-mail: kt_christensen@yahoo.com

Julie Allen, Office Manager
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