

UU SPIRIT

Unitarian Universalist Church of Fargo-Moorhead



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VOLUME 6, ISSUE 5

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

December 2010 Programs, Sundays at 11:00 a.m.

Sunday services are followed by coffee and conversation.



December 5

Claudette Peterson

Happy Holiday!

Sometimes Unitarian Universalists feel as though the traditional holiday observations this time of year are no longer a good fit for us and our families. Come and learn about a holiday especially for UUs that celebrates our faith.

The FMUU Choir will rehearse and sing on 12/5



December 19

Bill Thomas

Winter Poems

A performance by a group of readers, presenting a variety of poems that pull you into the spiritual and physical facets of winter—Robert Frost, Emily Bronte, Tom McGrath, Ralph Waldo Emerson, Bertolt Brecht and more. Winter as meaning and metaphor; death, rebirth, cold, suffering, clarity, and hopeful birds, all for you to ponder as the Solstice draws nigh.



December 12

Lana Suomala

Immigration and Human Migration

Lana Suomala is a visual artist living in Moorhead whose work depicts issues regarding immigration and migration including rejection of the poor and tired. She works with human migration mobiles and the stories of immigrants involved in the Postville, Iowa raids on May 12, 2008. She will share stories and artwork with us and help us to begin our study of immigration.

The FMUU Choir will rehearse and sing on 12/12



December 26

Sing Along Sunday

Yule, Hanukkah, and Christmas Carols

In this simple service we will be singing our praise, longing, joy and hope with traditional songs of the season from several religious traditions and observing a Quaker-style "sermon of silence" where anyone who is moved to read or share is welcome to do so. Feel free to bring a prepared reading.



CHURCH CALENDAR

EVERY SUN.	@ 10:00 AM	CHILDREN'S RE CLASSES
EVERY SUN.	@ 11:00 AM	WORSHIP SERVICE
EVERY SUN.	@ NOON	TEEN RE CLASSES
SUN.	DEC 5	FOOD PANTRY DAY
SUN.	DEC 5 @ 9:30 AM	CHOIR REHEARSAL
WED.	DEC 8 @ 6:00 PM	PIZZA SOCIAL
WED.	DEC 8 @ 6:30 PM	SOCIAL JUSTICE MEETING
SUN.	DEC 12 @ 9:00 AM	BOARD MEETING
SUN.	DEC 12 @ 9:30 AM	CHOIR REHEARSAL
SUN.	DEC 12 @ 3:00 PM	DRUMMING CIRCLE
WED.	DEC 15	NEWSLETTER DEADLINE
SUN.	DEC 19 @ 12:30 PM	PLACE COMMITTEE MTG
	DEC. 23-27	OFFICE CLOSED
SUN.	DEC 26 @ 10:00 AM	SUNDAY MORNING FORUM
WED.	DEC 29 @ 7:00 PM	FMUU MOVIE NIGHT



Drumming Circle

Announcing a Sunday afternoon drumming circle for adults who like to lift their spirits with a beat. The second and fourth Sundays at 3 p.m. in the sanctuary. Some extra instruments are provided but bring drums, rattles, and other rhythm instruments if you have them. Everyone is welcome and no experience necessary.

Sunday Morning Forum December 26 at 10 a.m.

This adult education discussion group will meet on the fourth Sunday of each month. Everyone is invited to attend.



Church Library Organizer Needed

Do you love books? Do you love going to the library? Then you are the person we need. Our church library needs someone to maintain and organize it. This task requires minimal time commitment. You can work on it anytime the church is not in use or after Sunday coffee hour. Please contact the office if you would be willing to volunteer your time and skills at fmuu@fmuu.org or (701) 235-0394.



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



Inclement Weather Announcement

In the event that children's religious education classes, a church service, or other church event is cancelled 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.



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 at fmuu@fmuu.org or 235-0394.



Yule Sabbat

By our Pagan Friends

It is hard to believe that the holidays are here again! The holidays are a time to not only reconnect with family and friends and break bread together, but also a time of deep spiritual significance to many. As Pagans, we would like to share a little about our holiday celebrations and traditions. On the Pagan wheel of the year, Yule or Winter Solstice is when the dark half of the year relinquishes to the light half. The Winter Solstice is the darkest night of the year, but starting the next morning at sunrise, the sun climbs just a little higher and stays a little longer in the sky each day. The Yule Sabbat represents the rebirth of the Oak King, the Sun King, and the Giver of Life that warmed the frozen Earth and made her to bear forth from seeds protected through the fall and winter in her womb. Like the Christmas tree is a universally recognized symbol of Christmas and the Menorah is the symbol of Hanukkah, the ceremonial Yule log was the highlight of the festival. In accordance to tradition, the log must either have been harvested from the householder's land, or given as a gift; it must never have been bought. The Yule Log is often sang about in Christmas Carols or referred to in Christmas stories. For example in the song "Deck the Halls," there is a verse that says, "See the blazing Yule before us." Children were escorted from house to house with gifts of clove spiked apples and oranges which were laid in baskets of evergreen boughs and wheat stalks dusted with flour. The apples and oranges represented the sun, the boughs were symbolic of immortality, the wheat stalks portrayed the harvest, and the flour was accomplishment of triumph, light, and life. Holly, mistletoe, and ivy not only decorated the outside, but also the inside of homes. It was to extend invitation to Nature Sprites to come and join the celebration. A sprig of Holly was kept near the door all year long as a constant invitation for good fortune to pay visit to the residents. The most important thing to remember about Yule is that it is a time of hope. The light is returning and we have hope of good things to come in the future, because all the darkest day of the year means is that from here on out, things only get lighter.



Wednesday

December 8

Pizza Social

6:00 p.m.

Social Justice Meeting

at 6:30 p.m.

On Wednesday, December 8, we will gather as a congregation for an all church meeting to decide on a social justice focus for our church for the New Year. We are looking for ideas and areas of interest and need that we can as a community join forces on and make a difference. We are a small group, true, but united on a project, we are many and powerful.

What needs are alive in our church neighborhood? Do we want to become involved with a school, the local wet house, homelessness, at risk youth, poverty or new Americans who are looking for community and a place to belong? We all have a need to take action, to have impact, to do something about the state of this world we so love. Our Unitarian Universalist principles call for us to be part of the world as change makers. It is time for a plan and a commitment for us as a church community.

Come be part of the conversation. All voices are important in this choice making. Then let's get to work. Let us make this community better for our being here. Let's get involved, get committed and do it together.

We will have a pizza social beginning at 6:00 p.m. and start the meeting by 6:30 p.m. Come with ideas. Come to brainstorm. Come to be part of something bigger than yourself. As our UUA President Peter Morales says, our congregations enable us to live our values boldly. Let's go!

If you need childcare for this meeting, please contact the office ASAP.



Please RSVP to the office with your choice of pizza by noon on Tuesday, December 7.

Serving with Grace

by Erik Walker Wikstrom

Events Kick Off January 2011

This 83-page book by Erik Walker Wikstrom has inspired members of our board and others who have been picking it up over the past few months. Now we're going to kick off some church activity focusing on this simple, yet powerful theory of lay leadership as a spiritual practice. You may already be hearing some of Wikstrom's ideas floating around FMUU this fall. Ideas like to be a UU is to be a shareholder in a spiritual community, not a consumer. And those healthy lay-led churches are not led by a few overly taxed people but are organizations where leadership is a broadly shared ministry that members of the community undertake for the deep joy of it. This kind of involvement, says Wikstrom, is what creates the kind of transformed life that people come to a spiritual community seeking. This contribution to the whole and interaction with each other becomes a spiritual practice for individuals and spiritual practice changes lives. So come take in this book with your community.

On January 9, we will offer a 90-minute webinar on the book after our Sunday services. Then in January, we will offer *Serving with Grace* study groups twice a week: Fridays at 6:30 to 8:00 p.m. and Sundays from 12:30 to 2:00 p.m. Friday dates: January 14, 21, 28, and February 4 and Sunday dates: 16, 23, 30, and February 6. But feel free to attend any or all of these discussions. Come once a week, or more or less. The Friday and Sunday sessions each week will address the same issues, but will differ according to the participant discussion.

The book is available through the UUA bookstore at <http://www.uuabookstore.org/searchproducts.cfm> for a reasonable \$12.

For more information, contact Claudette Peterson at 701.532.0335 or peterson.claudette@gmail.com.



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



Our FMUU Children Need Your Help!

Children's Religious Education is in **NEED** of teachers. Starting

January 9th, the children (ages 4-7yrs) will be meeting during the worship service at 11:00 a.m. We need volunteers to teach 4-week sessions during the months of January, February, March, April, and May. Please contact Katie Christensen at 235-5278 or kt_christensen@yahoo.com if you are interested. All materials will be provided, you just need to show up and have fun!



Dorothy Day Food Pantry

The FMUU Church collects non-perishable food on the first Sunday of each month for the Dorothy Day Food Pantry.

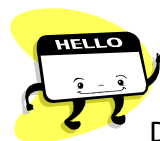
Please bring your nonperishable food donations to church on Sunday, December 5.

Bob Olson will take our collection to Dorothy Day this month. Thank you Bob, for volunteering your time and gas to help with this service!



December Choir Rehearsal Changes

For the month of December the choir will rehearse on December 5 and 12 at 9:30 a.m.



December Greeters

Dec. 5 Sheri McMahon

Dec. 12 Carolyn Monzingo

Dec. 19 Claudette Peterson

Dec. 26 Bob Olson

If you would like to volunteer to greet our visitors on Sunday morning, please contact the office or Stacy Nicholson at stacyn@gomoorhead.com.



Guest At Your Table Update

Greetings to all those who are filling your Guest At Your Table boxes or have taken an envelope to send in your contribution to the Unitarian Universalist Service Committee. The boxes were passed out on November 21, but it is not too late to take a box or an envelope. If you want me to send in your contribution, please return your box or envelope to the church on the last Sunday of December on the 26.

This year UUSC is featuring a program called Human Rights From Field to Fork during the Thanksgiving-Christmas season in honor of the folks who produce the food we eat during the holidays. Following are a few facts about some of these workers:

* Three out of five farm worker families have incomes below the poverty level and about 400,000 farm workers are children.

* More than 1 in 10 workers in meatpacking plants suffer illness and injuries, double the rate for all US manufacturing.

* A recent report found that 23% of grocery workers were paid less than minimum wage. Young workers age 16 to 24 hold nearly one third of grocery store jobs.

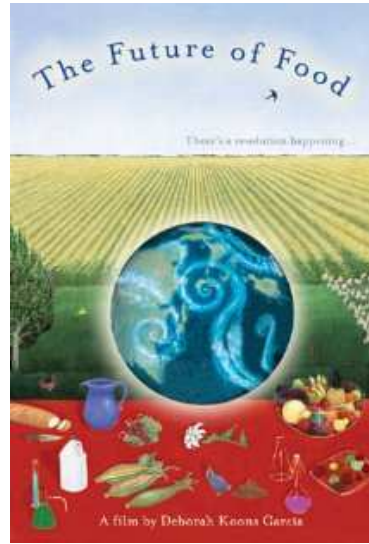
* In the two major warehouse centers, the greater Chicago area and Southern California in the US, many warehouse workers are employed by temporary agencies that pay them minimum wage or sometimes less.

UUSC has joined in collaboration with the Food Chain Workers Alliance to advance the rights of workers in the food system to work in dignity for a living wage and to organize in defense of their labor rights.



Audrey Richmond,
UUSC Congregational Representative

UUSC Mission Statement: UUSC advances human rights and social justice around the world, partnering with those who confront unjust power structures and mobilizing to challenge oppressive policies.



FMUU December Movie

The Future of Food

7 p.m. Wed.
December 29

Before compiling your next grocery list, you might want to watch filmmaker Deborah Koons Garcia's eye-

opening documentary, which sheds light on a shadowy relationship between agriculture, big business and government. By examining the effects of biotechnology on the nation's smallest farmers, the film reveals the unappetizing truth about genetically modified foods. You could unknowingly be serving them for dinner. Run time: 88 minutes

24 Hour HotLine

Dial 2-1-1 or 701-235-7335 (SEEK)

- Listening and Support
- Human Service Information & Referral
- Suicide Survivors Support Group Information
- Volunteer Opportunities

24 Hour Suicide Line: Dial 1-800-273-8255 (TALK) Funded by:
 Website: www.myfirstlink.org

2010-2011 New FMUU Members

The Unitarian Universalist Church of Fargo-Moorhead welcomed nine new members to our church on Sunday, November 21, 2010. Please take the time to introduce yourself and help make them feel part of this small but great congregation. This brings our current membership total to 67.

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|------------------|----------------|
| Jaime Altringer | Hayley Burdett |
| Murill Halvorson | Thomas Punton |
| Sarah Wardwell | Joy Zeidan |
| Chris Hames | Paul Gibbons |
| Theo Kirkley | |

If you are interested in membership to our church, please contact the office or Jim Fremstad at jfremstad@midco.net or (218) 287-4950.



December Coffee Servers

- Dec. 5 Sheila Oye & Janet Paul Rice
- Dec. 12 Carol Kapaun & Susan Ostby
- Dec. 19 Nancy & Ron Saeger
- Dec. 26 Ruth Swain & Don Quittschreiber

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.

If you are not a church member, but would like to volunteer serving, contact Thom Richmond at (701) 235-3904 or the church office fmuu@fmuu.org.

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. Classes for children (ages 4-12) will meet on Sundays at 10:00 a.m. and the teens (ages 13-18) will meet after Sunday services at Noon. The curriculum covers UU Principles, World Religions, and Social Justice.

NURSERY ROOM

Child care is provided on Sundays at 10:00 a.m. - 12:30 p.m. for children four years of age and under. We do not have child care for children over the age of four during our services at 11:00 a.m. Older children will be expected to attend the service.

stay Connected



FMUU

The FMUU Church has three sets of email lists:

Regular Church email list:

Our regular list sends out email that pertains only to the church, church committee activities and Unitarian Universalism (sends out newsletter too).

Newsletter Only email list:

This list is for those who only want the newsletter sent to them. No updates on church activities are sent to this list.

FMUU Forum email list:

This list sends out emails that are not church related, but may be of interest to others in the church.

If you would like to be on one or all of our email lists, send an email to fmuu@fmuu.org.

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, Janice Johnson	(701) 237-4206
At-Large, Sanjay Lal	(218) 227-5662
At-Large, Stacy Nicholson	(218) 233-2001
At-Large, Thom Richmond	(701) 235-3904
At-Large, Jon Solinger	(218) 233-8001

CHURCH EMPLOYEES

Katie Christensen, Coordinator of
Children's Religious Education

Phone: (701) 235-5278

E-mail: kt_christensen@yahoo.com

Laurie Baker, Program Coordinator

Cell: (701) 866-1197 E-mail: emsdatter@gmail.com

Julie Allen, Office Manager

Office: (701)235-0394 E-mail: fmuu@fmuu.org

Office Hours: Mon. - Thurs. 11:00 a.m. - 3:00 p.m.

If urgent call cell: (701) 371-4481