

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 6, ISSUE 6

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

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

Jan. 2: Carolyn Monzingo, *The Cosmic Lunch Break*

A sermon on play, a sermon on uproarious joy, who needs it? Some of us might enjoy a little reflection on the subject; at least all hard-working Unitarian Universalists. The sermon is adapted from one written by retired Rev. Barbara Merrit of the First Unitarian Church in Worcester, MA.

Jan. 9: Leewana Thomas, *Incivility*

Leewana Thomas will be reading her speech that she brought to the national tournament in 2010 about the effects of incivility on society and will connect to some of the problems she had with incivility growing up as a Unitarian Universalist. Growing up as a UU can be confusing, fun, disorienting, and even a little frightening at times. It is important to discuss what it means to be a UU with our children, and help them as they may be asking questions that have difficult answers. Come hear the story of one child who grew up asking these difficult questions and is still looking for the answers. Leewana has been attending the FMUU Church since her family moved to Moorhead when she was six. She currently attends Macalester College in St. Paul, Minnesota where she is a member of orchestra, the Minnesota Public Interest Resource Group, and Mac UUs! She is undecided about her specific area of study, but wants to be involved in education.

Jan. 16: Barry Nelson, *Reflecting on the Cass 23*

The Cass 23 were Indian nationals, skilled laborers who in their search for work to support their families ended up being victimized twice. The first time they were deceptively recruited by Signal International to work on repairing oilrigs and refineries in the Gulf Coast area of the U.S. When they discovered the ruse and prevailed upon the U.S. justice system they were victimized a second time. Anyone who believes human trafficking does not happen here needs to hear these men's stories, which end up at an ethanol plant near Casselton, ND.

Barry Nelson, director of the Head Start/Early Head Start SENDCAA program, became involved with a group of local residents who quite by accident discovered the story behind the story of the individuals caught up in an immigration raid. Barry's history of working with the refugee resettlement program did not prepare him for the recalcitrant and initially unresponsive justice system to these individual's plights. He fears for the thousands of men, women and children who fall prey to human traffickers around the world and in the United States each year.

Jan. 23: Tim Peterson, *What Instrument are You?*

Come and find out how FMUU board member, Tim Peterson, will intrigue you.

Jan. 30: Mark Vinz and Kevin Zepper, *Two Friends Reading Poems*

Mark Vinz is Professor Emeritus of English at MSUM, where he served as the first (1995-98) coordinator of MSUM's Master of Fine Arts in Creative Writing program. His poems, stories, and essays have appeared in numerous magazines and anthologies; his most recent book is a collection of poems, *Long Distance*. A recipient of a National Endowment for the Arts Fellowship for Poetry, he has also won the New Rivers Press, Many Voices Project, competition. Winner of Milkweed Editions "Seeing Double" competition, six Pen Syndicated Fiction awards, three Minnesota Book Awards, and the Lake Region Arts Council Individual Artist award.

Kevin Zepper is an Associate Professor at MSUM. He teaches in an alternative learning environment in the Corrick Center for General Education. In 2008, Blue Light Press published Zepper's chapbook, *I Bring you Dead Things*. He has previously published two other chapbooks, (*Suffering From*) *An Apartment Complex* (Plan B Press), and *The Fifth Ramone* (Dacotah Territory Press). Recent publications include: *The Prose-Poem Project*, *Southwest Journal*, and *Slow Train Journal*.

January 2011 FMUU Church Calendar

Day	Date	Time	What
Sun.	1/2/2011		Food Pantry Collection Day
Sun.	1/9/2011	9 a.m.	FMUU Board Meeting
Sun.	1/9/2011	11 a.m.	Children's RE ages 4-7
Sun.	1/9/2011	Noon	Children's RE ages 8-12
Sun.	1/9/2011	Noon	Children's RE ages 13 and up
Sun.	1/9/2011	12:30 p.m.	Serving with Grace Webinar
Sun.	1/9/2011	3 p.m.	Drumming Circle
Wed.	1/12/2011	6 p.m.	Pizza Social
Wed.	1/12/2011	6:30 p.m.	People & Program Meeting
Fri.	1/14/2011	6:30 p.m.	Serving with Grace Study Group
Sat.	1/15/2011		February Newsletter Deadline
Sun.	1/16/2011	9:30 a.m.	Choir Rehearsal
Sun.	1/16/2011	12:30 p.m.	Place Committee Meeting
Sun.	1/16/2011	12:30 p.m.	Serving with Grace Study Group
Wed.	1/19/2011	7 p.m.	FMUU Movie Night
Fri.	1/21/2011	6:30 p.m.	Serving with Grace Study Group
Sun.	1/23/2011	10 a.m.	Sunday Morning Forum
Sun.	1/23/2011	12:30 p.m.	Serving with Grace Study Group
Sun.	1/23/2011	3 p.m.	Drumming Circle
Fri.	1/28/2011	6:30 p.m.	Serving with Grace Study Group
Sun.	1/30/2011	9:30 a.m.	Choir Rehearsal
Sun.	1/30/2011	12:30 p.m.	Serving with Grace Study Group

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:

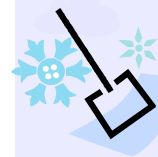
Online with the Forum at www.inforum.com

WDAY www.wday.com

KFGO Radio and online at www.kfgo.com

TV stations KVLV-11 and KXJB-4 and online at 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.



Did You Lose Something?

Did you check the lost and found bench?

The lost and found bench is located in the coat area, just lift the seat to find items you may have left.



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.

FMUU Integrity: We strive to act consistent with our values and Unitarian Universalist principles.

Merry Will We Meet Again

By our UU Pagan Friends

A few of us FMUU Pagans thought it would be nice to give a few versions of Paganism and some of the traditions within it. We hope that you will enjoy the article and find it somewhat informative. If you have any questions or suggestions on what you would like to know about Paganism, please feel free to contact one of us! We are very happy to share our knowledge with others.

Paganism: In the modern age, is a polytheistic, nature-centric religion. It consists of, but is not limited to, Wicca, Druidism and Asatru (a Norse religion). In most traditions, there is a reverence for a God and Goddess as well as nature and its creatures. It is widely agreed upon that modern paganism can draw its roots back to many earlier traditions, such as Freemasonry, to complete the "holes" in the archeological facts. In a UU point of view, it is clear where paganism fits in, the seventh principle. Paganism also revolves around a respect for others and their beliefs, not harming oneself or others. It is a harmonious relationship with the world and all that share it with us.

*Merry Will We Meet Again and Namaste,
Senelsya ShadowWeaver (Sarah "Cleo" Wardwell)*

Wicca: Wicca was popularized in the 1950s and early 1960s by a Wiccan High Priest named Gerald Gardner, who at the time called it the "witch cult" and "witchcraft" and its adherents "the Wica." From the 1960s onward, the name of the religion was normalized to "Wicca." Wicca is typically a duo theistic religion, worshipping a Goddess and a God, who are traditionally viewed as the Triple Goddess and Horned God. These two deities are often viewed as being facets of a greater pantheistic Godhead, and as manifesting themselves as various polytheistic deities. Wicca also involves the ritual practice of magic, largely influenced by the ceremonial magic of previous centuries, often in conjunction with a liberal code of morality known as the Wiccan Rede, although this is not adhered to by all Witches. Another characteristic of the Craft is the celebration of seasonally based festivals known as Sabbats, of which there are usually eight in number annually.

*Merry Will We Meet Again and Blessed Be,
LionLord (Thomas Punton)*

Asatru: I decided to do a paragraph on Asatru because in the FM area the people here come mostly from the northern Europe region, Germany and France. And there is a lot of mystery behind this tradition. Long before Christianity came to northern Europe, the people there, our ancestors, had their own religions. One of these was Asatru. It was practiced in the lands that are today Scandinavia, England, Germany, France, the Netherlands and other countries as well. Asatru is the original, or native, religion for the people who lived in these regions. Simply put, you might think of it as "the religion of the Vikings" since they were its main followers in the years just before our ancestors were forced to adopt Christianity.

What does the word "Asatru" mean? It roughly means "belief in the Gods" in Old Norse, the language of ancient Scandinavia in which much of our source material was written. Asatru is the name by which the Norsemen called their religion.

What are the basic tenets or beliefs of Asatru? We believe in an underlying, all-pervading divine energy or essence which is generally hidden from us, and which is beyond our immediate understanding. We further believe that this spiritual reality is interdependent with us - that we affect it, and it affects us.

We believe that this underlying divinity expresses itself to us in the forms of the Gods and Goddesses. Stories about these deities are like a sort of code, the mysterious language through which the divine reality speaks to us. We believe in standards of behavior, which are consistent with these spiritual truths, and harmonious with our deepest being are Life Values.

Life Values: Asatruars in North America have created a list of Nine Noble Virtues: *Courage, Truth, Honor, Fidelity, Discipline, Hospitality, Industriousness, Self-Reliance and Perseverance*. The family is greatly valued and they reject any form of discrimination.

*Brightest Blessings to You and Yours,
AzureStar (Joy Zeidan)*

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.

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



Time Changes for the Children's RE Program

There will be no Children's RE classes on Dec. 26 and Jan. 2. The Children's RE Program will be making some changes in January. **Beginning Sunday, January 9**, children ages 4-7 will be meeting during the service at 11:00 a.m. These children start in the sanctuary at 11:00 a.m. with their parents for the first 15 minutes of the service and then are escorted to their RE classes. Children 8-12 years of age will meet after Sunday services at noon. The Teens (13-18) will continue to meet in their classroom at noon.



Dorothy Day Food Pantry

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

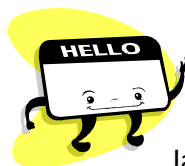
Please bring your nonperishable food donations to church on Sunday, January 2.

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



January Choir Rehearsal Changes

For the month of January the choir will rehearse on January 16 and 30 at 9:30 a.m. with performances during the service on those dates.



January Greeters

Jan. 2 Diane Krogh
Jan. 9 Jim Fremstad
Jan. 16 Nancy Saeger
Jan. 23 Warren Christensen
Jan. 30 Susan Ostby
If you would like to volunteer to greet our visitors on Sunday morning, please contact the office or Stacy Nicholson at stacyn@gomoorhead.com.

**A Circle Dinner is being planned
for January 2011**

If you are interested in hosting or sharing a meal and getting to know your fellow UUs in a different setting, please contact Stacy Nicholson at stacyn@gomoorhead.com or 218-233-2001.

The hosts will provide a main dish and guests are asked to provide side dishes, desserts and breads.

An announcement will be made in church and as part of the weekly announcement e-mail, once the date and location(s) are set.

Wednesday, January 12

Pizza Social at 6:00 p.m.

People & Program Meeting at 6:30 p.m.

Our People and Program committees will meet on the second Wednesday of each month at 6:00 p.m. for pizza (free will offering) and social time. At 6:30 p.m., each group splits off to meet until 7:30 p.m.

Contact the office, (701) 235-0394 or fmuu@fmuu.org, if you would like to join a group. Membership is not a requirement to join a group and childcare is provided by request for these gatherings.

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.

The Place group meets on the third Sunday of each month at 12:30 p.m.

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, January 11.



**FMUU January
Movie**
*Civil Liberties in
Wartime*

7:00 p.m., Wednesday, 19 January.

Former Judge Andrew Napolitano explains the Patriot Act and the Military Commissions Act of 2006, beginning with the history of civil liberties since before the Revolutionary War.

Andrew Napolitano was a Superior Court judge in New Jersey from 1987-1995. He currently practices law, is a legal analyst for FOX News, and is the author of *A Nation of Sheep*, published by Thomas Nelson.

What you do not know CAN hurt you and this presentation will be very informative and stimulate thoughts, concerns and discussion.

Attend and learn what your government can do to you with little or no recourse on your part.

Run time: 45 minutes

PATH ND Inc.

**Proving Treatment to Children and
Youth in Family Settings**

Currently, our community has a strong need for additional foster homes and family support homes for children and siblings. Many kids in our area need a safe place to live.

PATH ND has provided personalized treatment foster care and family-based services for children and families throughout the state of North Dakota since 1994. During this time, PATH has pioneered the treatment foster care concept and has built a reputation for quality and leadership in the foster care field.

Our mission "Families Making the Difference" is truly reflected in our services throughout PATH North Dakota. In PATH, families are making all the difference in the world as children and their families benefit from our efforts.

Contact PATH at (701) 280-9545 or visit their website at <http://www.pathnd.org/>.

UU Retreat Center

By Rev. Laurie Bushbaum

Though the land is dormant under the snow, seeds for The Fields Retreat and Learning Center are continuing to grow. If you haven't already heard, plans are underway for a UU retreat center within an hour of the Minneapolis/ St. Paul area.

Late in November we received news that we have received a grant from the UU Funding Panel! This grant will allow us to create print and video promotional material to share the excitement of our vision with congregations and potential donors. Jeff Sylvester of Blue Moon Productions, and a member of First Universalist in Minneapolis, will produce the video/DVD.

The Fields Retreat and Learning Center is a new Minnesota non-profit formed to create a sanctuary for contemplation, inspiration and the transformation of soul and world. Our goal is to purchase a rural property close to the city and to practice ethical stewardship of the land and relationships of compassion and justice. We seek to build a place of Creative Spirit, where guests of all generations can discover their gifts and use them to serve joyfully.

Our commitment is to welcome people of all faith backgrounds and those who are searching for spiritual grounding and inclusive community. Our values are based on the principles of the Unitarian Universalist faith which include:

- Respect for the inherent worth and dignity of every person;
- Openness about the many expressions of human spiritual seeking;
- Justice, equity and compassion in human relations;
- Honor for the interdependent web of all existence.

Please visit our website and follow along as seeds for The Fields continue to grow: www.TheFieldsMn.org or contact Rev. Laurie Bushbaum at RevLBushbaum@visi.com.

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

FMUU Chooses Social Justice Focus 2011

On Wednesday, December 8, twenty five members and friends gathered to choose our FMUU social justice focus for the coming year. After pizza and a welcome by board President Mark Sinner, 46 possible choices were generated: veteran's services and rights, Our Whole Lives sex education program of the UUA, economic justice and living wage issues, international crisis, Dorothy Day Food Pantry and Shelter, Habitat for Humanity, Gladys Rae shelter, adopt-a-highway, adopt-a-school, ethical eating, peace, mentoring and coaching mediation for the under or unemployed, landlord-tenant issues, child welfare, juvenile justice, immigration and refugee issues, tutoring, homeless youth, literacy, sex offender housing, felon housing, Rape and Abuse Crisis Center, Red River Women's Clinic sidewalk bullying, civil marriage, non-traditional religious communities, climate change, environmental stewardship, Interfaith Center, Wesley Center, dead beat dads, poverty, legal aid-access to civil justice, animal justice, preserving integrity of non-profit organizations, criminal justice reform, neighborhood activism, homeless shelters, unsheltered homeless, double-housed and precariously housed, jobs training, GLBT benefit equality, GLBT issues, reproductive rights, bullying and elder care.

From here each participant voted for three choices. The leading vote getters were: Dorothy Day House, immigration, child welfare, Gladys Rae shelter, animal justice, Wesley Center, Rape and Abuse Crisis Center and the YWCA shelter. We discussed each of these choices and then a final vote was taken. In the final round child welfare received two votes, Gladys Rae shelter eight votes and immigration fifteen.

Thanks to all who came out to this lively evening. It was truly a time of community building and commitment making. We have a focus. Let's begin. The UUA website has much to offer to begin our education and work at www.uua.org. We will be having a common read of the book *The Death of Josseline: Immigration Stories from the Arizona-Mexico Borderlands* by Margaret Regan this winter. Many of us heard local artist Lana Suomala speak of her immigration inspired artwork on December 13 and we will have more immigration focused Sunday morning programs in January.

The following have volunteered to serve as our FMUU Social Justice Council in the coming year: Mark Morrison, Claudette Peterson, Donna Jones, Mark Sinner, Laurie Baker, Murill Halvorson, and Sheila Oye. In January, expect to hear from them on how we can educate ourselves on and contribute to this critical social justice issue of our times.

Greek Dip

By Janet Paul Rice

8 oz cream cheese, softened
1 ½ cups sour cream, divided
1 can artichoke hearts, drained & chopped
1 cup pepperoncini, seeded & chopped
4 hard cooked eggs, chopped
½ cup pitted kalamata olives, chopped
juice of 1 lemon
2-3 tsp dried oregano
2 Tbs capers, drained
½ cup pitted green olives, chopped
1 lg tomato, seeded & chopped
2 tsp minced garlic
1 cup chopped English/seedless cucumber
4-6 oz feta cheese, crumbled
1 med red bell pepper, seeded & chopped
2 Tbs minced fresh parsley

Mix cream cheese & ½ cup of the sour cream until smooth. Stir in ½ cup of the chopped artichokes. Spread this mixture evenly on the bottom of serving platter (will need to be quite large).

Mix together the chopped pepperoncini, eggs, & kalamata olives and sprinkle evenly over the cream cheese layer.

Combine the remaining 1 cup sour cream, lemon juice, and oregano, and spread evenly over the pepperoncini layer.

Top evenly with the capers, then the chopped green olives.

Mix the tomatoes & garlic together, then sprinkle this over the olives.

Top evenly with chopped cucumbers, remaining chopped artichoke hearts, crumbled feta cheese, diced red bell pepper and minced parsley.

Cover with food film & refrigerate until served. Serve with toasted pita wedges.

This makes a large platter of dip, enough to serve about 25 people. It is a good idea to do the chopping before starting to layer and assemble the dip. The chopping is very time-consuming but assembly goes quickly; you can chop everything in advance but don't assemble until shortly before the dip is served or the vegetables can become rather weepy.

Practice Spirit, Do Justice

Creating Change 2011

February 2-6, 2011 in Minneapolis, MN



Gathering the Queer
and Allied Multi-Faith
Movement for
Praying, Planning and
Practicing Justice!

This first-ever multi-faith gathering of pro-LGBT activists convenes people of faith, LGBT activists, clergy, spiritual practitioners, those who value the body-mind-spirit connection as important and those who seek to bridge the secular/faith divide in our movement. We will worship and pray and practice; we will do big-picture framing and dreaming; we will build our organization's capacities; we will learn mass mobilization strategies and we will learn concrete skills. Come and bring your whole body, identity and self to this exciting gathering!

Go to www.theTaskForce.org for more info.



Tips for Peaceful and Joyful Living

By Dean Van Leuven

Monday: Pay attention to how you listen when others talk.

Tuesday: Learn to think only about what the other person is saying without thinking of how it relates to your life.

Wednesday: Learn to answer the other person fully before you relate any story of your own.

Thursday: Pay attention to what the other person is feeling when they talk.

Friday: Be patient and do not interrupt the other person while they are talking.

Saturday: Be patient and do not interrupt the other person while they are talking.

Sunday: Address the other person's concerns before you raise any of your own.

Dean Van Leuven is a psychologist and is the author of *Life Without Anger* and many other books dealing with quality of life issues.

Contact him on the web at: www.DeanOfPeace.com

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. Beginning Sunday, January 9, children ages 4-7 will be meeting during the service at 11:00 a.m. These children will start in the sanctuary at 11:00 a.m. with their parents for the first 15 minutes of the service and then are escorted to their RE classes.

Children 8-12 years of age will meet after Sunday services at noon.

The Teens (13-18) will continue to meet in their classroom at noon.

The curriculum covers UU Principles, World Religions, and Social Justice.

NURSERY ROOM

Child care is provided on Sundays at 10:45 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.

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



January Coffee Servers

Jan. 2 Bill Thomas & Hilde van Gijssel

Jan. 9 Jon and Cathy Tiedeman

Jan. 16 Thomas Williams & Skip Wood

Jan. 23 Tina and Frantz Delbrune

Jan. 30 Ronni Arensberg & Phil Mouch

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.

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