

# Current Ripples

## February 2010



Behind My Eyes, Paula Swenson

### Headwaters Unitarian Universalist Fellowship February Services

#### February 7: “Working together to restore Earth and renew Spirit”

The Green Sanctuary Program is a collective effort, not just a personal project for a few of the most committed environmentalists in a congregation. It is about all of us, according to our talents and capacities, coming together to create the Earth Community we have envisioned. Building from the 7<sup>th</sup> Principle, the Green Sanctuary Program encourages us to make alternative choices and consider the environment more intentionally. Join us to learn the whos and whats of the Green Sanctuary team, the hows and whys of the Green Sanctuary Program, and benefits for our community. Coordinators: Karen Kimbrough & the Green Sanctuary Team

**February 14: “Love Conquers All”** Together we will explore the nature of love, how we love, and some theological connections. Reverend Shelley Dugan will be here as our guest UU Minister. Rev. Dugan is the Chaplain Manager at Mercy Medical in Coon Rapids MN. She's been a professional minister for almost 25 years. During her ministry she has pastored 3 churches and served as a chaplain in hospice, chemical dependency, long term care, veterans' homes, and hospitals. She is grateful to be a UU minister and delighted to be with the Bemidji congregation on Valentines Day! Coordinated by Greg Chester

**February 21: "Art, Creativity, and Mystery"** As HUUF member and artist Paula Swenson states: "Artwork is a process of inspiration, meditation, investigation, creation, interpretation and intuition. Mystery is essential to art and to life, it is what keeps us questioning and questing." Come and hear more from Paula and several other local artists as they share thoughts about their art and their creative process. Coordinated by Sue Nokleby

**February 28: “The Practice of Mindfulness”** According to Wikipedia, mindfulness is the critical factor in the path to liberation and subsequent enlightenment. Geri Wilimek, LICSW at Northern Psychological Services returns to share her insights and perspectives on mindfulness. Coordinated by Tricia Andrews.

### Contents

February Services	1
Upcoming HUUF Events	2
Notes from the Prez	3
Social Justice Committee	
Membership Matters	4
Green Sanctuary Committee	5
Finance Update	6
Save the Dates:	
PSD Annual Convention	7
General Assembly	8

### Services

Headwaters UU Fellowship  
(HUUF)  
Sunday Services  
10:00 am  
522 America Avenue NW  
Bemidji, MN

### Contact Us:

PO Box 1906  
Bemidji, MN 56619  
[www.headwatersfellowship.org](http://www.headwatersfellowship.org)

## HUUF DATES

### February

#### Reception for Featured Artist Natalia Himmirska

February 5th, 4 – 6 pm

The Fellowship will continue to enjoy the art works of Natalia Himmirska through the month of February. Natalia is the painting instructor at BSU and has a history of exhibition in both the US and Europe. She was educated in Russian, Bulgaria and in the United States. HUUF will participate in the First Friday Events of February with a reception for the artist on *February 5th, 4 – 6 pm* at HUUF. Members and friends are welcome and are encouraged to support the art project by attending. For more information, please contact Unitarian member Marlon Davidson, 751-9654.

#### UU Topics Discussion Group & Potluck

Weds. Feb. 10, 5 pm at HUUF

Contact Tricia Andrews for more information.



#### Rattle your Drum...

Drum Circle gathers on  
Weds., Feb. 10, 7 pm at HUUF

## HUUF Night at the Movies!

*Friday, February 19th, 7:00 pm at HUUF*

An Independent Lens film, "*Young@Heart*" features the story of spirited members (average age 81 years) of the [Young@Heart](#) Chorus as they prepare and perform songs by artists such as Clash and Coldplay--upending assumptions about friendship, old age, life, and death.

### *It's Truffle Time!*

This year's HUUF Youth welcomes any orders of 5 delicious flavors: Coffee, Coconut, Orange, Peppermint, and Vanilla. \$8 per box of 6 truffles, \$13 per box of 10.

NEW ITEM!!! Chocolate Peanut Butter Balls, \$8 per box.

**Order by noon, Feb. 4th.** Pick up date Sat. Feb. 13 (Time TBA) or Sunday Feb. 14 after service at HUUF. Individual truffles will be for sale on Sunday, Feb. 14 after the service downstairs for \$1.25 each.

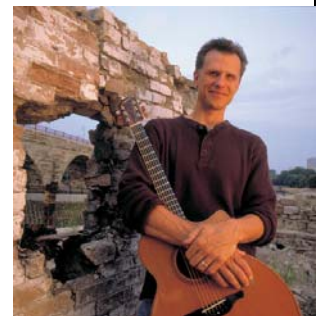
Accepting orders now! Call Carolyn to place an order: 444-9788 or for more info. Carolyn will be at church Feb.7th at the 10 am service also if you would like to place an order in person.

## Save the Date....HUUF Concert Series Peter Mayer

*Saturday, March 13, 8 pm, at HUUF*

Peter Mayer writes songs for a small planet—songs about interconnectedness and the human journey; about the beauty and the mystery of the world. Whimsical, humorous, and profound, his music breaks the boundaries of "folk", and transcends to a realm beyond the everyday love song, to a place of wonder at the very fact of life itself.

More details in  
March newsletter!



## Notes from the Board "Prez" Update

Luke Rutten  
Board of Trustees President

Hi everyone. I hope you are all having a great winter so far. Hey, I consider the end of January as being 'over the hump' as far as winter is concerned. I mean, March is only 4 weeks away!

I also hope you are having a good year at HUUF. If you have any ideas, questions, or concerns about HUUF, please don't hesitate to talk to someone from the Board of Trustees. Meanwhile, I want to pass on the following info:

- ✚ **Job Opportunity at HUUF.** Sara Shelton, our current Director of Religious Education will likely be leaving after this school year. Therefore, we need to find a replacement. Ideally this person would be chosen this spring so they could transition with Sara before we end our services for the summer in late May. This position performs numerous functions including; overseeing the Sunday classes; reviewing, choosing and planning curricula; recruiting and coordinating volunteer teachers; and supervising childcare providers. The position is budgeted for a salary of \$12 per hour for up to 10 hours per week for 42 weeks per year. Anyone interested in this position may contact me, Luke Rutten via email at [lukerutten@yahoo.com](mailto:lukerutten@yahoo.com) or at 218 444-3343.
- ✚ **Summer Rental to Schoolcraft.** Once again Schoolcraft Learning Community has asked about renting our building as office and classroom space for the summer. The HUUF board will be negotiating a summer rental agreement with Schoolcraft. We hope to get this done soon. Last summer this agreement resulted in HUUF receiving over \$3000 in rental fees!
- ✚ **GA in Minneapolis this summer!** Some of you have heard that the UUA's annual meeting, the General Assembly will be held in Minneapolis this summer. The dates are June 23-27. Registration opens March 1. I have heard nothing but good things about GA from those who have attended in the past and it rarely is held this close to home. We have some funds in the budget to help offset the costs of attending. Please let me know if you are interested. Check out <http://www.uua.org/events/generalassembly/> for more information.
- ✚ **Opening Night Choir at GA.** Speaking of GA, I've been asked if anyone from our congregation wants to be involved in a choir piece to be performed during the opening night of GA (June 23). If so, we can get the music to practice. Let me know if you are interested. Persons who just want to attend the opening night to sing in the choir will not have to pay any registration fee if they don't plan to attend any GA sessions.

That's all for now folks.

Seek peace!

## Social Justice Committee Update

Karen Kimbrough  
Chair

Darin, Karen, Tom, and Marion met to discuss how HUUF can again contribute to local Soup Kitchen efforts.

- ✚ Darin, Tom, and Karen are checking out how to work with the People's Church's lunch and supper meals
- ✚ Karen will check with Gloria, the contact person from Nymore, to see if they still could use help or if another church's soup kitchen could use help that is more "family friendly" for younger children to help out.
- ✚ If YOU are interested in working at a soup kitchen, please contact *Karen Kimbrough at 751-2289* and let her know which whether you would prefer cooking or serving.

One of the benefits of being a member of a Unitarian Universalist congregation is a free subscription to UU World, the magazine of the Unitarian Universalist Association of Congregations. The December 2009 issue opened with:

*The central task of the religious community is to unveil the bonds that bind each to all. There is a connectedness, a relationship discovered amid the particulars of our own lives and the lives of others. Once felt, it inspires us to act for justice.*

*It is the church that assures us that we are not struggling for justice on our own, but as members of a larger community. The religious community is essential, for alone our vision is too narrow to see all that must be seen and our strength is too limited to do all that must be done. Together, our vision widens and our strength is renewed.*

Each issue includes questions for spiritual reflection and adult group discussion. The online version of this publication is [www.uuworld.org](http://www.uuworld.org). There has been interest in a discussion group as a way to strengthen relationships within our congregation as well as to explore questions of faith. Those interested in meeting regularly to discuss topics featured in UU World, please contact Tricia Andrews at 444-8936. **A potluck supper and brainstorming/planning time will be 5pm Wednesday, February 10 at HUUF.**

The excerpt below is from Rev. Gary Kowalski's essay *The Ultimate Canvas*, published in UU World in 2003. Gary Kowalski is the minister of the First Unitarian Universalist Society of Burlington, Vermont as well as the author of numerous books. You can read the entire essay online at [www.uuworld.org](http://www.uuworld.org).

Process philosophy holds that materialism is mistaken. Our universe is not an assortment of lifeless particles but an ensemble of interrelated and dynamic happenings. And each of these events—from the energy that maintains a simple chemical bond to the complex flow of information through a termite mound or coral reef—is in constant change and interaction with all the others.

Try to pick out one piece of the universe to study in isolation, and you discover that it's connected to everything else. A chimpanzee, for example, cannot be understood by separating the infant from its mother to see "what happens." Every organism exists within a network of relationships—relationships between parent and offspring, predator and prey, population and food supply—that enable it to live and which it in turn touches and transforms. Even on a much simpler physical level, the same principle holds. A cloudy day may be associated with high humidity and low barometric pressure. But there are no purely linear relationships involved. A storm front doesn't cause clouds to form any more than clouds cause the storm. Weather is messier and more reciprocal than that, with a built-in unpredictability that makes long-term forecasting not just difficult but impossible. In the image from chaos theory popularized by Edward Lorenz, a Monarch butterfly fluttering its wings in Mexico can affect siroccos in the Mediterranean, thousands of miles away. These are co-creative events.



## **Seek Green. Practice Green. Celebrate Green.**

The 7<sup>th</sup> UU principle encourages respect for the interdependent web of all existence of which we are a part. The Green Sanctuary Program (GSP), drawing from this principle, was created to integrate an Earth-oriented spirituality into congregational worship. Inspired by the program, and this facet of spirituality, the Green Sanctuary Team has been researching the GSP, exploring the possibilities and benefits for our congregation.

The Green Sanctuary Program is a collective effort, not just a personal project for a few of the most committed environmentalists in a congregation. It is about all of us, according to our talents and capacities, coming together to create the Earth Community we have envisioned. The GSP provides a path for congregational study and reflection and a call to individual and collective actions in response to environmental challenges. The five goals of the program are to: (1) build awareness of societal environmental issues among Unitarian Universalists; (2) generate commitment for personal lifestyle changes; (3) motivate UUsers to community action on environmental issues; (4) build a connection between spiritual practice and environmental consciousness; and (5) build awareness of and rectify environmental injustices.

Reading back over those goals you may think of times when our services, or actions, would fit into one or more of those five goals. This is why our Team feels the Program is a natural fit, a natural next step for our congregation. The GSP encourages us to consider the environment *much more* intentionally; it spurs us to, as Emeril would say, “Kick it up notch!” As we move forward with these goals we are able to gain from our experiences and build confidence that we can, in fact, create the world we envision—for ourselves and future generations.



### **5 Things You Didn't Know you Could Recycle\*:**

- ✚ Computers & electronics: to find responsible recyclers, visit: [www.ban.org/pledge/Locations-html](http://www.ban.org/pledge/Locations-html)
- ✚ Foam packing materials: your local pack & ship store will likely accept these for reuse. Or call the Plastic Loose Fill Producers Council to find a drop-off site: 800-828-2214. For places to drop off foam blocks for recycling, contact the Alliance of Foam Packaging Recyclers, 410-451-8340.
- ✚ Ink/toner cartridges: [www.recycleplace.com](http://www.recycleplace.com)
- ✚ Oil: Find used motor oil hotlines for each state: [www.recycleoil.org](http://www.recycleoil.org)
- ✚ Phones: Collective Good will refurbish your phone and sell it to someone in a developing country: [www.collectivegood.com](http://www.collectivegood.com). Call to Protect reprograms cell phones to dial 911 and gives them to domestic violence victims: [www.donateaphone.com](http://www.donateaphone.com)

\*Modified from [www.greenamericatoday.com](http://www.greenamericatoday.com)



## Finance Update

Neen Lillquist  
Treasurer

- ✚ I have distributed the 2009 tax statements. On the back of the sheet you will find your pledge and contribution for this fiscal year beginning September 1, 2009.
- ✚ We surprisingly received an additional \$1,500 from Prairie Star District as a result of our Chalice Lighter application. This makes our total gift almost \$11,000 for our Building Fund to make our building handicapped accessible! Thank you to all the UUs who contributed.
- ✚ A big thank you to Paula Swenson, Marlon Davidson, and Don Knutson for their generous donations from the sale of their art!! These Building Fund Raisers certainly move us closer to the goal of our building addition. Thank you again.
- ✚ Thank you to Marion Janikowski for her consistent and generous donations to the Food Shelf in our name.
- ✚ We received the following note from Lois Awsumb: "All our best wishes to our dear friends at Headwaters UU Fellowship. We're sorry that our plans have changed so rapidly that we couldn't get a chance to say goodbye to you. We've decided to return to Dayton to be near family as Ken now needs more care than I can be giving to him. It's a matter of health and safety and a need for therapy and rehab. We hope to find a good assisted living home and have a more active life together. So many good memories of you all. Such support and love can't be replaced. Love, Ken and Lois Aswumb, Kettering, Ohio".

### Consider Making a Loan for the Building Remodel

The Finance Committee is asking if there are any members who would be interested in making a personal loan to the church for the additional building space. Some possibilities are (a) a note for 5-10 years at a better interest rate than you can get at financial institutions or (b) possibly buy bonds (this is still being checked out for further information). Please contact Neen Lillquist or Dick Lueben if this is something you might consider.

ALSO, the new budget session is coming up and members need to be current on their pledges and capital contributions. We need accurate information to create a budget so please make an effort to get caught up.

### *Cleaning Person Needed...*

The Facilities Committee needs somebody to help with cleanup after services on Sundays. This is a paid position.

Please contact Sue at [snokleby@paulbunyan.net](mailto:snokleby@paulbunyan.net) or 751-3353.

*Religion, according to Alfred North Whitehead, is a phenomenon that begins in wonder and ends in wonder. Feelings of awe, reverence, and gratitude are primary, and these can never be learned from books. We gain them from sitting high on a cliff side, gazing at the sea, lost in reverie and listening to the laughter of children.*

## Save the Date



### *A Note from Candy...*

If you see that we are low or out of any items that are needed, please write the date of when you noticed it on the list in the Kitchen labeled **Supplies Needed List**. The list includes items such as paper and cleaning products and worship supplies. See the list for a better idea of what to report. If it's not on the list and you are not sure who to inform, write on the list and Candy will get it to the right place/person.

### *A Big Thank You....*

The social justice committee graciously thanks *Marion Janikowski, Carole Haas, and Jules Rubey* for contributing to the six dessert items Karen baked for the Martin Luther King Program. Without your additions of another six items we would not have had enough! The crowd was huge and there were no leftovers! Thank you so much for your time and thoughtfulness.

## Prairie Star District Annual Convention

### Roots and Wings: Weaving Multigenerational Dreams Davenport, Iowa

April 23-25, 2010

As you know, last year's Prairie Star District Annual Convention was held in Duluth. This year, it will be in Davenport, Iowa. Our district has put together a 2010 conference program with appeal for all ages. By attracting people of every generation, they hope to enrich the conference experience for everyone. Registration fees for all those 35 and under have been reduced thanks to a grant from Riverboat Development Authority of Davenport, making it easier for younger folks to take part in the conference experience. Speakers include Dr. Mark A. Hicks from Meadville-Lombard Theological School and John McCutcheon, nationally known singer and hammered dulcimer player.

Register by March 16, 2010 for the lowest registration fee. Everything you need to know about the conference including registration is on our district website, [www.psduua.org/AnnualConference2010](http://www.psduua.org/AnnualConference2010). The district office can provide a hardcopy of conference information if necessary. Phone 612-870-4823 to make a request.

### Pre-Conference Workshops

There will be several excellent social justice workshops just before the official opening of the convention on Friday night. Please consider coming to Davenport in time to catch these workshops in Friday's Day of Learning. See attachments for more information.

Friday morning, April 23, the District's GRACE (Growing Racial and Cultural Equity) Team is hosting a Roots and Wings for Anti-Racism workshop. Dr. Mark A. Hicks, developer of UUA's recently piloted curriculum *Building the World We Dream About* will lead participants in a workshop that simultaneously introduces the curriculum and deepens commitments for Building our Beloved Community.

In the afternoon the District's Social Justice Network has organized a Marriage Equality workshop. Presenters Ryan Crane and Andrea Jansa, from One Iowa (Iowa's largest LGBT advocacy group), will discuss the landmark Iowa Supreme Court decision allowing same-sex couples to marry in Iowa. The workshop will highlight successful strategies for defending the freedom to marry and actions you can take in your state.

Friday's Day of Learning events are at the Unitarian Church of Davenport. Cost of each workshop is \$5; lunch is \$3. More details and registration are at [www.psduua.org/AnnualConference2010](http://www.psduua.org/AnnualConference2010)



## General Assembly 2010

Minneapolis, MN

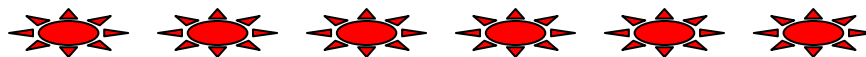
June 23-27

Join thousands of Unitarian Universalists from across the United States for the 2010 General Assembly (GA) this June. GA is held in a different city in the United States and Canada each year, so we are fortunate to have the “big show” so close to us in 2010. Check out the schedule and registration information at [www.uua.org](http://www.uua.org). Registration is required and pre-registration begins March 1. Be sure to mark June 23-27 on your calendar!

You’ll experience wonderful and uplifting worship services—morning and night—led by some of our best worship leaders, with glorious music and inspiring messages. Worshipping together with thousands of fellow UUs at our Sunday Worship Service is an experience not to be missed.

General Assembly is the way our faith does business. Actions of social witness are passed at GA, elements that make up future policies are discussed...and YOU have a voice in the discussion.

You’ll hear terrific speakers. There will be hundreds of entertaining programs and informative workshops, offering excellent support and learning for leaders in our congregations. You’ll be able to join the witness for our faith and values, in moving and exciting ways.



### HUUF Leadership Team

\*\*\*\*\*

<b>Caring</b>	Jules Rubey
<b>Communication</b>	
-Website	Carol Swenson
-Newsletter	Diana Kuklinski
<b>Facility</b>	Sue Nokleby
<b>Finance</b>	Dick Lueben
<b>Leadership</b>	Jane McKelvy
<b>Membership</b>	Tricia Andrews
<b>Religious Ed</b>	Susan Kedzie
<b>Social Justice,</b>	Karen Kimbrough
<b>Green Sanctuary</b>	Brooke Knisely
<b>Worship</b>	Terry Anderson & Barb Houg
<b>Music Coordination</b>	Luke Rutten

### HUUF Board of Directors

\*\*\*\*\*

<b>President</b>	Luke Rutten
<b>Secretary</b>	Candy Roberts-Salter
<b>Treasurer</b>	Neen Lilquist
<b>Trustees:</b>	Roger Swenson, Darin Miller, Paul Kivi, Luke Rutten