

Current Ripples

January 2010



GhostHerons, Paula Swenson

January HUUF Services

January 3: Special Time 7:00 p.m. Candlelight Service "Ring in the Spiritual New Year" We will reflect on the last year in our new building and consider how this building has (or has not) nurtured our Beloved Community's spiritual growth. And perhaps we will make some New Year's Spiritual Resolutions. Coordinator: Candy Roberts

January 10: "Celestial Event" What is the source of our human fascination with space? Do we think that we might find answers there for our Earth-bound problems? Susan Hauser addresses the topic in an essay about her fascination with the International Space Station and what it might mean to us. The program will include time for talk-back. Coordinators: Susan Hauser and Tricia Andrews

January 17: "Accommodating Theory" What do we do when our personal experiences contradict our philosophy? Susan Hauser does not believe in after-life, yet she occasionally experiences "visits" from loved ones who have passed away. She addresses this anomaly in an essay about the meaning of these experiences for her. The program will include time for talk-back. Coordinators: Susan Hauser and Terry Anderson

January 24: "Islam" Score Your Islamic I.Q. Neen Lillquist will share her experiences of living/working and traveling in the Islamic countries of Pakistan, Morocco, Egypt and Jordan along with her knowledge of Islam, the fastest growing religion in the USA. You will have an opportunity to find out how much you know and will learn how to travel respectfully in an Islamic country. She guarantees that you will be more informed and a graceful traveler.

January 31: "Sara Thomsen Sharing Stories and Song" Sara Thomsen is a singer-songwriter with a soulful voice. Increasing wonder and awareness, deepening spiritual connection, and widening social engagement through song is at the heart of her work. Sara is the founder and artistic director of the "Echoes of Peace Choir," a community choir in Duluth, with a repertoire of world music. She is a staunch supporter of struggles for human dignity and ecological sustainability.

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Services

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

Contact Us:

PO Box 1906
Bemidji, MN 56619
www.headwatersfellowship.org

Snack Sign-Up

January

3rd Candy Roberts
10th Bernadette M Paradis
17th Marlon Davidson
24th Ray Newman

HUUF DATES

January

Meetings At a Glance

Green Sanctuary Business Team Meeting,

Sunday, Jan. 3rd, 9 am
Congregational survey
questionnaire

Facility Committee Meeting

Sunday, Jan. 3rd, 11 am

Social Justice Committee Meeting

Sunday, Jan. 17th, 9 am
Anyone interested to work
out a soup kitchen idea,
contact Karen K. prior to
meeting: 751-2289

RE Announcement

Youth group will meet on
January 3, 2010 from 1:30 -
5:00. Location TBA, hopefully at
the church. We will watch
"Little Buddha", discuss the
meaning of karma and play "The
Karma Game." Popcorn and
juice will be provided. All youth
grades 6-12 are welcome to
attend. We will be done in time
for the candlelight service that
evening.

HUUF Night at the Movies!

Friday, January 22, 7:00 pm at HUUF

For the Next 7 Generations, hosted by Alena Hrabcakova.
This documentary weaves together the story of how the Thirteen
Indigenous Grandmothers gathered for the first time in 2004
representing tribes from all over the world. These included women
from the Amazon Rainforest, Tibet, Nepal, Africa, Yupik tribes, and
tribes of America, Hopi, Tewa, Cheyenne and Lakota. This was a
historical gathering where these women started The International
Council of Thirteen Indigenous Grandmothers, which was based on
prophecies of long ago. They share their wisdom, traditions, prayers to
help this planet which is in dire need of change and healing. This film
documents their unparalleled journey and timely perceptions with
timeless wisdom. This documentary is being shown in small venues
through out the USA and is selling out everywhere. It has already won
Documentary of the Year Awards such as the recent Santa Fe Film
Festival. This is a movie that will move you to tears and make you think
on many levels about our current situation on the earth and what awaits
the future generations.

Alena Hrabcakova is a therapist at Red Lake Middle School and High
School and is currently enrolled in The Center of Sacred Studies in San
Francisco, CA. This is a program of thirty students from around the
world who are studying with the Thirteen Indigenous Grandmothers
and keeping the traditions alive before the grandmothers pass on.
Alena will be available after the documentary for any questions or
dialogue.

"You are not here just for yourself. Wherever you go, you are a
representative of our family: mother, father, grandparents, aunts,
uncles, everyone. You represent our tribe, our people. So when you go
somewhere, that's who you are-our representative." Mona Polacca,
One of the Thirteen Indigenous Grandmothers (Hopi/Havasupa/Tewa)

Remember: We are all representatives of our families and
our beliefs. Let your life shine.

Love and Blessings,
Donna Alena, Red Lake Nation Reservation.

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.



HUUF Concert Series Sara Thomsen

Saturday, January 30, 2010, 8:00 pm

Sara Thomsen is a singer-songwriter with a soulful voice, poetic lyrics, and haunting melodies. Her music comes from the heart, and that's where it takes you. With a voice richer than the best mid-west soil, her songs carry you inward and outward—in, to the particulars of your own life, and out into the shared humanity of us all. Her performance style is easygoing and full of humor and depth, capturing the audience's full engagement. Sara's music gently enfolds and unfolds the listener.

Sara Thomsen's new release, *Everything Changes (2008)*, is an intimate portrayal of the heart breaking open and apart, tumbling through transformation with elegance and grace. The album modulates from joy to despair, crusty to tender, illustrated with a variety of musical styles. Peppering an acoustic folk base are hints of jazz, country, Latin groove, Celtic and bluegrass.

"[Thomsen's] soulful voice, poetic lyrics and unforgettable melodies cut through to the heart and the soul of human experience." —**Minnesota Women's Press**, St. Paul

"Sara seems to tap people's innermost spiritual hiding places whether they know it or not. She ends the night on a positive note with a feeling of community connectedness." —**Angie Nichols**, Director of GLBT Services, University of Minnesota-Duluth

"Sara Thomsen's music is lamp oil for the Inner Light. Each Thomsen concert is covert non-violence training. Her music helps us find the seeds of peacemaking within ourselves. Sara's music resonates with the 'still small voice' within each of us. At once we recognize our vital place in the people's choir. Sara's music is easy to sing and hard to forget. Just add your voice and the revolution has begun--again." —**John Heid**, Quaker, Catholic Worker, nonviolent activist, birder; **Winona Catholic Worker**, Winona, MN

"Sara's voice is like the best butter you've ever had--on a big, generous meltingly gorgeous piece of bread right out of the oven. Hearing Sara is like coming home to your own soul; her music is cozy and big all at the same time. The first time I heard her, I cried for joy. Real tears." —**Nancy Conger**, Author, Playwright, Violinist, Coach, North Branch, MN

A Note from the Facilities Committee....

Two presentations on the planned addition have been given with little feedback. Anyone wishing to share feedback or has any questions can contact Sue at snokleby@paulbunyan.net or Amy at amy_rutten@yahoo.com

The Social Justice Committee says Hello:

Way back at Committee Sunday, Tom Lavallo, Darin Miller, Ted Weir, and Karen spoke a few minutes about setting up something with People's Church-- q Soup Kitchen idea. I'd love more ideas, input, how-to's, and anything anyone can bring to the table for this idea. If this idea wouldn't work for whatever reason, then let's brainstorm what might. Please, come one; come all to this brainstorming session on Jan. 17th, 9 am, at HUUF. Thanks, Karen K.



Green Sanctuary Committee Update

Karen Kimbrough
Chair

Renew: the Documentary *Jan. 25th, 6:00 pm, at HUUF*

Offering a profound message of hope, Renewal captures individuals and communities driven by the deepest source of inspiration - their religious and spiritual commitment - to become stewards of our planet. Their stories of combating global warming and the devastation of mountaintop removal, of promoting food security, environmental justice, recycling, land preservation, and of teaching love and respect for life on Earth are the heart of Renewal (www.renewalproject.net)

Being Green seems to be easy for HUUF! Bet you didn't know that. The Worship Committee began the year by having us bring in stones from our travels. You can't get much Greener than bringing in a bunch of rocks to talk about how they link you spiritually to some activity or memory. The Membership Committee plans a trio of concerts for the year, and begins with a bang bringin' in Walkin' Jim Stoltz! Again, the worship committee scores with the Wellbriety Movement, Remembering the Whole person, and Drumming into Awareness. All services that contain spirituality that can not be done without our Mother Earth; and I know they are planning more great services that contain Green aspects.

I also know the membership committee would LOVE to do potlucks that are made with sustainable or local foods and the facility committee donated the leftover books taking over our shelves to a local community library. Now THAT's recycling baby! Sitting in on Facility meetings it was one simple suggestion to bring up the idea of using rechargeable batteries for items and instead of trashing items, to put them on BemidjiFreeCycle.org where folks will even take broken stuff for parts.

I fully enjoy working with Candy. She's totally willing to purchase items for the kitchen, bathroom, services, etc that are recycled or recyclable, or sustainable in some way. Did you know our coffee at HUUF is not just organic and tasty, it's Fair Trade? When members donate kitchen or bath cleaning items, please make sure it's safe for the Earth. Those RE kids are always learning about taking care of our planet and what kids do in countries all around the world. We'll work toward zero waste, when we get them involved in taking the food scraps to our HUUF worm compost bin! Well, it sort of goes without saying that our social justice committee does what it can to always be as Green as possible. Their biggest priority right now is trying to get a relationship started to get going with some sort of "soup kitchen" again.

So, as you can see, many, if not most of HUUF's leadership Teams already do a lot of Green around here, and they probably didn't even know it! Now we just need to make it part of our daily thinking and planning to think Green while we consciously do Green. There is a paper recycling basket upstairs for your Sunday bulletins, and we honestly do have recycling bins in the kitchen downstairs for plastic, glass, metal, and paper too. So, make it a conscious effort to stop throwing items in the garbage that are recyclable. Heck, let's make HUUF plastic bottle FREE! Ah, I can dream can't I? Thank you for voting for HUUF to become a Green Sanctuary. Together, this will be fun!

Reduce! Reuse! Recycle! Go organic! Be sustainable! Tread lightly!

Community Events

Grassroots Energy Network Workgroups

Tues., Jan. 5, 7:00 pm, First Lutheran Church

The mission of GREN is to mobilize our community to create energy solutions that are sustainable and affordable. Workgroups addressing alternative energy, sustainable/affordable housing, and solid waste reduction/recycling will meet to discuss progress on initiatives.

Public Forum Sustainability Commission for Bemidji

Weds., Jan 13, 6:30 pm, City Council Chamber

Self Care and Secondary Traumatic Stress

Fri., Jan. 15th, 9 to 11:30 am, Beltrami Electric Co-Op, \$20, 2 CEU's,

Participants will be able to understand difference between burnout and secondary traumatic stress (STS), identify symptoms of STS and vulnerability of human service professionals, examine individual and organizational responses to STS, and create a "self-care" plan. For more information contact Christie Harris, Social Work Program: 218-755-2880. Registration Deadline: January 8, 2010.

Martin Luther King Freedom Walk,

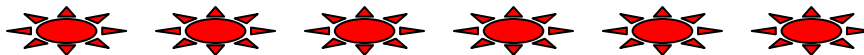
Sun., Jan. 17th, 3:00 pm

Walk from Paul & Babe to the BSU American Indian Resource Center where at 3:30 there will be a SHORT program.

Back to Basics Workshop: Warming up Winter!

Sat., Jan. 30, Pine River-Backus School, Pine River, MN

Sponsored by Happy Dancing Turtle, this one day workshop offers keynote address, panel discussion, booths, and concurrent sessions on sustainable living, alternative energy, mind and body health, and more. Details and registration at www.happydancingturtle.org



HUUF Leadership Team

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

HUUF Board of Directors

President	Luke Ruten
Secretary	Candy Roberts-Salter
Treasurer	Neen Lilquist
Trustees:	Roger Swenson, Darin Miller, Paul Kivi, Luke Ruten

**Happy New
Year**