

# Current Ripples

## April 2010



Union Road, Paula Swenson

### Headwaters UU Fellowship April Services

#### April 4: Celebrate What's Right With the World

Sue Liedl, R.N., L.S.W., has been developing programs and teaching children conflict resolution skills for the past eighteen years. In 1997 she was a recipient of the McKnight Foundation Award in Human Service for her innovative work in designing such programs and in 1998 received an Outstanding Service Award from the Northwest Minnesota Foundation. She has initiated Cooperative Life Skills programs in the Bemidji schools and was a primary creator of the successful STAR (Students Teaching Attitudes of Respect) program for 6th and 7th graders. In the middle of a career working with youth at risk, Sue recognized the importance of helping young people recognize their own strengths and possibilities. Through personal stories, anecdotes, and humor she will share how children have taught her to "Celebrate What is Right with the World." Coordinator: Barb Houg

#### April 11: Annual Meeting. No Service.

Followed by potluck. Childcare will be available.

#### April 18: The Spirit and the Brain: A Physician's Mid-life Musings.

Presenter Diane Pittman: "As a physician I have had a lifetime interest in the workings of the human brain, healthy and diseased. This past decade has brought us an explosion of knowledge in the field of brain science and over that same time I have had to deal with the hiccups of my own aging brain and the inevitable spiritual questions that erupt as one realizes that over half of one's life has passed. I will share some musings from this particular brain as it contemplates what science, poetry, philosophy and religion have to say about the spiritual journey. Diane Pittman is a family physician, bicycle mechanic, and poet who has lived in the Bemidji area for the past 24 years. She is a member of Peoples Church and proud to be a "Lunatarian". Coordinator: TBA

#### April 24: Earth Day Worship & Celebration

We are part of an amazing, beautiful, and diverse Earth. Come and celebrate the 40<sup>th</sup> anniversary of Earth day with worship, celebration, and the HUFF community. The Earth isn't only our home, our habitat, it is a sacred place of spirituality and awareness—a reminder that there is something bigger than us. Coordinator: Karen Kimbrough

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### 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

*April*

### Meetings, etc.

**April 11, 10:00 am  
Annual Meeting**

The 2010 Annual meeting of HUUF will occur in place of the Service.

The Agenda includes:

- ✚ Review of 2009/2010 Goals and Objectives
- ✚ Proposed changes to bylaws
- ✚ Committee Reports
- ✚ 2009/2010 Budget
- ✚ Board Election

### ***Youth Meeting at HUUF***

Sunday April 8, 1 – 4:30 pm

HUUF Youth will meet to watch “Oh God,” starring George Burns and John Denver. We will discuss our thoughts regarding the divine. Any questions, call Carolyn Towler at 760-3681 or John Knisely at 444-9080.



### ***Rattle your Drum...***

Drum Circle gathers on  
Weds., April 14, 7 pm at HUUF

### ***HUUF Night at the Movies!***

***Friday, April 16th, 7:00 pm at HUUF***

Movie TBA. Contact Sue Nokleby if you have any suggestions.

### ***Unitarian Universalist Fellowship of North Bay***

#### ***WINE COUNTRY HOLIDAY***

*“Napa was as delightful as I had expected. What was equally important and somewhat unexpected was the profound connections I felt with my hosts and hostesses.”*

*--Carol Lim, Los Angeles*

The UU’s of Napa, California proudly announce a new season of our **Wine Country Excursions**. Again, we offer a variety of options for an inside look at one of America’s most beautiful areas, internationally known for fine wines, gourmet dining and spectacular vistas. There is much to see and do in the Napa and Sonoma Valleys: e.g. wine tasting at renowned and boutique wineries; visits to art galleries and museums; exploring the natural beauty of our hills and valleys on miles of hiking and bike trails or by car on our highways and back country roads.

***We offer two choices:*** Both start with comfortable lodging in members’ homes with full breakfast (up to 3 nights). You can choose a 2-day “Wine Country Excursion,” a guided, personalized tour conducted by one of our members--some with wine industry experience--or lodging and self-guided touring. If desired, we provide guidance, maps, etc.

The program runs from April through October. Our fees are below market rate for similar services and ***all proceeds go to our small fellowship***. For complete details contact: Tom Wilson (707-254-7443) or [2wilsons1dog@comcast.net](mailto:2wilsons1dog@comcast.net)

***We look forward to sharing our lovely “home” with you!***

## Social Justice Committee Update

**Karen Kimbrough  
Chair**

### Social Justice Calendar for April:

4/16th: Advance Health Care Directives workshop

4/18th: Food shelf collection day, 2nd offering collected also

4/23rd: Take Back the Night, HUUF provides food, we March, wear HUUF T's

4:25th: Earth Day Service, 2nd Offering to purchase Earth Flag

4/25th: HUUF Highway Clean-up

### HUUF's Spring Highway Clean Up

April 25th, Noon, or as soon after services when folks can get started.

Wear or bring your grubby clothes and gloves and shoes. Garbage bags and orange vests are provided. Child care is provided at Karen Kimbrough's house starting at Noon. If your child has food allergy needs, please provide your own snacks. Children under age 16 may help with the highway clean up, but **MUST** be near an adult at ALL times and may not be near the highway. The more people that help with this project the faster it gets done and the more area we cover. Someone always finds money!

### April 23rd, 5:30 PM to 9:00 PM, 1st Lutheran Church

Take Back the Night: Women's march and program for safety at night HUUF provides chili, cornbread, and snacks. Wear your HUUF T-shirts, walk with our HUUF banner, and show our solidarity for our Sisters in Safety against Violence! Men and families always Welcome!

### 4<sup>th</sup>-7<sup>th</sup> Grade Global Social Justice Project

For the last several weeks, the 4<sup>th</sup>-7<sup>th</sup> graders have been learning about issues of global poverty and learning what we can do to help. Check out a display that this class has put together after the service on April 18<sup>th</sup> downstairs and consider supporting their chosen non-profit, "The Heifer Project", with a donation. The class has a goal of purchasing a flock of chicks, a pig, and a herd of rabbits that will be given to families in rural areas to diversify their income. Please ask our 4th-7th graders for more information about their charity of choice!

### April 18th, Food Shelf Collection

Our neighbors are out of work, losing their homes, and children are going to school hungry! Bring extra dough today as we will send the collection baskets around a second time for the Bemidji Food Shelf today. If you also feel you can afford to bring an item of food or toiletries, we'll stack it up and take a picture of all the donations with the donors for our website.



*Spirituality means to me living the ordinary life  
extraordinarily well. William Sloane Coffin (Credo)*



## Green Sanctuary Committee Update

Brooke Knisely  
Chair

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

#### ***Build Environmental Consciousness through Gratitude***

Practice gratitude for the Earth as a way to deepen your spiritual practice, as well as deepening your connection with our great home. Spring is awakening all around us, and we are constantly being reminded of how amazing our Earth is. We spend more hours outside, breathing fresh air, getting our boots dirty, dusting off gardening gloves and canoes. It is an easy time of year to feel grateful.

“Like hope, trust, and love, gratitude is both a feeling and a spiritual practice.”\* Having gratitude for what we have before us in this world is an important part of environmental consciousness. Through practicing gratitude more intentionally, environmental consciousness can grow.

Practicing gratitude for our natural environment helps increase awareness of the impacts of our individual, and collective, actions.

Find something to be grateful for every day and say it out loud, or discuss it with your family over dinner, write it in a note/cut it out and stick it to your mirror, read it in a poem. Be intentional this Earth month; build your environmental consciousness through play, work, and meditation. Integrate it into your daily routine.

Here are a few blessings from *The Grateful Heart* to cherish yourself, or to share with others\*:

- ✚ Let the beauty we love be what we do. There are a hundred ways to kneel and kiss the ground.—Rumi
- ✚ One more day to serve. One more hour to love. One more minute to praise. For this day I am grateful. If I awaken to the morning sun, I am grateful. --Mary Lou Kownacki, OSB
- ✚ I thank You God for most this amazing day: for the leaping greenly spirits of trees and a blue true dream of sky; and for everything which is natural which is infinite which it is yes --E.E. Cummings

\* From *Heart to Heart: Fourteen Gatherings for Reflection and Sharing*, by Christine Robinson & Alicia Hawkins

Earth Day is April 22, 2010. Check out the Earth Network / UUMFE info page on Earth Day  
<http://www.uua.org/leaders/environment/22455.shtml>

## Local Recycling Information

Got something you want to recycle by don't know where to take it? The following local facilities accept various recyclable wastes. If you can't find what you're looking for on this list, please contact Karen Kimbrough, and she would be happy to help you figure out what to do with it!

- ✚ Magnuson Trucking and Leasing Transfer Station 751 Industrial Dr. SE., Bemidji 751-1668 [www.magnusontrucking.com](http://www.magnusontrucking.com) has links with their guidelines on items they will accept such as paper, containers, electronic waste and hazardous waste. They operate several recycle stations around the City.
- ✚ Beltrami Recycling Inc., off 71 by Beltrami Electric Coop, purchases aluminum cans (and other forms of aluminum), brass, copper, cars and trucks. 2059 Fern St., Bemidji. 751-5252
- ✚ Home Depot and Magnuson will take CFL's. Magnuson will take around 40 various hazardous items including pool chemicals, but not smoke detectors. Magnuson will take all batteries, but Wal-Mart will take car batteries and RadioShack will take NiCad and rechargeables, too. Magnuson will take computer and office electronics and TV's and stuff. Office Max will take Inkjet and Toner cartridges if your local elementary school isn't collecting them. The local women's shelter may take old cell phones. Household furniture can go to the ReStore, Goodwill, ValueSmart with clothing or bicycles or books. Magnuson's will take brush, but no gardening waste or leaves, tree trimming, or yard waste. Wal-Mart will take plastic bags.
- **Medications.** Don't flush them down the toilet or pour them down the drain because tiny amounts of pharmaceuticals are making their way into our [streams, rivers, and lakes](#). Your best bet is to find a program that will take back unused medications. Some suggestions: Check with your [local government](#) to see if it's hosting a collection event. Ask if your pharmacy or [HHW collection program](#) will accept old prescription drugs. MeritCare does accept pharmaceuticals. [Costco](#) members can bring unwanted medications to one of its pharmacies. Otherwise, [read these suggestions](#) on how to safely throw them in the trash.
- **Paint.** Do your best to make sure it gets used. Give it to a friend. Use it for primer. Donate it to a charity, such as Habitat for Humanity. If you can't reuse it, then [search Earth911 to see if you can recycle it](#). Otherwise, you might need to [throw dried paint](#) in the trash if it's not against the law in your community. Remove the lid from a latex paint can and let it dry out until it's completely hard. Take any oil-based paints directly to your household hazardous waste center.

## Prairie Star District Annual Convention

Roots and Wings: Weaving Multigenerational Dreams  
Davenport, Iowa  
April 23-25, 2010

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. For more information and registration, see February 2010 HUUF newsletter Current Ripples or [www.psduua.org/AnnualConference2010](http://www.psduua.org/AnnualConference2010)

## Fargo Peter Mayer Concert

*Need a Place to Stay?*

Lora Bertelson, a HUUF member living in Moorhead, has graciously offered to provide room at her house for several guests wanting to attend the UU Church of Fargo-Moorhead's Peter Mayer concert on May 1, 7:30 pm. Lora can be contacted at: [lorabertelsen@gmail.com](mailto:lorabertelsen@gmail.com) or 287-5340.

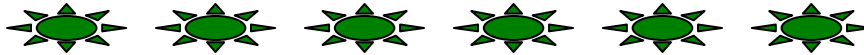
The concert is at the Fargo-Moorhead Community Theatre, 333 4<sup>th</sup> St., S, Fargo. For tickets (\$15) visit [www.fmct.org](http://www.fmct.org)

### *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.

Religion is a bridge to the spiritual...but the spiritual lies beyond religion. Unfortunately, in seeking the spiritual we may become attached to the bridge rather than crossing over it.

-- Rachel Naomi Remen



### *HUUF Leadership Team*

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<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*

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<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