



Current Ripples

January 2012

Headwaters UU Fellowship, 522 America Avenue NW, PO Box 1906, Bemidji, MN 56619
www.headwatersfellowship.org

January Services

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January 1, 7:00 PM Service. HUUF member and Worship Committee Co-chair Amy Rutten suggests that there are ways we can find light in this season of darkness, be it through the birth of Christ, the celebration of the Winter Solstice, or composting. Find out how these three things are related and how they can fuel your spiritual rebirth, and celebrate the warmth of the season with your UU community.

Service Coordinator: Amy Rutten

January 8: Seven Teachings of Anishinaabe Spirituality: We are honored to have Tallie Large, a Cass Lake resident with Comanche, Apache, and Shoshone heritage, join us to initiate our January Worship Service theme, Earth-based Spirituality. She will be talking about the Seven Teachings of Anishinaabe Spirituality.

Coordinator: Susan Kedzie

January 15: Shamanism as Heart's Language: Jeanne Marie Troge, MA, is a Shamanic Practitioner/Teacher and Usui and Karuna Reiki Master/Teacher. She has followed a shamanic path for over 15 years and believes that shamanism is the language of her heart. She has studied with the Foundation for Shamanic Studies and with Shamanic leaders, trains students in Core and Celtic Shamanism, and is a founding member of the Society for Shamanic Practitioners.

Coordinator: Terry Anderson

January 22: Labyrinths: An Ancient Spiritual Path: Neen Lillquist, HUUF member as well as graduate of the Priestess program of the Re-formed Congregation of the Goddess, has used and studied labyrinths as one of many spiritual practices. She will explore the meaning of the ancient structures and suggest some ways we can use labyrinths in our own spiritual lives. Coordinator, Amy Rutten

January 29: John Latimer of Grand Rapids returns to HUUF as this Sunday's guest speaker. A phenologist with KAXE Northern Community Radio, John looks forward to sharing insights gained through his lifelong study of plant and animal life cycle events and how these are influenced by seasonal variations in climate.

Coordinator: Tricia Andrews

Drum Circle will take place Thursday, January 19th, 6:30-8:00 pm. Free will offering for rent.

Kundalini Yoga will resume Wednesday, January 4th, 6:00-7:30 pm, and will take place every Wednesday until further notice. Each class is \$10, or 6 classes for \$50.

Snack List

Jan 8 Nina Rudnick
 Jan.15 Candy and Mary Roberts-Salter
 Jan.22 Carole Haas
 Jan 29 Tricia Andrews

HUUF Leadership Team		HUUF Board of Directors	
<u>Worship</u>	Susan Hauser Amy Rutten	<u>President</u>	Candy Roberts-Salter
		<u>Past President</u>	Luke Rutten
<u>Facility</u>	Candy Roberts-Salter	<u>Secretary</u>	Carol Swenson
<u>Aesthetics</u>	Marlon Davidson		
<u>Membership</u>	Tricia Andrews	<u>Bookkeeper</u>	Jess Ostman
<u>Caring</u>	Jules Ruby	<u>Assistants</u>	Neen Lilquist
<u>Stewardship</u>	<i>Task Force</i>		Carole Haas
<u>Website</u>	Brodie Karger		Carol Swenson
<u>Calendar</u>	Carol Swenson		
<u>Newsletter</u>	Carol Swenson		
<u>Religious Ed</u>	Gen Radniecki-Hayle	<u>Trustees</u>	Darin Miller
			Bernadette Paradis
			Tom Heutte
<u>Social Justice</u>			

Seek Truth, Practice Love, Celebrate Life !