

Current Ripples

November 2009



Butterfly on Boneset, D. Kuklinski

November HUUF Services

November 1: "Remembering the Whole Person"

Come share in this service that builds and strengthens our community bonds as we share our losses from the past year with each other.. Please bring a photo or other item of your loved one to add to our altar. Presenter and Coordinator: Terry Anderson

November 8: "Taking the Bible Seriously?"

It has been said that a person can either take the Bible literally or take it seriously but can't do both simultaneously. Most Unitarian Universalists find Biblical literalism untenable. Consequently, because the Bible remains a key component of the Judea-Christian heritage of our denomination, this service will center on what it might mean to take the Bible seriously and how doing so might influence our evolving practices and traditions. Our member-led program will be coordinated by Paul Kivi with a presentation by Dann Siems.

November 15: "Seven Principals of Unitarian Universalism Set to Music" -- Join award winning singer/songwriter and fellow

UU Joseph DeMasi as he presents the seven principals of Unitarian Universalism in music and song. This highly unique presentation will make you laugh, make you cry and might even make you think about things in a slightly different way!

November 22: "What's so funny?" Join us in a reflection on how humor enriches the joys of life and can help us rise above life's difficulties. *"Life is a tragedy to those who feel; a comedy to those who think" Wm Shakespeare* Humor is a great relief valve. If it humors you, bring a short joke or funny one-liner to share. Presenters and Coordinators: Jill Naylor-Yarger and Sue Nokleby

November 29: "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.

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Services

Sunday Services
10:00 am
522 America Avenue NW
Bemidji, MN 56601

HUUF DATES

November

Meetings At a Glance

Facility Committee Meeting

Sunday, Nov. 1, 11:30 am

Green Sanctuary Team Business Meeting

Sunday, Nov. 1, 9:00 am

Membership Matters Membership/Welcoming Committee Meeting

Sunday, Nov. 8, 11:30 am

HUUF Board Meeting

Sunday, Nov. 22, 8:00 am

Annual Fall Congregational Meeting

November 15, 11:30 am

Return of the Drums... Feel the Drum, Rattle your Spirit!!



Weds., November 11, 7:00 – 8:30 pm at HUUF

Come and be a part of the creation of blessed sound from drums and rattles and other fun percussion instruments. Bring your own or experience playing on our large selection of hand drums and rattles. This is a good way to decide if you want to have your own drum! We will continue learning the Cherokee shamanic beats to call the 6 directions, review the taiko and clave rhythms, learn new rhythms and do free-style drumming. Children are welcome. Our purpose is to have fun and exalt in enjoyment!

Donna Morris and Neen Lillquist

HUUF Night at the Movies!

Friday, November 20, 7:00 pm at HUUF

Critically acclaimed movies that were never shown in Bemidji or which were here and gone in very short order are shown at 7 pm every third Friday night. Informal discussion follows each showing. Social hour begins at 6:30 pm. If you wish, bring refreshments to share. Suggestions for films are always welcome. Contact Series Coordinator, Sue Nokleby, snokleby@paulbunyan.net or 751-3353.

HUUF DATES
November

HUUF
“Voices”

Join “Voices, our new 4-part a cappella group! We practice every Wednesday, 5:00-7:00 pm at HUUF. No experience necessary!

Please come and sing with us!

Building Supplies?

If you know of general supplies that are needed (paper cups, toilet paper, etc.) let Candy Roberts know at mooser@paulbunyan.net .

HUUF Circle
Dinner Hosts?

We’re looking for people to organize Circle dinners, family game night, family movies, or other activities for the congregation.

Contact Tricia Andrews at 444-8936.

Renewal: Stories from America’s Religious – Environmental Movement

Monday, Nov. 23rd, 7:00 PM at HUUF
Hosted by the Green Sanctuary Team

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)

With great courage, they are re-examining what it means to be human and how we choose to live on this planet. The religious-environmental movement grows as people from diverse traditions work to build a sustainable future. *Renewal* is their story.

The documentary and its website are creating many exciting and effective ways to: 1. Engage people of faith in organized and individual environmental action; 2. Foster interfaith dialogue about environmental stewardship; and 3. Break down barriers between secular environmentalists and people of faith.

"The religious-environmental movement is potentially key to dealing with the greatest problem humans have ever faced, and it has never been captured with more breadth and force than in *Renewal*. I hope this movie moves many more people off the fence and into action." - Bill McKibben, Environmentalist and Author of *The End of Nature*

This documentary lasts 90 minutes. On Nov. 16th we will watch the DVD in its entirety. After the show, we will decide how to proceed with some Adult RE classes about this documentary, since each story has been enhanced with material that does not appear in the full-length documentary, with time for questions and answer sessions. Please feel free to invite friends and family.

Contact: Karen Kimbrough 751-2289, karenaid@midco.net

Membership Matters
Membership/Welcoming Committee

Tricia Andrews
Chair

Membership Matters
Membership/Welcoming Committee

The role of this Committee is to ensure that visitors and new members are made welcome, to help build community and support within our Fellowship, and to reach out to the larger community. This means greeting folks on Sunday morning, initiating activities like Circle Suppers, book groups, game nights, camping weekends, and hosting community concerts – like the upcoming Sara Thomsen concert.

Please join us on November 8th, 11:30 am, at the ***Membership/Welcoming Committee Meeting*** to find out how you can help strengthen our HUUF community. If you cannot attend this meeting, feel free to contact committee chair Tricia Andrews (444-8936 or tandrews@gslakesandpines.org) to find out more.

HUUF Welcomes New Members
Genevieve and Mitch Hayle and John and Brooke Knisley.

John, Brooke and Emily Knisley recently became members of HUUF. Brooke found HUUF in 2006 while attending BSU and a class with Dann Siems; she was excited to return when her family moved to Bemidji in fall 2008. John has a B.S. in Environmental Policy and Planning from BSU, and Brooke has a B.A. in Environmental Studies from the University of California, Santa Cruz. They both work in natural resources conservation. Emily wants to be a veterinarian and plays the piano. They have two dogs and one cat. They also enjoy the arts and a wide variety of outdoor activities. Their environmental values and interest in learning attracted them to HUUF. Attending over the last year they say they believe in what HUUF works towards and enjoy the great sense of community here at HUUF.

Genevieve and Mitchell Hayle moved to Bemidji seven years ago from the Twin cities. Mitch is a counselor at North Home, Inc and Gen is the infant teacher at BSU Campus Childcare Center. They have two grown children, (Mitch's) Myah and Ryan. Myah is married to Jake; they have a daughter, Aviana, and one on the way. They have two teenagers, Dominic, 15, and Grace, 13. Mitch and Gen wanted to become members of a spiritual community that allows for free thinking with no strict "rules" or biases. They enjoy people at HUUF the services and feel the services allow for learning and spiritual growth.



Green Sanctuary Committee

Brooke Knisley
& Karen Kimbrough
Co-Chairs

Seek Green, Practice Green, Celebrate Green!

Nine people attended the Green Sanctuary Committee informational meeting and we had a great discussion about the program. There are so many possibilities for our twelve projects, which we need to include in our Action Plan. Many ideas were tossed around, and the more input we get from individuals the better these projects will represent the entire congregation. As we continue to build awareness and support, for our application for candidacy into the Green Sanctuary Program, we are also gearing up for the next step--the environmental assessment. We will be conducting a survey of congregants, followed by an assessment of the entire congregation and, finally, an energy audit of the building. This will allow us to write our Action Plan for our application; also, this information will act as a tool for growth, providing us concrete, benchmark information, prior to beginning the program.

We will be having a ***Green Sanctuary Team Business Meeting*** on Sunday, Nov. 1st. at 9:00 am. Our meetings are open to anyone; please join us before services to write our Charter and Vision statements and a detailed Board resolution. It would be great to have a responsible youth on the Team and we still need a Board Liaison. For more information please go to

<http://www.uua.org/leaders/leaderslibrary/greensanctuary/index.shtml>

Check out the Community Events page for information about the film ***Fresh, the Movie.*** Harmony Food Cooperative is hosting this call to action for a sustainable food system on November 5.

Join us for our next gathering, and keep an eye out for news about our survey. Every voice counts!

Brooke Knisley, Chair

Questions? Comments? Ideas? Email me at bog.trotter@gmail.com

Check out UUFE's Green Sanctuary Formula for Enthusiasm--***G.R.E.E.N.***
(www.uua.org/congregationalife/environmentaljustice/151381.shtml)

It's not easy being green... Kermit the Frog

**News from our
President, Luke Rutten**

Our **Annual Fall Congregational Meeting** is November 15, following the service. The main topic will be an update of the building addition planning process, with time for feedback. We will also review the Congregation's goals and objectives for 2009-2010, provide updates from the Finance Committee and the Minister Task Force, and share information about the upcoming General Assembly to be held in Minneapolis on June 23-27, 2010.

The meeting should last about an hour. Please join us!

**Snack Sign-Up, November -
December 2009**

November

Nov. 1: Marion Janikowski
Nov. 8: Bernadette Paradis
Nov. 15: Sue Nokleby
Nov. 22: Neen Lillquist
Nov. 29: Seibold

December

Dec. 6: Nina Rudnick
Dec. 13: TBA
Dec. 20: Carol Swenson
Dec. 27: Marion Janikowski

Facility Committee

**Sue Nokleby
Chair**

Facilities Update

The many improvements to the downstairs of the facility over the summer--carpet, windows, linoleum in kitchen and bathroom, improved heating, wall waterproofing -- have really improved the structure. Dividers for the RE space have been ordered and should be installed soon. The facility committee is planning a congregational survey to help plan the next phase of improvements.

Our next scheduled meeting is on November 1 at 11:30. Everybody is welcome to attend.

RE News

Popcorn Theology

HUUF youth (Grades 6-12) will meet once a month starting Sunday, November 1. We will focus on Popcorn Theology, a curriculum based on popular movies followed by discussion about human/life issues. If interested, contact Carolyn Towler at 760-3681.

Keep Informed with UU WorldUU World

The Unitarian Universalist Association publishes the quarterly *UU World* magazine in behalf of its member congregations, which provide free subscriptions as a benefit to their voting members. (Others may also purchase a subscription).

UU World's mission is to help its readers build their faith and act on it more effectively in their personal lives, their congregations, their communities, and the world. To this end, it strives to be not only informative but also useful, provocative, and even prophetic. Articles from current and back issues of *UU World* are available at the magazine's website, uuworld.org: *liberal religion and life*, which is updated with news and original content each week. You may also subscribe to a free, weekly email newsletter.

Mark your Calendar!



HUUF Concert Series Sara Thomsen

Saturday, January 23, 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. Tickets \$10/\$12 at the door. Children 12 and under, \$5.

Watch for more details in the January 2010 Current Ripples!

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. 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.

Community Events

Fresh, the Movie, Nov. 5., 6:30 – 8:30 pm

Fresh celebrates the farmers, thinkers, and business people across America who are reinventing our food system. Each has witnessed the rapid transformation of our agriculture into an industrial model. We are confronting the consequences: food contamination, environmental pollution, depletion of natural resources, and morbid obesity. Forging healthier, sustainable alternatives, the film offers a practical vision of our food and our planet. The film is 72 minutes long; a brief moderated discussion will follow. Tickets are available at Harmony Food Cooperative for \$3/person.

Directions to 5307 Bemidji Avenue North: North on Bemidji Ave. several miles. Look for a sign that says "Birchwood Apartments: and turn left on the driveway directly after the apartments. Parking on the street is available; car-pooling is encouraged. If anybody is interested in car-pooling from HUUF, please contact Diana at 760-1557.

BSU Traditional Skills Workshop Series

Hide Tanning

November 5, BSU Sustainability Office, Lower floor, Hobson Union

This workshop, led by outdoor enthusiast Joe Furuseth, will focus on "brain tanning," a traditional method for making buckskin. Using natural materials, participants in this workshop will see and work with hides in various stages of the process. Discussions and demonstrations will center around history, tools, techniques, literature, and science! Register at <http://traditionalskills.yolasite.com/11-5-09-hide-tanning.php>

Grassroots Energy Network Public Meeting

November 11, 7:15 pm, First Lutheran Church

The mission of GREN is to mobilize our community to create energy solutions that are sustainable and affordable. The public is welcome to attend this meeting which will discuss energy issues, feature a keynote address by Lynette Nieusma, General Manager of Beltrami Electric Coop, followed by a Q & A session. HUUF's Dann Siems will present the Science of Climate Change: Dann Siems - followed by Q & A. The meeting will conclude with small group directed discussions.

National Hunger & Homeless Awareness Week, Nov. 15-21, 2009

Chicken Dinner at United Methodist Church, 9th St. & Beltrami Ave.

Tuesday, November 17, 5 – 7 pm

Proceeds to benefit homeless /hungry individuals in Bemidji.

Call 751-8223, x113 for tickets. \$7 adult/\$4 child

Guidelines for HUUF Current Ripples and Email Announcements

The purpose of the HUUF newsletter “Current Ripples” is to provide a schedule of services, calendar of HUUF-related events, Committee updates, and other items that are connected to/benefit the Fellowship. HUUF e-mail announcements provide reminders of events previously published in the HUUF newsletter and brief updates of other HUUF events or community events that may be of special interest to members and friends. The following process will be followed to streamline the communication process.

- ✚ The newsletter editor (currently Diana Kuklinski) is the point of contact for receiving, compiling, and sending out monthly newsletters and weekly HUUF announcements.
- ✚ Emails to HUUF Members and Friends will be sent using a blind cc to protect the privacy of email addresses.
- ✚ The Newsletter will be emailed (and snail mailed to those without email) on the first day of each month. Newsletter submissions must be received by the 21st of the preceding month.
- ✚ The Newsletter Editor, with oversight from the Board, is in charge of determining the suitability of submissions for the Newsletter and Announcements. In general, they must be connected to/benefit the Fellowship and its Committees. Events relating to partisan political activity or any activity that violates the 501c-3 church status will not be considered.
- ✚ An announcement email compiling submissions will be emailed by the Newsletter editor to Friends and Members once per week, generally Sunday. Submissions must be received by Thursday to be included in the next weekly announcement.
- ✚ For events, please provide event title, date, time, location and address, brief description of event, and how to get more information about the event (contact person plus email or phone number).
- ✚ Announcements will only be made for events. Other items such as calls to action or an article expressing a personal viewpoint may be submitted for consideration in *Current Ripples*.
- ✚ Announcements may also be included in Sunday programs (as space permits) by sending details to that Sunday’s program coordinator.
- ✚ Cork Boards have been installed in the stairway for people to post announcements. These announcements can include those for non-HUUF related events. A Community Events page will also be included in the monthly newsletters.

Thank you! Any questions, please contact Diana Kuklinski (cdrdmk50@hotmail.com)

Answer to Eco-Question from last HUUF Announcement:

Which beautiful native plant was found by Michigan State University (MSU) to attract the most beneficial insects?

If you guessed boneset (*Eupatorium perfoliatum*) – you’re right! MSU found that boneset far exceeded 48 other plant species in attracting beneficial insects (natural insect predators and parasitoids) and pollinators. These “good bugs” diets consist largely of aphids, mites, mealybugs, moth and beetle larvae, caterpillars, and other pests that ravage garden plants. Attracting these insects to your garden by interspersing insectory plants to feed and shelter beneficials is a good way to manage insect pests naturally.

Boneset is in the aster family, related to Joe Pye Weed, and native in Minnesota (see photo on page 1). It likes wet soil and is ideal in rain gardens. Traditionally, the leaves were used for boneset tea, said to treat colds and coughs and break fevers. It is a great nectar plant for Bronze Copper, Monarch, Crescent, and Fritillary butterflies. I planted some in my rain garden – mucky clay soil – and it is thriving! Information on this and other insectory plants abounds on the Internet. For an overview of the MSU study, see www.nativeplants.msu.edu/results.htm.

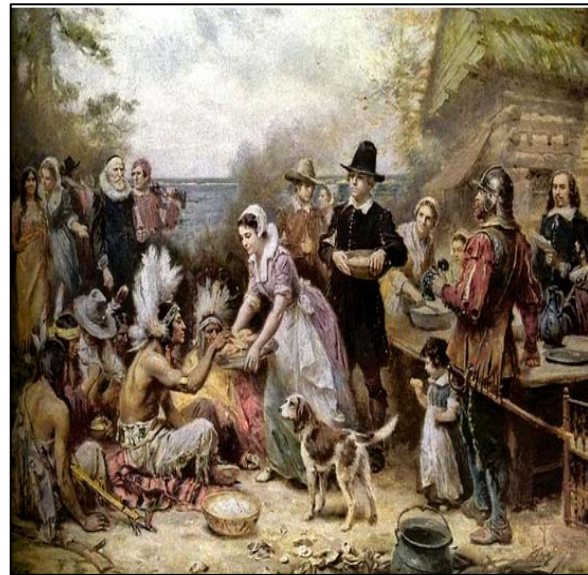
If anybody would like Boneset – or other native flower seeds or started plants – please contact me! Diana

Headwaters Unitarian Universalist Fellowship

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

Worship Services Sundays, 10 AM
522 America Avenue NW
Bemidji, MN 56601

Happy Thanksgiving!



The first Thanksgiving gathering had the right idea –shared food and beverage-- simple, healthy and local!

HUUF Board of Directors

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

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
- Worship** Terry Anderson & Barb Houg
- Music Coordination** Luke Rutten