



# REACH

The Newsletter of the  
**Unitarian Universalist Fellowship of Northfield**  
A Welcoming Congregation

5785 Lonsdale Blvd E  
Mailing Address: PO Box 363  
Northfield, MN 55057

**Minister**  
Sara Smalley

**Director of Family Ministries**  
Diana McLean

**Administrative Assistant**  
Jennifer Whitson

**Nursery Teacher**  
Julie Bailie

**President**  
Paul Krause

**Past President**  
John Owens

**Treasurer**  
Katy Gillispie

**Secretary**  
Wyman Weinbeck

**Board Members-At-Large**  
Sue Coleman

Bill Jokela

Susan Sinning

Don Stager

**Sunday Services**  
Naomi Estes-Tullo

**Music**  
Bev Topp

**Membership**  
Don Stager

**Indoor Facilities Committee**  
Wyman Weinbeck

**Outdoor Facilities Committee**  
Matt Thieding  
Larry Vorwerk

## March 2023

### Theme: The Path of Vulnerability

*We gather both in-person at UUFN and online for Sunday services. Please choose the one that works best for you. For those in the sanctuary, vaccinations are expected for all who are eligible. When Rice County is in the green level according to CovidActNow, masks are optional but welcomed. When Rice County is in level yellow, masks are required during the service. Links for the Sunday Zoom meeting will be sent each week through the UUFN-Announce email group. Contact [jwhitson@uunorthfield.org](mailto:jwhitson@uunorthfield.org) if you would like to begin receiving the weekly email.*

#### Sunday, March 5th • 10:00 am

##### “Question Box Sunday” • Rev. Sara Smalley

It's time for our second annual “Question Box” service! During this service Rev. Sara will take your questions and answer them off the top of her head and from the bottom of her heart. Bring your questions about Unitarian Universalism, theology, spirituality, and more as we co-create this service together in real time. Sara will answer questions written both on notecards in the sanctuary and those posted in chat on Zoom, with Lee Topp as the worship associate.

#### Sunday, March 12 • 10:00 am (Remember to set your clocks ahead)

##### “Saying Yes” • Rev. Sara Smalley

Saying an authentic, courageous yes as individuals and as a community is scary, sacred work. What do we risk when we say yes? And what do we lose when we don't? Join Rev. Sara and worship associate Mairi Doerr for this reflection on who you – and we – are called to be in the world.

#### Sunday, March 19th • 10:00 am

##### “Spring Equinox”

##### Presented by Naomi Estes-Tullo and Rev. Diana McLean

This Sunday we will celebrate the spring equinox in an all-ages-friendly worship service led by Naomi Estes-Tullo and Rev. Diana McLean, UUFN Director of Family Ministries.

#### Sunday, March 26th • 10:00 am

##### “The Vulnerability of an Actor” • Presented by Augustus Lehn

When topics hit close to home for actors, the emotions become more raw. Join Augustus Lehn for an example of this in an unconventional service where we consider the power of honest truth-telling about our lives.

DIRECTOR OF RELIGIOUS EDUCATION  
*by Rev. Diana McLean*

## Family Ministry Musings: Vulnerability

Our Soul Matters theme for March is Vulnerability. When I think of this in the context of family ministry, I think of how much support families need, and how vulnerable it can be to need help, let alone to ask for it.

One of the ways UUFN lives into our values is by supporting each other, including families with children. The most obvious way we support those families is by having both staff and volunteers prepared to offer some religious education programming and childcare when families with children come to worship on Sunday mornings.

I am aware, though, that often families need and want more from their faith communities than just activities on Sunday mornings. They want what we all want: connection, a sense of belonging and being loved.

My own strongest memories of childhood in a UU congregation are of the adults who saw me and loved me as myself, not just Kathy and Jon's daughter, or one of the RE kids. I felt seen and valued as an individual, and that may have been the most important thing that happened for me in church.

I invite us all to consider what we can offer to our families with children, both on Sunday mornings and beyond. This will be an ongoing conversation, and I always welcome hearing your thoughts!

In gratitude,  
Rev. Diana



Community Action Center

## March Share the Plate: Community Action Center

Since 1969, Community Action Center's (CAC) mission has been to promote a healthy, caring, and just community for all people through resources, advocacy, and volunteer efforts. CAC distributes over 1.5 million pounds of food annually, offers a variety of options for people experiencing homelessness or housing insecurity, and its walk-in resource centers in Northfield and Faribault are designed to offer support and resources that serve each individual. CAC's vitality depends on the community – from volunteers to donations to program-specific support – so that CAC can continue to meet our neighbors' basic needs.

Thank you for giving as you are willing and able.

## January Share the Plate: ALIGHT

UUFN contributed \$497.00 to ALIGHT.

## Board Bits

*This column is an ongoing feature regarding general business and actions taken by the UUFN Policy Board. Official minutes are filed by the secretary and are available upon inquiry.*

The UUFN Policy Board met on Sunday, February 19, 2022. The meeting convened at 11:38 am. in the church basement fellowship area and was opened by Pres. Paul Krause, followed by an inspirational reading from Rev. Sara. Board members present were Pres. Paul Krause, Past pres. John Owens, Katy Gillispie, Bill Jokela, Sue Coleman, Rev. Sara Smalley, Wyman Weinbeck and Don Stager.

Check-in was conducted by asking: *what have you heard in the past few weeks? What needs are not being met?*

Several responses included: *Congregation members would like more information regarding our RE program (ZOOM in on Thursday, March 02 to the third Beyond Welcome session with both Revs. Sara and Diana for more info on this).*

*Much optimism about newcomers and new families attending Sunday services. When will we be doing a newcomer induction? A new member ceremony will be held this Spring.*

The UUFN Financial Report was presented. Currently our income exceeds expenses by \$24,000. Expenses are at roughly 58% of budget. It is expected that a provisional budget should be ready by the end of the month. Committee liaisons are encouraged to ask committee heads to prepare an annual budget request for FY 2023/24 as soon as possible.

The condensed version of the Minister's report: Sermon writing series for 8 sessions ... cool. Care team retreat was awesome. Membership (Beyond Welcome) classes were exciting.

Team updates were given by Wyman W. and Janet S. Janet is facilitating a forward looking (Building Visions) team, and Wyman is spearheading the immediate needs group. Approximately 14 persons have volunteered to work with these two groups. Immediate infrastructure and operational needs will be determined by the immediate improvements group and long-term visioning ideas will be determined by Janet's group. Task parameters and guidelines were discussed. A congregational meeting will be scheduled to discuss opportunities/visioning with the congregation members. Possible dates for this meeting would be early to mid-May.

Meeting was adjourned at 1:12 pm.

*Respectfully submitted—  
Wyman Weinbeck  
UUFN Secretary*

## New to UUFN? Welcome, and come find out more!

**What We're About** is a short overview of Unitarian Universalism and UUFN. Sessions run approximately half an hour and no sign up is necessary – just show up and learn more about our community! Sessions generally are in person at UUFN after Sunday morning services. Children are welcome to attend with their grownup(s).

Offered every other month on the first Sunday:

April 2nd

## Welcome Team

- The Welcome Team would welcome new members. What does membership on our team mean? It means that once in a while you would serve as greeter. When it's your turn, you would arrive fifteen minutes early and greet those coming to our service and hand out the order of service. You would make sure that Newcomers (i.e. first time visitors) are offered a visitor card and a stick on name tag. You would pass the offering basket and count the offering after the service. You would get a reminder before your Sunday along with an attachment with a list of duties. That's it. There are no meetings to attend—Zoom or otherwise. If you are not already one of the friendly people who greets people who attend our services—especially Newcomers—and would like to serve in this important way, contact Brynda McCoy.

## Care Team Volunteer Opportunity

The mission of the Care Team is to provide care and support for people in need of help and encouragement during a stress-filled time. We plan to initiate a food ministry component for those times when food support would be helpful, such as after a surgery, accident, or other unforeseen circumstance which limits mobility and/or capacity to manage meals. We are looking for congregants who would be interested in joining with other volunteers in a communal effort to provide an occasional meal should such a need arise. There are no meetings to attend. If interested in helping with food ministry at the UUFN, contact Martha Easter-Wells.

## From the Care Team—Two Conversations

### *Solo Souls Matter Conversation—Wednesday, March 8*

- The Care Team would like to invite those of you who live alone to gather and share what works for you in living a connected and meaning-filled life while living alone: **Solo Souls Matter**. This initial meeting will serve as an opportunity to gather with others and exchange ideas and experiences. Our initial meeting will be on **Zoom on March 8 at 10:30 a.m.** The group can decide whether this is a one-time gathering, or if there is interest in continuing these conversations, whether on Zoom or in person. If you would like to attend, and the initial discussion time or date doesn't work for you, please contact Mairi Doerr or Brynda McCoy.

### *Conversation About Aging—Sunday, April 8*

- The Pastoral Care Team invites you to join Larry Vorwerk for a "**Conversation on Aging**" on **Saturday, April 8th, at UUFN (in person) at 1:00 pm** for our ongoing conversations and on topics of interest. This will be our second meeting on this topic, but new questions and discussion will be offered. You don't have to be of senior status to join us. All are welcome.

## UU Summer Camp!

### For Singles, Families, Couples, and Groups of Friends

Registration for Camp UniStar in northern Minnesota is now open. UniStar runs weekly programs with themes like singing, photography, yoga, climate justice, friendship, and humor. You can find out more and register [here](#).

## Dance for Body and Spirit

This dance class, akin to Zumba but infused with UU-values, is intended for all ages (adults and kids), genders, and abilities. Join us and set an intention for joy, energy, movement, and community. Hosted by Rev. Erin Walter in Texas with UUs Zooming from all over. Questions or song requests? Contact Rev. Erin at [erin.walter@austinuu.org](mailto:erin.walter@austinuu.org).

Read more about Erin's approach [here](#).

9:30 a.m. every Friday  
Zoom ID: 333 042 6480



## The First Step: Saying the “D” Word with Barbara Krause, Certified Death Midwife

**Bring your resistance**

**Interact with dialogues, laughter, and questions**

**Leave, having taken the first step**

**When: Thursday, March 23, 2023**

**Where: Unitarian Universalist Fellowship  
5785 Lonsdale Blvd. E., Northfield  
(Highway 19, South side)**

**Time: 11:00 am—12:00 pm**

**Free: All are welcome!**

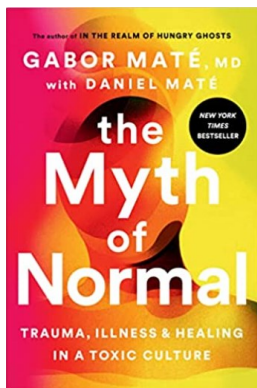


[www.inthethickofthings.com](http://www.inthethickofthings.com)



# Lifelong Learning and Engagement Committee

## March Theme: The Path of Vulnerability



(Non-fiction)

The theme for March is The Path of Vulnerability. Gabor Maté's book, THE MYTH OF NORMAL, clearly describes how vulnerable we are in western society to the roles trauma and stress,

and the pressures of modern-day living, exert on our bodies and our minds at the expense of good health. We are all on a spectrum of woundedness; those wounds are sustained in our psyche. Schools are filled with children that suffer trauma but teachers are not taught about trauma. At present, there remains powerful resistance to trauma awareness on the part of the medical profession. Think of our legal system! And there can be no more damaging indictment of a system than its young people, stalked as they are by anxieties about human-made climate change, distrust adults, and governments. The tyranny of the past shows up in our relationships, our marriages, relationships with our children, our workplaces, our politics.

For an interview with the author which includes his personal journey from living in Nazi-occupied Hungary:

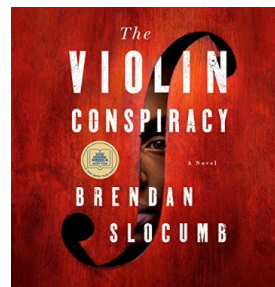
<https://www.youtube.com/watch?v=OvSL6RZCkyI>

### PODCAST:

#### Got Climate Doom? Here's What You Can Do to Actually Make a Difference

Of course- we all recycle, avoid using plastic bags, etc. But does this really have much of an impact on countering climate change? This podcast offers guidance that may surprise you on what we actually can do.

<https://www.nytimes.com/2021/11/10/opinion/climate-change-personal-actions.html>



(Fiction)

This was a recent choice for the 50 North book club. If you haven't read it, I recommend it.  
*Liz Brekke*

Growing up Black in rural North Carolina, Ray McMillian's life is already mapped out. He is a vulnerable young boy.

But Ray has a gift and a dream—he's determined to become a world-class professional violinist, and nothing will stand in his way. Not his mother, who wants him to stop making such a racket; not the fact that he can't afford a violin suitable to his talents; not even the racism inherent in the world of classical music.

This is a compelling story and mystery. Some incidents in the book are from the author's life experience.

For an interview with the author:

<https://www.latimes.com/entertainment-arts/books/story/2023-02-15/brendan-slocumb-the-violin-conspiracy-book-club>



## Lifelong Learning and Engagement Committee, continued

### Inspiring quotes from American modernist painter, Georgia Totto O'Keeffe

- \* I have lived on a razor's edge. So what if you fall off. I'd rather be doing something I wanted to do. I'd walk it again.
- \* I've been absolutely terrified every moment of my life, and I've never let it keep me from doing a single thing I wanted to do.
- \* Whether you succeed or not is irrelevant, there is no such thing. Making your unknown known is the important thing.



If you're concerned about climate justice, consider joining the UUFN Climate Justice Team. Our next meeting is March 7 at 4:15 pm via Zoom. Contact Janet Scannell or Bill Jokela if you are interested.

We are exploring two possible programs for UUFN. **Green Sanctuary 2030: Mobilizing for Climate Justice**

<https://www.uua.org/environment/green-sanctuary/2030-mobilizing-for-climate-justice>

Green Sanctuary is a UUA initiative to address the climate-change crisis. Each congregation performs a self-assessment, writes a plan, and completes projects that incorporate Environmental Justice/Climate Justice, Worship and Celebration, Religious Education, and Sustainable Living. All congregations are invited to use this program whether or not they are interested in Green Sanctuary accreditation. There are several Green Sanctuary congregations in Minnesota, including UU Mankato.

### **Minnesota Interfaith Power and Light**

<https://www.mnopl.org/take-action/climate-justice-certificate-program/>

Climate Justice Congregations are communities of faith and spiritual practice in Minnesota that are committed to living out their faith and values through effective and sustained action on climate justice. All Saints Episcopal in Northfield and three UU churches in MN are certified congregations.

### **Convocation with Emily Ford**

*Fri, March 31, 2023 • 10:50am - 11:50am (1h) • Skinner Memorial Chapel, Carleton College*

Emily Ford is an aspiring winter adventurer and thru-hiker based in Duluth, Minnesota. She has completed many thru-hikes in the Midwest including the 1,200-mile Ice age trail, across Wisconsin. Also, in the winter of 2022 she completed a solo 180-mile ski route across the BWCA with her Alaskan Husky, Diggins. With an understanding and drive to show that anyone can adventure and everyone deserves to discover the outdoors, regardless of race, gender identity, or upbringing, she continues to seek adventure and represent the underrepresented in outdoor spaces.

### **Buddhist Wisdom on the Path of Vulnerability**

Courage and vulnerability. Stability and openness. *Strong back, soft front.* Zen Buddhist Roshi Joan Halifax shares her powerful wisdom about how to be both brave and tender [here](#).

## Social Justice



## Social Justice Committee



The newly formed Land Acknowledgement Statement and Beyond Committee met on Monday, February 27. The committee, at this point, is comprised of Lois Burnes, Janet McGrath, Nita Wolf and Liz Brekke.

We discussed why the process of creating a land acknowledgement statement is important to us, what short term and long term outcomes are and where we begin.

There is belief in the power of intention for healing, a power in united consciousness to transform. We believe this is a process of truth telling, of learning all we can and passing on this truth. The land where UUFN is located embraces us....we need to respect this land by learning its history. We are talking about the future, of creating a relationship with the Indigenous peoples of this region, the land and the water. Many of us have benefitted from the Dakota dispersal. We have a responsibility to remember.

Our planning at this point includes learning and exploring as we begin to write the statement with a commitment to continuing education and an invitation for UUFN members to become involved in future activities.

**You are invited to join this group. Please let Liz Brekke know if you are interested. Our next meeting via zoom is planned for Monday, March 27 at 9:30am.**

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