



REACH

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

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Naomi Estes-Tullo

Music
Bev Topp

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Don Stager

Indoor Facilities Committee
Wyman Weinbeck

Outdoor Facilities Committee
Matt Thieding
Larry Vorwerk

February 2023

Theme: The Path of Love

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 if you would like to begin receiving the weekly email.

Sunday, February 5th • 10:00 am

“Beloved Is Where We Begin” • Rev. Sara Smalley

On the path of love (this month's theme) how do we begin? The poet Jan Richardson tells us the journey of love starts with hearing our true name: *Beloved*. Join Rev. Sara and worship associate Sue Coleman as we set out on the path of love, exploring its many facets – starting with the radical act of loving ourselves.

Sunday, February 12 • 10:00 am

“To Love Someone—Opening our Hearts to Love One Another”

Presented by Paul Krause

Paul Krause will explore all the ways we can love someone, how we can open our hearts to love one another. Songs, poetry and inspirational messages combine to show the path to unconditional love.

Sunday, February 19th • 10:00 am

“Liberating Love” • Rev. Sara Smalley

The farther we travel along the path of love, the more twists and turns we face. Love is far more complex than just being nice. In the words of Martin Luther King, Jr., “What is needed is a realization that power without love is reckless and abusive and that love without power is sentimental and anemic.” Join Rev. Sara and worship associate Augustus Lehn for this service about complex, liberating love.

Sunday, February 26th • 10:00 am

“Sharing Love through Humor”

Presented by Wyman and Susie Weinbeck

Humor allows us to form connections and can be an anchor in these challenging times. Laughter helps to lighten the heaviness in our world. Wyman and Susie will present reflections on the intersection of humor and spirituality, and will recount their experiences in sharing the love through humor.

DIRECTOR OF RELIGIOUS EDUCATION
by Rev. Diana McLean

Family Ministry Musings: Love

When we think of love (the February theme from Soul Matters) we may think first of romantic love, Valentine's Day, and so on.

What about the ways our children experience and express love?

We know that it is crucial for children to receive love from the people in their lives, but I also think children are excellent role models in giving love.

A friend's toddler loves to go on walks, and wants to hug every tree along the way, telling each one, "I love you, tree."

My own son Aidan, who is 20 now, grew up with a series of cats, and he loved each one of them. We recently said goodbye to our elderly cat Kingston, who came to join our family when Aidan was five. Seeing Aidan's tenderness with Kingston when he was home for a few days at the holidays reinforced how real, and how important, those bonds of love with furry family members can be in all of our lives, including those of our children.

I remember when Aidan was in elementary school and loved to fill out Valentine's Day cards for each of his classmates—and often added family members and friends who weren't in his class.

Kids are often so much more exuberant about expressing their love than we are as adults. They seem to understand intuitively that there is no limit to the amount of love they can give, and therefore they can spread that love around liberally to the people, animals, trees, and even beloved objects in their lives.

While we adults might get funny looks if we hugged every tree we passed and told it we love it, how might we give ourselves permission to be more joyfully and openly loving in our daily lives?

I invite you to carry this question with you this month!

In gratitude and with love,
Rev. Diana

Interested in More?

The CommuUUnity Collaborative is offering a number of programs this winter and spring on Zoom, free and open to all. Some offerings include:

Queer Theology Group
Transforming Addiction
Leading in Times of Change
Movie Making Club
Exploring Unitarian Universalist Theologies

Read full descriptions and sign up [here](#).

Beyond Welcome: Building Communities of Love

What does true community mean to you? For this three-session conversation facilitated by Rev. Sara, we'll use the book *Beyond Welcome: Building Communities of Love* to inspire our reflections about the community of UUFN and how we can create a more radically welcoming culture here. The book includes questions designed to reflect on both one's personal experiences and on congregational life.

There will be approximately 45 pages to read between each session, plus reflection prompts to answer. A [Kindle e-book](#) is available to order from Amazon, or paperback copies available from the UUA bookstore [here](#).

Details:

Every other Thursday, 7:00—8:30 pm

Zoom only: <https://zoom.us/j/97989832578>

February 2:

- Before the session, read the introduction through page 48 and reflect on the questions that feel most relevant or challenging to you.
- Focus will be on covenant, belonging, and building trust

February 16:

- Before the session, read pages 61-98 and reflect on the questions that feel most relevant or challenging to you
- Focus will be on the 8th Principle, anti-oppression work, and radical welcome

March 2:

- Before the session, read pages 49-60 and 99-135 and reflect on the questions that feel most relevant or challenging to you
- Focus will be on creating a multigenerational community and the future of our faith
- Co-facilitated with Rev. Diana, Director of Family Ministries

No registration required and all are welcome. Please attend even if you don't get all of the reading done ahead of time!



February Share the Plate: BLUU Black Lives of Unitarian Universalism

BLUU is committed to expanding the power and capacity of Black UUs within Unitarian Universalism providing support, information, and resources for Black Unitarian Universalists; and justice-making and liberation for Black people through our faith. Since its inception six years ago, BLUU has transformed from a small, informal gathering of Black UUs into an impactful nonprofit organization that creates life-giving and life-saving opportunities for spiritual community and Black-centered organizing.

Thank you for giving as you are willing and able.

December Share the Plate: Community Action Center, Mobile Home Fund

UUFN contributed \$517.50 Community Action Center, Mobile Home Fund.

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 via Zoom on Sunday, January 22 at 11:45 am. Board members present: Pres. Paul K., Rev. Sara S., Katy G., Bill J., Don S., Sue C. Board members absent: Wyman W., past pres. John O.

The meeting opened with Rev. Sara presenting an inspirational reading by Olivia Brown. Check-in was conducted by each member giving a brief “state of the congregation” observation. Several comments: *feeling good/positive ... still anxiety and concerns present ... cautious but optimistic ... cooperatively working together needs to be emphasized.*

The UUFN Financial Report was presented. Mortgage is fully paid off (\$136,634) and will be reflected in next month’s financial report. With 50% of year elapsed, income total is more than 50% of budget and expenses comprise less than 50% of budget. We are currently left with an operating budget surplus of more than \$20,000. Several larger donations from individuals have helped. Donor statements will be distributed in the next week or two.

The Minister’s report included Rev. Sara discussing growth, change and church culture. As growth appears there may be tension and anxiety associated with that growth and potential for a change of church culture. Movement from a family sized congregation to a larger congregation may bring changes with it but we must trust the culture of our church to greet these changes with an eye toward growth and how others may view us.

Work is continuing on the new UUFN website. Phase 1 of the new website is nearing completion and will be activated soon. There was good positive feedback provided by several board members who have had a chance to view the site.

UUA Membership Certification is due on Feb. 3, 2023. Rev. Sara, Wyman and Katy are working together to complete the certification paperwork.

Meeting was adjourned.

*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:
February 5th
April 2nd

YOUR Path of Love

What is your personal path of love like? How has it brought you to where you are now, and where might it lead you next? This month's Soul Matters packet asks:

What did love mean to you as a child?

How has love changed as you've gotten older? Is it softer? Quieter? Larger? Tougher? Smaller? Sneakier? More central? More painful?

Some say the opposite of love is not hate but indifference. Others say its opposite is fear. What do you say?

Is it time to let someone know that your heart is broken?

Are you sacrificing too much in the name of love?

What might it mean to regularly ask, "*What would love do here?*"

For more reflection questions, spiritual exercises, book and movie recommendations, a Spotify playlist, and more, read through [this month's Soul Matters](#) packet as you discover your own path of love.

The Shared Pulpit: The Art and Craft of Writing a Sermon

What makes a sermon different from a lecture or speech? What goes into writing one? In this workshop, you'll explore the theory and practice that is the storied art of preaching, gradually crafting your own sermon.

Rev. Sara will be leading this transformational UU workshop over a course of eight sessions. You don't need experience writing or speaking in front of an audience. You only need to commit to doing the required writing between sessions and adhering to the group covenant so people can risk sharing as they find their authentic voice and truth.

Some sessions will be Zoom-only, and some will be in-person and will include time in the UUFN pulpit (with other participants cheering you on!). The course workbook, [The Shared Pulpit](#) by Erika Hewitt, is required. Class size is limited and registration is required. Sign up [here](#).

Dates:

Saturdays, 9:30 am to Noon

February 11, 25; March 18; April 8, 29; May 20; June 10, 17

From the Care Team—Two Conversations

Conversation on Self Care – Saturday, February 11

The UUFN Care Team invites you to a conversation on Self Care to be held in person at UUFN on Saturday February 11 from 1:-2:30. Have you learned to take care of yourself or do you push through the stress of life without pausing? Are you always taking care of others but ignoring your own needs? Does your body rebel when you fail to notice its needs? What forms of self care work for you? Martha Easter-Wells will lead a circle of sharing as we share our journeys and learn from each other.

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—April TBD

Larry Vorwerk will lead this conversation.

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.

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

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

Getting Involved at UUFN

Our **Social Justice Committee** meets monthly on Zoom to create the vision for social justice work at UUFN as well as to plan specific initiatives. We welcome new members! Contact Sara Smalley or Liz Brekke for more information.

Our **Care Team** meets monthly to check in about the spiritual and emotional needs of the congregation. If you need extra support or would like to join the Care Team, please don't hesitate to contact Sara Smalley or Mary Jane Lipinski.



The First Step: *Talking about Loss, Death, and Dying with Barbara Krause*

Bring your resistance

Interact with dialogues, laughter, and questions

Leave having taken the first step

When: Thursdays - February 9, 16, 23

Where: Unitarian Universalist Fellowship
5785 Lonsdale Blvd. E., Northfield

Time: 6:30pm - 7:30pm

Free: All are welcome!



Lifelong Learning and Engagement Committee

February Theme: The Path of Love

LEARN



February is Black History Month. On **February 10** at 10:50 am in the Skinner Chapel, **Christy Coleman** will be the guest speaker at the Carleton

College Convocation. Come hear the message of this Black leader.

Ms. Coleman is the recipient of numerous awards for her decades of impact. In 2018, Time Magazine named her one of the *31 People Changing the South* and in 2019, Worth Magazine named her one of *29 Women Changing the World*. She's written numerous articles, is an accomplished screenwriter, public speaker and has appeared on several national news and history programs.

She served as the historical consultant for the award-winning film *Harriett* and Showtime's *Good Lord Bird*. She's most recently appeared in award winning documentaries, *Grant*, *Abraham Lincoln*, *Black Patriots: Civil War Heroes*, *Neutral Ground*, and *When The Monuments Came Down*

REFLECT



The SOUL MATTERS theme for February is **The Path of Love**. If you get a chance, see the movie **A MAN CALLED OTTO** now playing at the Dundas theatre. It truly is the story of how love and caring can change a person's life.

Liz Brekke

Sidewalk HeArt



Finding love on my
Sidewalk – heart in my hand.
I can offer it.

Ellen H. Saul

Go a Step Further...

In January, you may have tried an exercise in which you were asked to identify and share your core values (from the January Soul Matters packet). If you found this to be enlightening, but then wondered, "what's next?," take a few minutes to explore a bit more deeply. Check out the online Values Test at:

<https://www.valuescentre.com/tools-assessments/pva/>

This site will give you an opportunity to examine the role your core values play in your life and how they influence your actions. For me, this led to some new insights into how I can live my life more fully.

Susie Weinbeck

CONNECT

Themes
from Soul
Matters



January – The Path of Finding our Center

February – The Path of Love

March – The Path of Vulnerability

Choosing to step through my protective wall of vulnerability

Lets me tune into my heart values, those things most significant in my life.

Love leads me to my center and back out to share those values in the world.

Ellen H. Saul

<https://www.cochranetoday.ca/opinion/sun-dog-delivers-message-of-hope-purpose-and-cold-spell-1454375> for photo credits and an article sharing Stoney Nakoda Indian understanding of sun dogs.

Social Justice

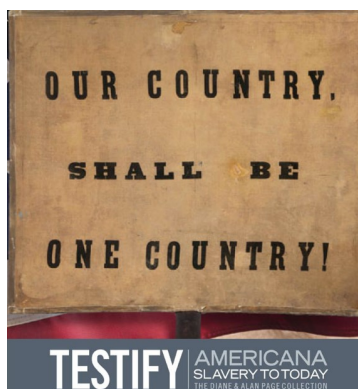


Social Justice Committee



The precursor to **Black History Month** was created in 1926 in the United States, when historian Carter Woodson and the Association for the Study of Negro Life and History (ASNLH) announced the second week of February to be "Negro History Week". This week was chosen because it coincided with the birthday of Abraham Lincoln on February 12 and that of Frederick Douglass on February 14, both of which dates Black communities had celebrated together since the late 19th century.

Here are some suggestions for ways to honor Black History Month:



**Minneapolis
Central
Library**

**February 1 –
March 29**

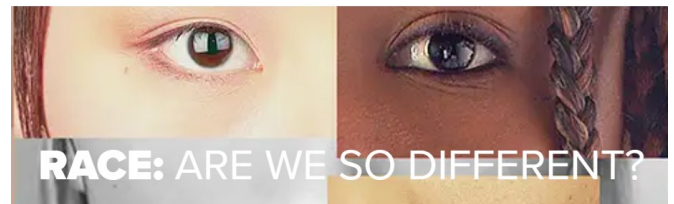
An exhibit created by Allan Page and his daughter, Georgi: "Our hope in creating this exhibit was that by shining a light on our country's past we could learn to better understand the racial divide of the present," says Justice Page. "At the same time, we hoped to illuminate a path to a brighter future, highlighting the strength, persistence, and resilience of the African American community."



Now through February 26

Created by the Smithsonian Institution: Our goal is to help visitors understand and counter their implicit biases and build capacity in communities to convene dialogue that will increase empathy and create more inclusive schools, communities, and workplaces.

The Science Museum has a permanent exhibit:



Available on Apple TV,
the movie
EMANCIPATION,
starring Will Smith

Set in 1863 when Lincoln declared the slaves in the South free during the Civil War, before the full Emancipation Proclamation in June, 1865 at the end of the war. It is set in Louisiana during the war, during full slavery, so you get a video of what slavery really was like.