



# REACH

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

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Diana McLean

**Administrative Assistant**  
Jennifer Whitson

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Julie Bailey

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Don Stager

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**Music**  
Bev Topp

**Membership**  
Don Stager

**Indoor Facilities Committee**  
Wyman Weinbeck

**Outdoor Facilities Committee**  
Matt Thieding  
Larry Vorwerk

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## June 2023

### Theme: The Path of Delight

*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, June 4th • 10:00 am**

**“Flower Ceremony 100th Anniversary” • Rev. Sara Smalley**

Join us for our annual Flower Ceremony. June 4th marks the 100th anniversary to the day of this distinctly Unitarian Universalist ritual! Whether you're onsite or on Zoom, bring a flower or bouquet with you as we gather to share beauty and offer each other hope. And if you can't bring a flower or forget to bring one, come anyway! There will be plenty of flowers for everyone.

**Sunday, June 11th • 10:00 am**

**“Becoming a Force for Peace” • Presented by Nita Wolf**

What can we do to help ourselves feel peaceful when that is not always the situation in the outside world around us? Nita Wolf will lead this service along with John Bushnell, a renowned, invited guest from the Minneapolis Sufi group. Please consider staying right after the service to experience "peace in action" by exploring "The Dances Of Universal Peace" with Sufi leader John Bushnell. This is an intergenerational service for all ages and stages.

**Sunday, June 18th • 10:00 am**

**“Father’s Day: It’s Complicated” • Presented by Bob Spear**

We all come from different backgrounds on how we view Father's day. Join us for readings on what it means to be a father and how to deal with our feelings.

**Wednesday, June 21 • 5:00 pm (Note time change)**

**“Summer Solstice” • Presented by Nita Wolf**

"Summer Solstice" Ceremony outside, weather permitting, at UUFN. We will have music by Bill McGrath and Reid Hendershot to honor our own "Peace Site" and "Peace Pole" anniversary. There will be some information from the "Land Acknowledgment" Committee by Janet McGrath. Nita Wolf will set up a "Medicine Wheel" and have a modified version of this traditional Native American Ceremony. Please bring your own folding chairs for seating if needed.

**Sunday, June 25th • 10:00 am**

**Rev. Manish Mishra-Marzetti and the General Assembly Worship Team**

Join us for the largest annual gathering of UUs joining in worship! This powerful, communal worship experience will stream live from Pittsburgh, Pennsylvania with congregations across the continent watching online together. You're invited to gather at UUFN to experience this service with others.

## Calendar of Upcoming Events

### Here Are Some Interesting June Activities For All Stages and Ages

We hope you will join us on the following dates:

**June 3rd.** "Pride In The Park" in Central Park, noon to 4:00 pm. UUFN will have a table there to show our support.

**June 10th.** "Story Circles" starts at noon at the UUFN building with Paul Krause leading. (ages 10 and up) Some of you enjoyed this several times in the past. This time we are adding a brown bag lunchtime and sing-a-long prior to breaking out into groups for storytelling with a theme that Paul will present. If you only wish to attend the latter part, it will probably start around 12:45. Please bring your own lawn chair in case we decide to be outside. If you have any questions, please contact Paul.

**June 11th.** "Becoming a Force for Peace" with International Dances Of Peace led by Sufi John Bushnell right after the service. (See the service announcement for more information.)

**June 21st.** "Summer Solstice" Ceremony from 5:00 to 6:00 pm outside, weather permitting, at UUFN. We will have music by Bill McGrath and Reid Hendershot to honor our own "Peace Site" and "Peace Pole" anniversary. There will be some information from the "Land Acknowledgment" Committee by Janet McGrath. Nita Wolf will set up a "Medicine Wheel" and have a modified version of this traditional Native American Ceremony. Please bring your own folding chairs for seating if needed.

If you need to know about any of these activities, please contact Nita Wolf.

Additionally, in July, mark your calendars for a planned excursion to the Pow Wow at Prairie Island on Saturday, July 8th. and a bike ride on the Cannon Valley Trail on Sat., July 15th.



### June Share the Plate: Pride in the Park

Pride in the Park is an organization that raises visibility of LGBTQ+ residents in the area, and this year started a scholarship for an LGBTQ youth in Northfield.

Thank you for giving as you are willing and able.

### April Share the Plate: Citizens' Climate Lobby

UUFN members contributed \$638.30 for Citizens Climate Education, the 501(c)(3) fund connected with Citizens Climate Lobby.

### From the Care Team

The Care Team conversation on Mother: Gifts and Challenges was heartfelt and touching for the half dozen people gathered in the UUFN sanctuary this past week. We will continue offering opportunities for these types of conversations in the Fall, so that UUFN members and friends have opportunities to gather and share experiences, thoughts, and reflections on topics of interest to them. Please reach out to the Care Team co-facilitators, Martha Easter-Wells or Mary Jane Lipinski, if you have a topic you would like to propose.

# **UUFN Pride Day Celebration**

June 3, 2023 - 12:00 - 4:00  
Central Park, Northfield

We need help to set up  
and host the  
booth

Contact Liz Brekke to  
volunteer

Join us & let's celebrate together!

## GARDEN TEAM

Look at this happy planting crew! They were busy planting the sign garden on May 24. Do you love the colorful plants when you drive by or enter our property? We need your help. We are still in need of volunteer/s to help water the sign garden on Fridays. It takes about 45 to 60 minutes a week. If we get two people, you would only end up doing it twice a month. Can you please help out, contact Connie.

Thanks in advance! Enjoy everyone!  
Mairi and Connie  
Co-leaders



# Lifelong Learning and Engagement Committee

## June Theme: The Path of Delight



### Aunt Ruthie: My Delight Coach

Growing up, we saw my parents' good friends, Uncle Laurie and Aunt Ruthie, only three or four times a year. I was so excited for those visits! As I walked into the room and Aunt Ruthie caught sight of me, her eyes lit up, a big smile spread across her face, and I was awash in the warmth of her love. I learned from her what delight looked like and what it felt like to receive it.

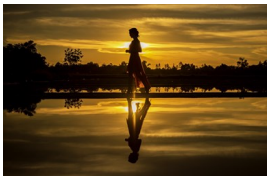
After I was divorced, Aunt Ruthie welcomed me for a long visit when my children were gone for the summer at their dad's. We harvested asparagus, hunted for fossils, and soaked in the views on their West Virginia farm. Her delight and down-to-earth caring helped me through the difficult days of that first separation from my kids.

Years after that I traveled back to West Virginia, making a special stop to see Aunt Ruthie and thank her for all the ways her love had made my life special. I walked in the door, and the same thing happened. Aunt Ruthie's face lit up with delight! I was so grateful for that time together. Aunt Ruthie died just two weeks later in heart surgery.

Each time I see my kids or grandkids, or special friends, and I feel delight rising up in me, I think of Aunt Ruthie and send her thanks!

*Ellen Saul*

PS: Check out the videos in Soul Matters: "The Delight of letters M & W." A great chance to share delight!



A  
"Delight"  
Walk

Inspired by [this idea of "weird walks"](#), take a "delight walk"! In order to start to rewire your brain to find more delight in the world, actively look for it as you take a walk in nature, through the grocery

store, or wherever you go. Or if walking isn't your thing, take a "delight drive" or a "delight sit" and simply be open to experiencing the world in a slightly different, more delightful way.

*Rev Sara Smalley*

### Crex Meadows State Wildlife Refuge

Crex Meadows is located in western WI. I went there earlier this spring with Mairi Doerr. Here's my tribute to the delight of Crex.

Come to where the Trumpeter Swans stand near and only slowly move when you pass by eyeing you with caution but not fear;

where lake waters shimmer at sunrise in a gust of breeze and Ring Necked Ducks, Canada Geese, Coots, Pelicans, Bitterns and Blue Winged Teals live in lakes and ponds sheltered from human dominion, here where wildlife roams freely;

Warblers now return and Sharp-Tailed Grouse mate at sunrise in drumming rituals centuries in the making;

Songbirds trill throughout the day in celebration of new beginnings, where Sandhill Cranes stalk marshes and raise their colts, here Red Winged Blackbirds thrive and sing from tall cattails, Kildeer forage in fields;

Hundreds of shades of spring greens are visible in the panorama -

Osprey, Northern Harriers, Eagles and Hawks fly the landscape intent in their hunt, Turtles safely cross a dirt road And deer and fox romp in open range;

Where fiddlehead ferns unfurl and white birches gleam in shafts of sunlight backlighting new tender leaves;

Come to this place where your heart expands and embraces the extraordinary, the dazzling beautiful delight we call life.

*Liz Brekke*

# Lifelong Learning and Engagement Committee, continued

## June Theme: The Path of Delight



Pacita Abad Exhibit

Walker Art Center

Apr 15 – Sept 3

Pacita Abad is originally from the Philippines. She traveled extensively in her lifetime. The exhibition includes more than 100 works showcasing her experiments in different mediums, including textiles, works on paper, costumes, and ceramics. Organized by the Walker in collaboration with Abad's estate, the presentation celebrates the multifaceted work of an artist whose vibrant visual, material, and conceptual concerns are as urgent today as they were three decades ago. Asked what she specifically gave to the art world, she said, "Color". It's a spectacular exhibit!



### Music at the Welch Station on the Cannon Valley Bike Trail, Saturdays in June 11 AM-2 PM

Welch is midway between Cannon Falls and Red Wing on the trail.

#### Schedule:

|         |   |
|---------|---|
| June 10 | Helen Forsythe                                      |
| June 17 | Patti and the Reeds (with <b>Reid Hendershot!</b> ) |
| June 24 | Lee Mensinger                                       |

**Patti and the Reeds** are playing at Keepsake Cidery on June 2 from 5 – 7pm and again at Welch Station on July 29.

## 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 at (507)384-2750 or [mccoybrynda@gmail.com](mailto:mccoybrynda@gmail.com).

## Social Justice



## Social Justice Committee



**June 3**

12:00 – 4:00pm

Central Park,  
Northfield MN

Everyone is invited to participate in PRIDE DAY on **June 3**. Some UUFN members will be there early: setting up the canopy booth, hanging banners and rainbow decorations, setting out UUFN brochures, etc.

**Please stop by and spend some time in the booth. It's a time for celebration and support!**



UUFN Members are invited to join the **Land Acknowledgement and Beyond Committee** that will be touring the Treaty Site History Center in St. Peter on **June 8**.

Plans are to meet at 8:50am at UUFN to carpool to St. Peter. There will be a guided tour starting at 10:00 and afterwards, lunch at a local restaurant.

**\*\*This tour is open to everyone from UUFN. Let Janet McGrath know if you would like to attend.\*\***



**June 21**

**5:00 – 6:00pm**

**At UUFN**

"Summer Solstice" Ceremony from 5:00 to 6:00 pm outside at UUFN, weather permitting. We will have music by Bill McGrath and Reid Hendershot to honor our own "**Peace Site**" and "**Peace Pole**" anniversary. There will be some information from the "Land Acknowledgment" Committee by Janet McGrath. Nita Wolf will talk about Summer Solstice and set up a "Medicine Wheel" for people to experience a modified version of this traditional Native American Ceremony. **Please bring your own folding chairs for seating if needed.**



**The Green Team** has been meeting regularly since February to explore ways UUFN can address climate change concerns. We are following the process for our congregation to become a UUA Green Sanctuary. We are working to educate our team and our UUFN community about how we can become a Green Sanctuary congregation and lower our carbon footprint.

Some of our recent activities:

- Created slides with tips on things each of us can do to lower our carbon footprint, which were shown before and after each Sunday service in April.
- Conducted a fabric and clothing drive for UUFN members and friends. Over 230 pounds were donated to Wearever Recycling to be distributed for reuse or recycling.
- Did a shift at the Interfaith Table at Earth Day to talk with visitors and distribute fliers with ideas for reducing their carbon footprint.