



# REACH

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

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## Minister

Rev. Sara Smalley

## Coordinator of Religious Education

Ashley Hawthorne

## Administrative Assistant

Jennifer Whitson

## Nursery Teacher

Julie Bailey

## President

Paul Krause

## Treasurer

Katy Gillispie

## Secretary

Wyman Weinbeck

## Board Members-At-Large

Sue Coleman

Bill Jokela

Sabina Peters-Daywater

Don Stager

## Sunday Services Coordinators

Sue Coleman

Susie Weinbeck

## Choir Director

Taylor Wesseln

## Music Director

Bev Topp

## Indoor Facilities Committee

Wyman Weinbeck

## Outdoor Facilities Committee

Matt Thieding

Larry Vorwerk

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## January 2024

### Theme: The Gift of Liberating Love

*We gather both in-person at UUFN and online for Sunday services. 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, January 7th • 10:00 am**

**“Seeds for the New Year” • Rev. Sara Smalley**

What seeds are you planting for the new year? How are you weaving your magic into your relationships with others? How can we center beauty and goodness and love in all that's ahead? These questions are at the heart of this worship service, led by Rev. Sara with a video reflection from Rev. Dr. Sofia Betancourt, President of the Unitarian Universalist Association.

**Sunday, January 14th • 10:00 am**

**“Liberating Love: Honoring the Rev. Dr. Martin Luther King, Jr.”**

**Rev. Sara Smalley**

**Co-created with Kimesha Winn**

This service is a time for reflection, challenge, truth-telling, and dreaming. In the words of the Rev. Dr. Martin Luther King, Jr. *“Power without love is reckless and abusive, and love without power is sentimental and anemic. Power at its best is love implementing the demands of justice, and justice at its best is power correcting everything that stands against love.”* Join Rev. Sara as we honor the prophetic power of liberating love.

**Sunday, January 21st • 10:00 am**

**“For Anyone Who’s Ever Had a Problem They Couldn’t Solve Alone”**

**Rev. Sara Smalley**

In so many ways, addiction — to substances, behaviors, busyness, control, and more — is part of the background noise of our lives, and today we’re going to talk about it directly. Join Rev. Sara for this sacred, tender service as we explore how addictions can impact our lives, and the spiritual healing that can happen when we replace shame with connection.

**Sunday, January 28th • 10:00 am**

**“Love That Breaks The Rules” • Presented by Janet Scannell**

Love can liberate but can also constrict. Today we will reflect on relationship "Rules" that undermine authenticity and on a vision of liberating love that opens our hearts to honesty and depth.

## New Member Sunday February 11th



If you're interested in becoming a member of UUFN, please fill out [this form](#)! Before signing the membership book, we encourage newcomers to have attended the Meaning of Membership session held last month, or to have a conversation with Rev. Sara to answer your questions and get connected to this community.

## Newcomers Gathering Sunday, January 28th

Get to know our Newcomers! Sunday morning, Jan. 28, immediately after the church service. For 90 minutes, we will hear from everyone present about "how they got here." Child care provided. Not a potluck, but there will be cake in honor of those having a winter birthday. For information, contact Bill McGrath or Brynda McCoy.

### Care Team Welcomes New Member

The Care Team welcomes a new member, Lyn Thwing, who as a nurse, parent, and grandparent brings years of professional and personal experience to our mission of providing support and encouragement for those in our UUFN community going through a stress-filled time. She and her husband, John, relocated to Northfield from Minneapolis this summer. We are delighted to welcome her as part of our Team.

### Care Team Conversation on Grief

We all experience grief at various points in our lives. It can come with the loss of loved ones, in the aftermath of tragedies, as we lose our physical abilities through illness, accident or aging and through other causes. We all experience grief differently. It can be a healthy process and it can sometimes completely overwhelm us. Sit with Martha Easter-Wells in a Care Team sponsored listening circle to share your experiences. What has helped you through grief or what have you learned from it? Saturday January 6 at 10 am at UUFN. All are welcome, whether or not you attended the first session in November.

### Care Team Conversation on Addiction

- Addiction is not a unique situation that exists for only a few. It comes in many forms such as substance abuse, gambling, and over-religiosity, and is often a path used to avoid facing painful events or circumstances in our lives.
- Much has been learned about addiction in recent history, offering insights and understanding that is available for healing.
- If you would appreciate exploring this topic further, share thoughts, feelings or experiences, or reflect more on Rev. Sara's sermon about addiction scheduled for January 21, please join Bev Topp at UUFN in a Care Team-sponsored Listening Circle at 10:00 am on Saturday, January 27.

# Reimagining Article II Reflection Circle

## Facilitated by Rev. Sara



Join Rev. Sara for a four-session deep dive into the proposed Article II revision.

Article II is the section of the Unitarian Universalist Association (UUA) Bylaws that contains the Seven Principles and Six Sources of Unitarian Universalism, as well as statements of inclusion, freedom of belief, and the UUA's purposes. It is the foundation for the work of our UUA and its member congregations. This summer, delegates to the Unitarian Universalist annual convention, General Assembly, will vote on significant changes to its language.

Gather with others at UUFN to reflect on the proposed updates to Article II. No prior knowledge of or familiarity with Article II is required. The session topics are:

- Covenant
- Purpose, Inspirations, Inclusion and Freedom of Belief
- Love at the Center
- Six Values: Interdependence, Justice, Equity, Generosity, Pluralism, and Transformation

Developed by [UU Wellspring](#), these sessions will have a spiritual emphasis. Attendance at all four sessions is highly encouraged, though if you know you need to miss one of them you are still welcome to attend.

**Saturday mornings in February: 2/3, 2/10, 2/17, and 2/24**  
**10:00 to 11:30 am**  
**In person at UUFN**

*Note: we'll shift to Zoom if winter weather necessitates it for any of the sessions.*



## January Share the Plate: United Negro College Fund

This month's share-the-plate recipient is the United Negro College Fund. The United Negro College Fund changes the lives of underrepresented students by supporting them both before and throughout college. UNCF envisions a nation where all Americans have equal access to a college education. This is not the reality in our nation right now, and so our contributions will help plant the seeds to make their vision a reality. After all, in their words, "We can't simply believe in equality in education. We have to create it."

Thank you for giving as you are willing and able.

## November Share the Plate: Community Action Center

UUFN members contributed \$783.00 to the Community Action Center.

# Church Management App will soon be operational!

Hi Folks,

Happy Holidays to All of you...even if it does not feel quite that way...yet!

We have a nice holiday present for all our Members: If not already, you will soon receive a message from Breeze/Thithely, UUFN's Church Management software (ChMS), with a temporary username and password so you can login to Breeze. We will shortly install a link on our website to do so, but for now, you can go directly to Breeze from the link provided in the message Breeze sent you. Do look in your spam folder if you don't find it right away.

Committee and Team leaders will have administrator rights on the site to add or edit members in their groups. You'll find all these groups in a tab called "TAGS".

Under the tab called "PEOPLE" you will be able to find your name, which we request you edit. You will be able to fill in information about yourself, and upload a photo of yourself so that those in our community who don't know you yet can find you. You also have control over what info is seen by the "public", meaning just UUFN Members. You can opt in to the UUFN Forum listserv here, if you'd like to participate in that.

There is another tab called "GIVING", which in future we will use to discreetly make pledges, donations and share the plate. That will become operational later in 2024.

Finally, a tab called "EVENTS" is where we will record all of our activities. There are separate calendars for committees, teams, sanctuary use, etc. Committee leaders or designees can start putting events into their designated calendar, and these will all show up in a master calendar. So we have a way to prevent double booking events and resources going forward. YAY!

In February I will have a zoom session or two to introduce any who want to how to use the Breeze features. I hope to record that session so others may watch it on their own time.

I expect it will be mildly confusing, frustrating and chaotic to begin, as most new things are. But this is a tool that will help to knit our community together in ways that took a lot of effort previously. I just ask that everyone for now use their login and update their personal info by the end of January. Let me know what your questions are, and I'll try to address them in batches on a frequent basis.

So, we need everybody's support by logging in to Breeze, update your login username and password, and fill in your personal data, select what you want to share (only Members will get to see what is public, and only you and a limited group will see what is marked private). And feel free to poke around and get familiar with what we will be using for the foreseeable future for planning, communicating, organizing and scheduling, and eventually giving within our community.

I am really excited that what many of us have talked about for a few years is finally coming into use. How well that serves us all is in all of our hands to use it, inform it with data, and keep it up to date. Thanks in advance for your support in this project/program.

Namaste,  
John Owens  
UUFN IT Committee

## Choir at the Northfield Retirement Community

We had just finished singing carols for the residents. A great time!



# What's all the buzz about Medical Aid in Dying (MAiD)?

Hello Northfielders and Surrounding Community Members:

What's all the buzz about **Medical Aid in Dying (MAiD)**? The 2023 MN Legislature passed bills about social issues: women's reproductive rights, LGBTQ rights, and the legalization of recreational marijuana. **Now it's 2024.** The MN Legislature has a leadership opportunity to legalize the remaining, compelling social issue that speaks to bodily autonomy: Medical Aid in Dying. **Are you aware of this compassionate choice surrounding end of life care?**

Join Barbara Krause and several other Northfield MAiD education volunteers for a casual gathering to demystify and understand specific criteria about Medical Aid in Dying. All questions welcomed! Briefly, MAiD is a medical practice where a terminally ill adult with a prognosis of six months or less to live, has the option to request, obtain, and take medication--should the person choose--to die peacefully during sleep if their suffering becomes unbearable.

**When:** Sunday, January 7

**Time:** 11:30 am

**Location:** Unitarian Universalist Fellowship of Northfield

