



REACH

THE NEWSLETTER OF THE UNITARIAN UNIVERSALIST FELLOWSHIP OF NORTHFIELD



October 2026



This Month's Theme: Courage

**October 4th | Remembering Interdependence:
Healing Our Way Back Into Right Relationship
with Susan Beaulieu**

Trauma creates fragmentation, within ourselves and across our relationships with one another and the living world. Drawing from Indigenous understandings of relationality, patriarchy, and interdependence, this conversation explores healing as a process of reintegration: remembering ourselves as part of a larger Web of Life and restoring the relationships, responsibilities, and ways of being that help us live in right relationship.

**October 11th | Everyone Everywhere Always Coming Out
with Rev. Meg Riley**

All our lives, all of us come out. We come out because we need to leave where we were, and we come out because we need to go where we are called. How are we called to come out in these difficult days, what are we called to leave behind and what are we called to embrace? One model for everyone is the lives that gay, lesbian, bisexual, and transgender people lead, committing themselves to lives of authenticity and joy despite enormous costs. Reflections from a lesbian who hits her 50 year coming out anniversary next year, in honor of National Coming Out Day.

The Rev. Meg A. Riley, a lifelong Unitarian Universalist, retired after 38 years as a religious professional who served the faith in many capacities. She now lives in South Minneapolis with beloved people, plants and animals.

**October 18th | Courage Within and Among
with Rev. Sara Smalley**

Fear is a hallmark of so much of modern life. But as Rev. Audette Fulbright Fulson says, when we join together, we realize “there are others weeping and rising and gathering their courage.” For this service we’ll consider how courage is something we can call on deep within ourselves, and something that can be found in the solidarity we cultivate between us.

**October 25th | The End of the Map is Not the End of the World
Rev. Sara Smalley**

“When we come to the edge of our knowing, and the journey is not yet over and the road we’ve been on disappears, remember: it is only the map—not the world—that has ended,” writes poet Karen Herring. Moving into an uncertain future can be scary and disorienting, but it also means we get to chart new possibilities instead of continuing to travel well-worn ruts. Join us as we reflect on the courage to start, the courage to stop, and the courage to change course.

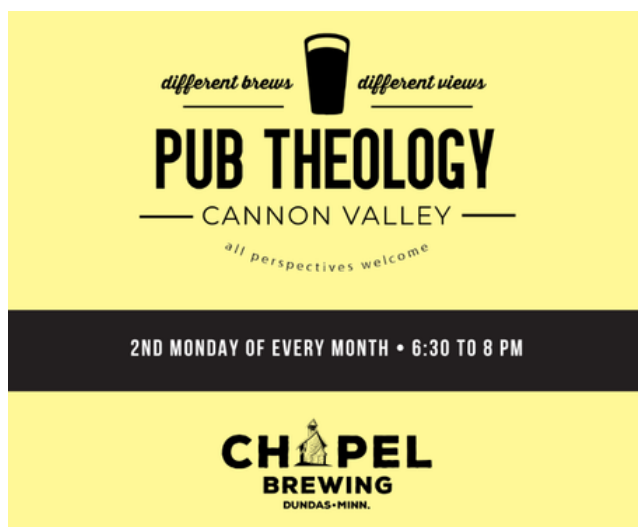
Some inspiration for October's theme of Courage:

Six Ways to Find Your Courage During Challenging Times

Courage doesn't have to look dramatic or fearless. Sometimes it looks more like quiet perseverance. Consider how these ideas by Amy Eva might inspire your own courage:

1. See yourself as courageous
2. Get comfortable with mistakes
3. Keep trying
4. Look for the heroes
5. Clarify your values
6. Become part of a social force for courage

[Read the full article here.](#)



Join us for Pub Theology on **Monday, October 12th** and the second Monday of every month from **6:30 to 8 pm** on the deck at **Chapel Brewing** in Dundas.

These gatherings are open to everyone - theists, atheists, agnostics, and others, church and unchurched - so come alone or bring a friend.

You'll be able to share your own wrestlings and thoughts while learning something new along the way, and perhaps try a new craft beer or kombucha flavor you haven't tried yet. Chapel also has some new hard-seltzer-based cocktail options, as well as a number of non-alcoholic options.

New to UUFN? Curious to learn more?

Join Rev. Sara after the service on **Sunday, October 25th** for a short, informal information session about Unitarian Universalism and UUFN. This is a drop in session with no registration required. Bring your coffee and your questions and meet Rev. Sara downstairs after the service. Childcare provided.



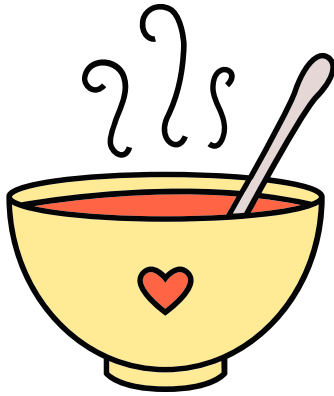
October Share the Plate: Wakan Tipi Awanyankapi

Wakan Tipi Awanyankapi is a Dakota-led organization in Saint Paul that is dedicated to the stewardship of the Wakan Tipi sacred site and surrounding natural areas. Their center serves as an intergenerational gathering space. Wakan Tiipi's program areas are urban restoration and stewardship, cultural connections and healing, and environmental education.

UUFN's Land Acknowledgement Statement ends with these words: *We pledge to take action to support Indigenous peoples as we live together in Mni Sota Makoce (Minnesota).* Our donations to Wakan Tipi Awanyankapi this month are a part of how we take our Land Acknowledgement statement seriously, ensuring it goes beyond words into tangible support.

Soup Suppers & Circle Suppers: Building Community One Meal at a Time

Soup Suppers are back this year! Our first one will be
Friday, October 16th from 6-8 pm at UUFN.



You are invited to join us for our next Soup Supper, an evening of food, fun and conversation. Typically the meal consists of soup, salad, bread, and simple desserts served potluck style, followed by games and door prizes! You can bring a dish to share if you'd like (always welcome), but no one has to bring something every time. If you have special dietary restrictions, feel free to bring your own supper.

Please email Gail Hendershot at hendershotgail15@gmail.com to RSVP, what you might bring, and if you're willing to help with setting up at 10am the day before.

Circle Suppers Sign Ups Now Open! *Sign up by October 15th to participate*

This year we'll have our own take on the UU tradition of Circle Suppers. Circle Suppers are a chance to get to know a small group of other UUFNers over a shared meal. Each supper has a host who provides a space (either in their home or at UUFN) and a main dish; other attendees bring sides and dessert. Some hosts cook a complicated meal, some order pizza for delivery. Either way, conversation and connection ensue.

Circle Suppers will meet with the same group for three months – November, December, and January – and then we'll have another round of groups in the spring. Groups will have the option of talking about the month's theme with some provided reflection questions, but the conversation can flow wherever the group wishes.

[You can sign up here.](#) Registration closes October 15th.



Religious Exploration News



We're so glad to share that we've had a great kickoff to our year in RE. It's been a blast getting to work with our students, and I'm so excited to see all of the wonderful things we can learn together.

September was a short month for us, but we still managed to have some very enriching time together. The theme of the month was "Beginnings," and we talked about covenants, fellowship, and how communities come together in the first place.

October's theme is "Courage," and we will be exploring how spirituality can be a source of strength for us when facing our fears. We'll also continue talking about common elements of UUism and why we as a tradition, fellowship, and community, do what we do.

If any of this sounds interesting to you and you have not either registered your student for RE or signed up to volunteer in the classroom, please do so! We'd love to have as many people in the room as we can, so please register for RE at tinyurl.com/uufnre and volunteer by emailing Will at uufnre@uunorthfield.org.



Care Team Updates



The Care Team welcomes four new people, who volunteered on Signup Sunday, to assist our team by taking on specific tasks, such as food and driving, as we carry out our mission to support members in our UUFN community who are going through a difficult time. If you or anyone you know in our community could use support, please contact co-facilitators Martha Easter-Wells ([563-343-8578](tel:563-343-8578)) or Mary Jane Lipinski ([715-897-1019](tel:715-897-1019)).

UPCOMING CARE TEAM CONVERSATIONS:

On insomnia
Sat, October 17th — 10-11:30am

There are many reasons for insomnia. Let's enjoy a time of sharing, caring, and information on how to deal with the misery of sleep problems.

On staying sober in these challenging times
Sat, November 7th — 10-11:30am

If you are active in recovery from alcohol or chemical addiction, please join Lyn Thwing from the Care Team. We will share with one another our tools we have in our tool box that help us in these challenging times.

Journeying Together: UU and You

Wednesdays 7-8:30 pm
October 28,
November 4, 11, 18



Do you want to connect with others as you learn more about Unitarian Universalism? If so, join us for four sessions of learning, reflection, and connection. This class is especially helpful for newcomers but is designed for everyone (including long term members!) who want to deepen their understanding of Unitarian Universalism as well as their own beliefs. The sessions are designed to build on one another, but attendance at all four is not required, so come to as many as your schedule allows.

October 28th: Where We Came From

During this session, we'll share a little of our personal religious and spiritual histories, and consider how the history of Unitarianism, Universalism, and Unitarian Universalism influences our faith today.

November 4th: How We Travel Together

We'll reflect on Unitarian Universalism's approach to religion and to life and ask the question, *What does it mean to be Unitarian Universalist anyway?*

November 11th: Making Sense of the Path

As we journey through life, we encounter pitfalls, landmarks, obstacles, and gifts along the way. How do we make sense of them? We'll consider different theological approaches as well as how UUs might approach religious concepts like god, prayer, and faith.

November 18th: Journeying Outward and Onward

Given all that we've learned about and thought about in the previous three sessions, we'll consider the question, *how then shall we live?* Why does it matter that we're Unitarian Universalists in our everyday lives at this moment in history?



CALLING ALL UNITARIAN UNIVERSALIST AUTHORS

Apply now for your own table to showcase your publication(s) during the first annual UU Book Fair hosted by MN Valley UU Fellowship.

 **14 November 2026**

 **1pm - 5pm**



 **MINNESOTA VALLEY
UNITARIAN UNIVERSALIST
FELLOWSHIP**

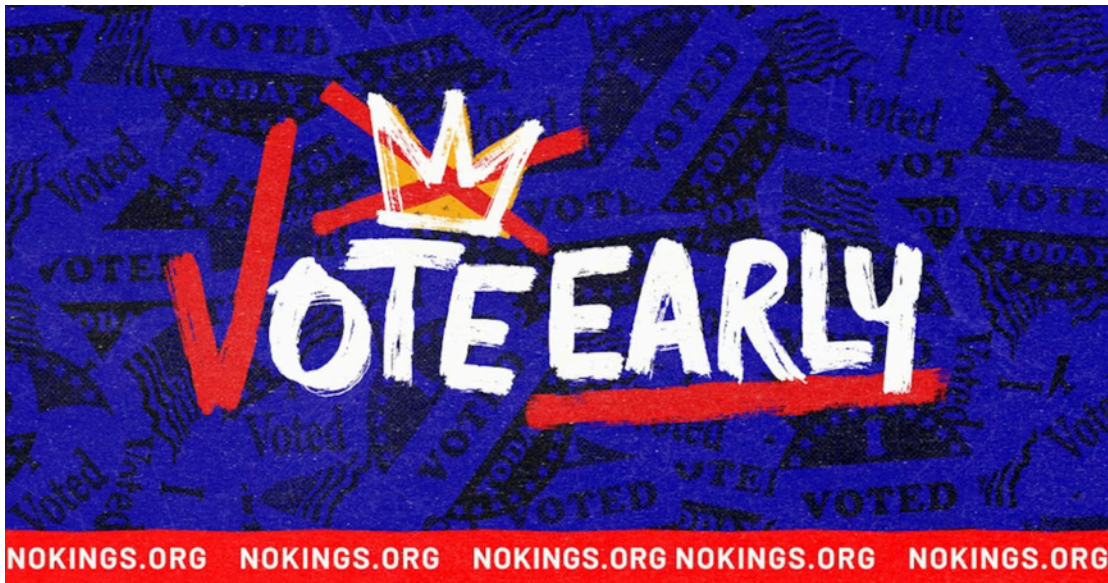
Calling All Authors: Showcase Your Book at MVUUF's first annual UU Book Fair!

Are you an author with a book that reflects or celebrates Unitarian Universalist values? We'd love to feature your work! Books of all genres are welcome—children's literature, poetry, biographies, non-fiction, and beyond. Whether you're a member or a friend of a UU congregation, we invite you to apply for a table to sell and sign your books.

Saturday, November 14 | 1:00 PM – 5:00 PM
Minnesota Valley Unitarian Universalist Fellowship (MVUUF)
10715 Zenith Ave. S. in Bloomington
Application Deadline: Thursday, October 15

Interested in taking the stage? Be sure to note on your application if you're interested in hosting an author reading during the event!

For more information, [visit the event webpage](#).
To apply, [click here](#).



No Kings 4 rally will be **Saturday, October 17th** at **1:00 pm** in **Ames Park**. The theme is **VOTE EARLY!** Bring signs and your voice! And don't forget to vote! Rev. Sara will be speaking!

For information on voting early:

<https://www.sos.mn.gov/elections-voting/find-county-election-office/>



A Note from the Green Team



The **UUFN Green Team** has organized a **tour of the Recycle MN facility in Lakeville** on **October 22**. This is the facility that handles all the recycled material and trash that DSI picks up in Northfield. See <https://www.recyclemn.org/> for more info and a short video about the facility.

The tour starts at **10 AM** and will take about two hours.
Participants must be able to do stairs unassisted.

If you would like to join the tour, contact Bill Jokela.

★ A Guide to UUFN's Communications ★

As our congregation grows and changes amidst an increasingly digital world, we have introduced several new systems and processes for communicating information to and from the congregation over the past few years. We want to ensure that everyone at UUFN, from long-time members to first-time guests, is aware of the many ways you can tap into our community and connect with our congregation.

Here you will find a comprehensive guide to each of UUFN's current communication channels. If you have any questions, please don't hesitate to contact Seth Anderson-Matz, UUFN Administrator, at info@uunorthfield.org.

MailChimp / Weekly eNews

- **MailChimp** is a program used exclusively by UUFN staff to send news and announcements to our registered email list, which includes anyone from potential future visitors to long-time members.
- This is the program we use to send our **Weekly eNews** on Fridays and Sundays, as well as **The Reach** (the monthly newsletter).
 - **This Week at UUFN** is sent on Friday afternoons, and includes information about Sunday's services, announcements about upcoming programs and events, the link to **Volunteer Sign-Ups**, and how to submit your own announcements.
 - **Sunday Service Info** is sent on Sunday early mornings, and only includes information about Sunday services, the link to **Volunteer Sign-Ups**, and how to submit your own announcements.
- We will also use MailChimp to send occasional announcements about things like staff changes or UUFN-hosted special events.
- If you are not signed up for the weekly eNews, you can do so here: bit.ly/uufnweeklynews. (This link is also included in the **Bulletin / OOS** each week.)
- If you would like to submit an announcement for the **Weekly eNews**, please email Seth at info@uunorthfield.org by 12pm on Fridays.

Breeze

- **Breeze** is a church management software and password-protected online directory. Its main purpose is to store and find household information about UUFN members and friends. You must have a Breeze profile in order to access information on Breeze (which includes home addresses, telephone numbers, etc.)
- Breeze is also where we manage the church program calendar that appears on our **Website**. This is for events and programs hosted and sponsored by UUFN committees and groups. Committee chairs should have access to scheduling these events in Breeze themselves, or you can reach out to Seth at info@uunorthfield.org and he will get your event on the calendar.
- If you are a member or friend of UUFN and you aren't in our Breeze directory, please email Seth at info@uunorthfield.org.

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UUFN-Forum / Google Group

- **UUFN-Forum** is an unmoderated discussion group for UUFN members and friends. The group has its own page where all the discussions are listed, and new messages are sent directly via email. You may also hear it referred to as the “**Google Group**.”
- Anyone signed up can instantly share to the Forum. You can share anything you think would be of interest to the congregation—information about events, requests for support, discussion topics, etc.
- Because it is unmoderated, there is no safeguarding who or what could be posted. For that reason, we have not broadly publicized it, relying instead on word-of-mouth within a trusted network. But we also want all of our members and friends of UUFN to know this group exists and to be part of it if you so wish.
- Until recently we also had another Google Group called **UUFN-Announce**. That group is *no longer being used*.
- If you are not a part of the UUFN-Forum group and would like to be, email Seth at info@uunorthfield.org.

Volunteer Sign-Ups / SignUpGenius

- **SignUpGenius** is the name of the program we use to track our **Volunteer Sign-Ups**. It is an accessible place to direct volunteers that keeps all our Sunday volunteer information in one spot. It also sends automatic reminder emails to volunteers the day before their shift.
- You can use this to sign-up for Sunday morning *Greeter*, *Coffee Hour*, and *Religious Exploration* volunteering, or to direct others to do so.
- A QR code and a link for the Volunteer Sign-ups is included every week in both the **Bulletin / OOS** and the **Weekly eNews**.
- The link to the Volunteer Sign-Ups is tinyurl.com/UUFNvolunteers.

Bulletin / OOS

- The **Bulletin**, also called the **OOS** (Order of Service), is the printed program you receive when you enter the sanctuary on Sunday morning.
- The top-half of the back page also includes QR codes and links to the most recent edition of **The Reach** and to the **Volunteer Sign-Ups**.
- If you would like to submit an announcement for Bulletin / OOS, please email Seth at info@uunorthfield.org by 12pm on Fridays.

The Reach

- **The Reach** is UUFN's monthly newsletter. It is distributed via **MailChimp** at the beginning of every month, and includes more detailed UUFN program information, announcements, and news for the upcoming month. (You are reading it right now!)
- If you would like to submit something to The Reach, please email Seth at info@uunorthfield.org by 4pm on the last Wednesday of the month.

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Website

- We have one! It includes information about our fellowship's history, staff, upcoming services and events, and more. It is updated monthly.
- You can find our website here: uunorthfield.org.

Facebook

- We have a public social media page on **Facebook**. At this time we primarily use Facebook to publicize Sunday services and occasionally share special news and announcements from our minister, congregation, or community with the public.
- If you are on Facebook and want to follow our page, you can find it here: tinyurl.com/UUFNFacebook.



JOIN THE
UUFN CHOIR!
All voices are welcome



MEETS WEEKLY in the SANCTUARY
TUESDAYS 6-7:30 PM
sings during the service on the 3rd Sunday of every month*
*depending on additional special service requests

QUESTIONS? EMAIL TAYLOR WESSELN AT MUSIC@UUNORTHFIELD.ORG

"Music in the soul can be heard by the universe." —Lao Tz
COME SING WITH US!

The UUFN Choir meets weekly on **Tuesday nights** from **6:00-7:30 PM** under the direction of Taylor Wesseln, UUFN Music Director. These rehearsals will include exploring your voice as an instrument, expanding your musical ear, singing a wide variety of genres, and making music with some stellar UUFN-ers.

The choir will sing a featured anthem on the third Sunday service of every month, while also leading hymns from within the fellowship. No audition is required to join! All voices are welcome!!

Please email Taylor Wesseln at music@uunorthfield.org for any additional information or general questions.



UNITARIAN UNIVERSALIST FELLOWSHIP
OF NORTHFIELD

Minister:

Rev. Sara Smalley
(507) 200-8394
revsara@uunorthfield.org

Administrator:

Seth Anderson-Matz
info@uunorthfield.org

Music Director:

Taylor Wesseln
music@uunorthfield.org

**Director of Children and
Family Ministries:**

Will Esty
uufnre@uunorthfield.org

Board Members:

Nan Cedar (Secretary)
Mairi Doerr (Co-Chair)
Lisa Ebert
Beth Goodell (Treasurer)
Bob Spear
Don Stager
John Thwing (Co-Chair)
Kimesha Winn

October Greeters:

Oct 4: Jen and Carol
Oct 11: Paul and Barbara
Oct 18: Hannah and Dan
Oct 25: Susie and
Wyman

Your life is sacred and important.

Suicide Prevention Lifeline: Call or text 988

Sexual Assault Support: Call 800.656.HOPE or text
"HOPE" to 64673

Domestic Violence Hotline: Call 1.800.799.SAFE or text
"START" to 88788

Substance Abuse and Mental Health Helpline: call
1-800-662-HELP (4357)

LGBTQ Youth and Young Adult Crisis Line: Call 1-866-
488-7386 or text "START" to 678-678