

Nora Unitarian Universalist Church  
Sarah Oelberg, Minister

12333 155th Avenue  
Hanska, Minnesota 56041-4310



Non-Profit Org.

U. S. Postage

**Mere Lys**  
(More Light)

Permit Number 2

Hanska, MN 56041

[norachuu@prairie.lake.com](mailto:norachuu@prairie.lake.com)  
<http://nora-uu-church.org/nora/>

Address Service Requested

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## Sunday Services October, 2002

**Social Hour: 10:00 A.M.**

**Worship Service: 10:30 A.M.**

**October 6 - SMORGASBORD! Sermon: "A Religion Good to Live by and Good to Die By."**  
by Rev. Sarah Oelberg.  
Musician: Sally Hanson

**October 13 - "Bringing Terrorism to the Americas: the Voyages of Christopher Columbus." A**  
new biography of Columbus explores the man, the myth, and the legacy.  
Servers: Darrell and Jeannie Hinsman  
Musician: Mimi Kamleiter  
9:00 - Adult Discussion Group

**October 20 - Rev. Nels Oas will speak on "The Hellenic Impact on Biblical Judaism."**  
Servers: Nancy Dickson, Marge Teig  
Musician: Ardelle and Doug Becken  
9:00 - Adult Discussion Group

**October 27 - United Nations Day. "A Global Response to Terrorism: the Role of the U.N."**  
Servers: Doug Anderson and Tarrie Swenstad  
Musician: Ryann Rathman  
9:00 - Adult Discussion Group

**DAYLIGHT SAVINGS TIME ENDS!!**

Servers for the rest of 2002:

Nov. 3 - Blomquists, Julie Grathwohl  
Nov. 10 - John Bauer, Michelle Bethke  
Nov. 17 - Jerry and Susan Allen  
Nov. 24 - Ardelle and Lorraine Becken

Dec. 15 - Wally and Beverly Jean Wellmann  
Dec. 22 - Elroy and Ardis Wellmann

Dec. 1 - Roger and Norma Breu, Jane Thompson  
Dec. 8 - John and Anne Makepeace

## SARAH'S CORNER

It seems that every few weeks we read another report touting the health benefits of being religious. Scientists have discovered, for example, that people who study the Bible, pray, and go to church are less likely to have high blood pressure. Another study has found that smokers who go to church live longer than smokers who don't. A Duke University study of older Americans found that those who attended religious services weekly had stronger immune responses, fewer age-related diseases, and were 46% less likely to die over a six-year period than those who went less often.

By now, you may have noticed the constant in all of these studies -- regular attendance at church! Although, in all fairness, it is not entirely clear whether it is because healthy individuals simply get to church regularly, or if church attendance itself delays a decline in well-being. Perhaps it is partly because friends at church notice changes in people's well-being and help them to get treated more quickly. Whatever the reason, it is clear that being a regular part of a religious community is good not only for the soul, but also the body.

Of course, it has long been recognized that there is a relationship between spiritual and physical health (they certainly went together in Jesus' ministry). Still, we don't want to start treating religion as a kind of nutritional supplement -- something to add to one's life just to be on the safe side. And, nobody is sure exactly what aspect of religion helps, or why. Some will interpret these findings as calling for more prayer, or Bible study, or spiritual introspection. Certainly, there is ample evidence that relaxation, quieting, and being in touch with one's inner being have beneficial effects. I suspect, however, that the key is the social dimension -- simply being around people, engaging in activities which challenge both mind and spirit, and having a "support group" that cares about its members.

I think Nora church is such a group. Maybe that is why so many of you live so long!! Others have suggested it is because of all the Norwegian blood, but I think it is the caring of the community. I don't think prayer or Bible study or anything else one does alone, no matter how "religious", has the same effect as actually going to church. So, why take chances on your health? We'll see you in church, right?  
Sarah

## DENOMINATIONAL DOINGS

Save Saturday, November 2, for the UU Prairie Heritage Project Conference on Regional UU History. This will be at the First Universalist Church in Minneapolis, from 8 am - 4 pm. Registration is \$25 (\$20 if postmarked by Oct. 25). Lunch and refreshments are provided.

The program is very interesting, and is designed to help local church members learn how to find and preserve and write about their local history. The keynote address is by John Hurley, Director of Information and Archivist at the UUA. A Panel on UU Influence in the Upper Midwest will include Sarah Oelberg, Stefan Jonasson and John Cummins. Sarah is also doing a workshop in the afternoon on "Finding the Lost, Saving the Precious."

We hope many Nora members can come. There are brochures on the table in the foyer with registration forms, or you can call 651-426-8764 for more information and a form. Can we get a couple of vanloads to go together?

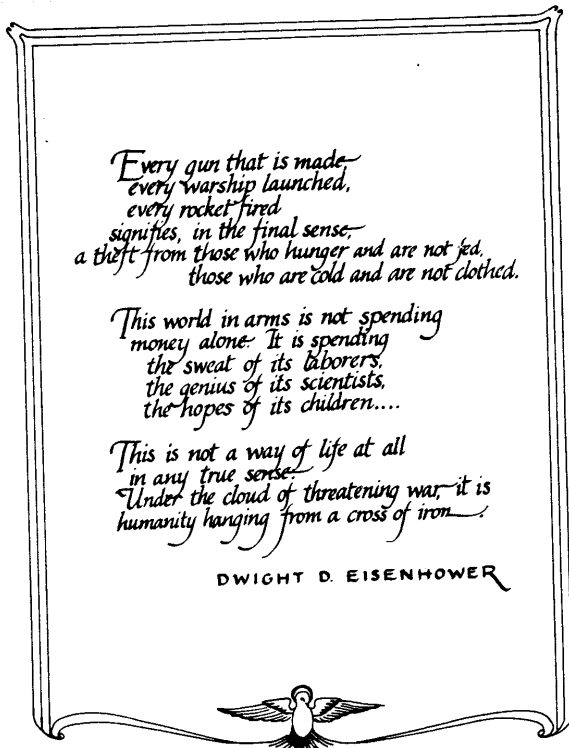


*The Unitarian Universalist Congregation  
at Shelter Rock  
requests the honour of your presence  
at the installation of  
The Reverend Dr. Paul S. Johnson  
Sunday, the twenty-seventh of October  
Two thousand and two  
at five o'clock in the evening  
Reception immediately following  
the service in the Social Hall  
48 Shelter Rock Road  
Manhasset, New York*

## TO KEEP IN TOUCH

Selma Korslund is now residing in the Northfield Retirement Center, 900 Cannon Valley Drive, Room C-101, Northfield, MN 55057. While she is glad to be back in Northfield near her daughter, she would love to hear from or receive a visit from some of her old friends. If you are in the area, please stop by to say "hello."

Lisa Cook, a good friend of Nora Church over the years, is shocked and saddened by the sudden death of her special friend, John Buckley, of a massive coronary on September 27. We all send Lisa our thoughts and condolences.



## COMMUNITY EVENTS

On Thursday, October 10, the New Ulm Medical Center is holding free mental health

screenings from 9:00 am - 6:00 pm. You may come to complete a screening test (depression, bipolar disorder, anxiety, and post-traumatic stress disorder); to meet with a mental health professional; to pick up educational materials on mental health conditions; or just to enjoy some refreshments. For an appointment call: 211-1168, or just come.

## NORA WOMEN'S SOCIETY

The next meeting of the NWS will be a noon potluck on Friday, October 25. By then we should all be recovered from Smorgasbord, and ready to celebrate!

The Women's Society is again collecting good, clean used clothing, as well as books, working appliances, toys, and other items for the St. Peter Regional Center. Things that are not used by residents are sold in their thrift shop to make money to purchase necessary items for residents, so almost everything is useful. The collection will be through October (after Smorg!) and the first Sunday in November. Bring them to the church and put on a table in the Kaffe Stua.

## PARTNER CHURCH NEWS

It is almost time for the son of our partner church's minister, Elöd Kiss, to leave America and return to Romania and his last year at the University. He has been in Champaign-Urbana, IL this summer working at a MacDonald's trying to make some money for his tuition. After paying back the expenses of coming, he will probably have very little left. The Mankato Fellowship had a luncheon to raise money to help, and will be sending him about \$250.

Meanwhile, back in Benced, they have a problem. The church bell fell and broke! As I have said before, the bell is very important to the community, as it tells the farmers out in the fields when the cows are coming home and when it is time for them to leave; it calls people to church and other gatherings; it announces deaths and funerals; etc. It is vital part of communication in the small rural villages.

## Take Time.....

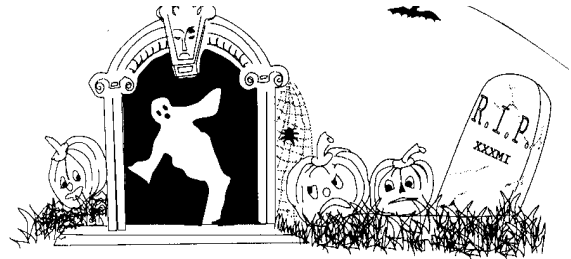
*Take time to live,  
it is the secret of success.  
Take time to think,  
it is the source of power.  
Take time to play,  
it is the secret of youth.  
Take time to read,  
it is the foundation of knowledge.  
Take time for friendship,  
it is the source of happiness.*

## CHURCH HAPPENINGS

The **Lunch Bunch** will meet at 11:30 a.m. at the Cornerstone Cafe on South Minnesota Street in New Ulm on Monday, October 14. Everyone is welcome to join--this is not a closed group!



The Benced church has asked if we might be able to contribute toward getting a new bell. We might think about ways we could raise some money to help with this project. If you have any ideas, please let Sarah know.



## CHURCH LIBRARY

Over the summer, some new books were put on the shelves of the church "bookcart" library. These are available for loan, so stop and check them out!

### THE COST OF WAR

As we seem to be moving toward engaging in another war with Iraq, it is perhaps useful to consider the cost. Some government official mentioned the possibility of it costing a trillion dollars. For one trillion dollars, one could build a \$75,000 house, place it on \$5,000 worth of land, furnish it with \$10,000 worth of furniture, put a \$10,000 car in the garage, and give all of this to every single family in Kansas, Missouri, Nebraska, North and South Dakota, Iowa and Minnesota (the Prairie Star District.)

Having done this, you would still have enough money left to build a \$10 million library in each of 250 towns in the eight-state region. After having done all that, you would still have enough money left to build 500 schools at \$10 million each for the communities in the region. And after that, you would still have enough left over of the original trillion to put aside, at 10% annual interest, a sum of money that would pay a salary of \$25,000 per year for an army of 10,000 teachers, that same salary for 10,000 nurses, and an annual cash allowance of \$5000 for each and every family throughout the region--not just for one year, but forever.

-William Sloane Coffin,  
Passion for the Possible