



# MERE LYS newsletter

Nora Unitarian Universalist Church

JUNE 2007

## VIEW FROM THE HILL

*Praxis* is a fifty-cent way to describe how human beings learn. The idea is that we learn by experience, but only after we *reflect* on what we've experienced. So, at the risk of oversimplifying things, praxis looks like this: experience – reflection – experience. We live and choose; we think about what we've just lived or chosen; then we live and choose again, deciding if we want to have that experience or make that choice again.

Example: Suzie puts her hand on stove burner. Her experience isn't very pleasant, so the next time she thinks about touching the burner, she pauses. She remembers her first experience. Suzie knows something she didn't know when she touched the burner for the first time. Her next experience with a hot burner depends on what she does with the first. In between is that stage where she thinks about whether to make the same choice or do something else: experience – reflection – experience.

As I write, I'm waiting to have surgery to repair a ruptured Achilles heel. When the invitation to play a little pick-up basketball came, I said yes. The next time I'm invited to play basketball, no matter how much I miss it, I think I'll say no.

The reason I'm bringing this to you as we wind up this church year, is that the experience of injury has reintroduced me to crutches and a wheelchair. I'd forgot-

ten how difficult even the most simple of tasks can become when a body is injured or aged. I'd forgotten how frustrating it is to be limited by physical impairment. I'd forgotten that health is a gift, not a right.

Every day, everywhere, folks are living with the loss of mobility and options and wellness. Bodies break down. Minds can, too. This goofy injury of mine will likely heal, allowing me to return to my usual functions. But I'm resolved to remember what it feels like, this place of limitation and accompanying frustration. I will not forget the love-hate relationship one develops with crutches or wheelchairs.

We'll all have new experiences to share when we gather again come August. Perhaps we'll travel, try new things or meet new people. I'd like to plant this seed as you go about your summer: Have empathy for that soul holding onto a walker. Be patient with the one who shuffles while you try to glide on by. Extend compassion for that woman or man whose world is shrinking on account of age or illness or injury. Walk a proverbial mile in someone else's shoes.

Here's to life's lessons, one and all, the painful ones as well as the joyful ones. They soften and shape us. They give us insight, too.

Wishing you a summer full of learning,  
Don



MidWest Leadership School  
the Resource for Training Programs

July 21, 2007 - July 28, 2007  
Beloit College Campus, Beloit, Wisconsin

UU leadership schools exist to continue the tradition of fostering effective adult lay leadership in the UU community for people ages 18 and older.

Registration is open to applicants from and recommended by the member congregations of the three sponsoring districts and to seminary students not yet in candidate status

Complete information & registration can found on their website: [www.yymwls.org](http://www.yymwls.org). Information is also on the bulletin board.

## SECOND SUNDAY OFFERING

Loose change on the 2nd Sunday of each month will go to "Food For All"

## SOULFUL SUNDOWN

LOCATION CHANGE: Soulful Sundown will be at Rebecca Aadland's home, 1809 Ashland Rd., New Ulm. (Google or call Rebecca for directions.) at 7:30 PM. Please come and join us. This will be our last event until September.



## SOCIAL JUSTICE NOTES

Our next "Food for All" is Saturday, June 9th. If anyone is willing to help, contact one of the SJ committee members so we can car pool rides. We'll Meet at the church at 8 AM to go to First Presbyterian in St. James.

## BOARD NOTES



The Board of Trustees met Wednesday, May 9, at Nora Church. Treasurer Sally Hanson said it looks as if the church fiscal year will end in the black judging from past expenditures and income for the month of June.

The board received reports from the Buildings & Grounds, Membership, and Religious Education committees. The Buildings & Grounds workers are preparing to replace the screens on the parsonage porch. The RE committee is regrouping classes and will have a Coming of Age group next year. The committee would like to create a program for post-Coming of Age youth to keep them involved in the church. The Membership Committee is refocusing on growth in membership and will meet again in June.

Rev. Rollins suggested the Board consider acquiring a defibrillator for the church. Sheldon Rieke and Julie Sellner will check out sources and costs. The next board meeting will be at 6:30 p.m. June 13 at Nora Church.

## NOTES FROM THE BOARD PRESIDENT

It's time for summer vacation, but no vacation is totally work free. While none of us will be showing up at Nora for Sunday morning worship in July, some will still be working on things to get Nora ready for the fall. Please remember this if you get an email or phone call asking for a little of your time. It's thanks to that work behind the scenes that Nora will be ready to move forward come the fall. Have a great summer !!

## ANNUAL REPORTS

Our Annual Meeting will be on June 10th following the morning service. If you haven't turned your report in to Cindy, do it ASAP.

## BRAVOS FROM THE BOARD

Have you noticed the sparkling windows in church, the tidy church grounds, and other signs of spring cleaning? Thanks to all who pitched in on Clean-up Sunday. A lot of people did a lot of heavy lifting and polishing to keep things looking great. And who do you think of as first to come to work and last to leave: Carol and Alon Chambard. The Board thanks them for their dedication to Nora. Another vote of thanks goes to Doug Anderson and the committee for their work on the Pledge Drive. If you forgot to return your pledge card, you'll be hearing from them!



We'll be meeting at DJ's Restaurant in New Ulm on June 27th, 11:30 a.m.. This group is strictly social and is open to all comers. Come join us!!



**WATER TESTING CLINIC**

JUNE 5, 2007  
8:00 a.m. - 5:00 p.m.

TOP 5 REASONS TO HAVE YOUR WATER TESTED

1. Helps protect you & your family
2. Builds an awareness of quality
3. Convenient
4. Minnesota Department of Health recommends annual water testing
5. Free Nitrate Testing

Brown County Extension Office,  
300 2nd Ave. SW, Sleepy Eye  
For more information 507-794-7993

Brown-Nicollet CHS,  
322 S. MN Ave., St. Peter  
For more information 507-934-4140

Brown County Public Health,  
1117 Center St., New Ulm  
For more information 507-354-4418

Cottonwood Co. Env. Office,  
235 9th St., Windom  
For more information 507-831-2060

**Nitrate Testing**

This service is free.

You will need at least 12 ounces of water. Please mark your bag or clean container with the following information:

Name, Address, Phone Number, township and county.

**Bacteria Testing**

There is a \$10.00 charge for this service. You will need to call our office so we can send you a sterile bag to bring your sample in and instructions.  
(800) 931-4140 or (507) 934-4140

**UUSC announces 2007 Civil Rights Journey**

UUSC is excited to announce the 2007 Freedom Summer: A Civil Rights Journey, a JustWorks camp that will take you to the most significant sites of the civil rights movement.

Join UUSC for the fourth annual Civil Rights Journey to Atlanta, Selma, Montgomery, and Birmingham, July 7-14, 2007. During this intergenerational trip, we will travel together by bus to visit historical sites that were significant to people who worked, often at great personal peril, to register new voters during Freedom Summer 1964. Participants will also hear inspirational stories of people who were there.

The Civil Rights Journey will conclude with electoral-related skills training that will equip participants to return to their communities and campuses as activists.

Freedom Summer 2007: A Civil Rights Journey (intergenerational 14 and over), fee \$500 (includes airfare to and from Atlanta). For more information or to sign up, contact Nguyen at 800-388-3920, ext. 201, or download an application online at [www.uusc.org/freedomsummer](http://www.uusc.org/freedomsummer).

Join us for this or one of our other JustWorks camps, meaningful social justice experiences and action opportunities for people of all ages. For more information, visit [www.uusc.org/justworks](http://www.uusc.org/justworks).

**To Keep In Touch**



Lynn Schmitt, who suffered a stroke. She is at NUMC.



Don Rollins who recently had surgery for a ruptured Achilles heel.



Please keep our military personnel in your prayers. They need our support.





## RELIGIONS EDUCATION

Please join us for our End of the Year service on June 3rd., titled, "It's Good to Ask Questions." The children will be leading the service. The service will include a skit by the children and the Sunday School teachers will be recognized and thanked. We hope you can make it to church on the 3rd.

There have been an extraordinary number of volunteers to teach Sunday School this year. Thank you all so much. It has been a great way for the kids to get to know more adults, and for the adults to get to know the kids. If you taught this year, you discovered how easy it is - so please consider volunteering again next year.

Fifty-three people attended the Twins Game on May 12th.. Everyone seemed to have fun despite the Twins' loss to the Tigers. If you went and had a good time and want to do this again, please let Anne, Julie or Sheldon know. Or if you wanted to go and missed the game, let us know that too. If there's enough interest, we'll do it again.

The Youth RE Committee met on May 7th.. We are in the process of planning for next year. A major topic of discussion was Coming of Age. The past Tweeners will begin the Coming of Age program this next Fall. The program will be two years. The first year the kids will meet on Sunday mornings during the Sunday School time. The second year, they will meet two Wednesdays a month. We are in the process of looking for a curriculum. Coming of Age families will receive a letter shortly about the program.

**We are looking for more people to join the Youth RE Committee. We generally meet three to four times a year to plan Sunday School and other youth events throughout the year. So if you would like to have a say in the youth programming, we would love to have you join us. And if you thought teaching Sunday School was easy, this is even easier. We really are looking for some parents to be on the committee. Please talk with Anne if you are interested.**

Have a great Summer ! Sunday School registration will begin with our first service on August 19th through September 9th.. Our first Sunday School session will be the third Sunday in September, the 16th..

We all care deeply about our children. They are our greatest hope and joy. Nothing we do should put them in harm's way. We have been asked to share information about two new state laws that offer additional protection for our children:

### **DID YOU KNOW? Adults can now be SUED if they provide alcohol to someone under 21.**

The minimum drinking age in the United States is 21. In Minnesota, if adults provide alcohol to someone under 21 (not their own children) they could:

- ⇒ **Go to Jail**
- ⇒ **Be Fined**
- ⇒ **Be Sued**

Two laws led to these consequences:

**1) Kevin's Law** provided for criminal felony charges (jail and/or a fine) for providing alcohol to someone under 21 (if harm or death resulted).

**2) The Civil Cause of Action Law** Was passed to discourage adults from providing alcohol to anyone under age 21. Any adult, age 21 or older, can be held liable if the intoxicated underage individual causes damage to themselves, others or property, if the adult:

- Provided alcohol to someone under 21
- Had control over the premises and knowingly or recklessly permitted such consumption.

We care about you and your family. Share this with others and take care of your family and friends.

## CHANGING LIGHT BULBS

*We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote the following seven Principles:*

1. The inherent worth and dignity of every person;
2. Justice, equity and compassion in human relations;
3. Acceptance of one another and encouragement to spiritual growth in our congregations;
4. A free and responsible search for truth and meaning;
5. The right of conscience and the use of the democratic process within our congregations and in society at large;
6. The goal of world community with peace, liberty, and justice for all;
7. Respect for the interdependent web of all existence of which we are a part.

*The living tradition which we share draws from many sources:*

- Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
- Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
- Wisdom from the world's religions which inspires us in our ethical and spiritual life;
- Jewish and Christian teachings which call us to respond to god's love by loving our neighbors as ourselves;
- Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;
- Spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

Grateful for the religious pluralism which enriches and ennobles our faith, we are inspired to deepen our understanding and expand our vision. As free congregations we enter into this covenant, promising to one another our mutual trust and support.

How many people does it take to change a light bulb?

Charismatic: Only one. Hands already in the air.

Pentecostals: Ten. One to change the bulb, and nine to pray against the spirit of darkness.

Presbyterians: None. Lights will go on and off at predestined times.

Roman Catholic: None. Candles only, but they must be bees wax candles.

Baptists: At least 15. One to change the light bulb, and three committees to approve the change and decide who brings the potato salad.

Episcopalians: Three. One to call the electrician, one to mix the drinks and one to talk about how much better the old bulb was.

Mormons: Five. One man to change the bulb, and four wives to tell him how to do it.

Unitarians: We choose not to make a statement either in favor of or against the need for a light bulb. However, if in your own journey you have found that light bulbs work for you, that is fine. You are invited to write a poem or compose a modern dance about your light bulb for the next Sunday service, in which we will explore a number of light bulb traditions including incandescent, fluorescent, three-way, long-life and tinted, all of which are equally valid paths to luminescence.

Methodists: Undetermined. Whether your light is bright, dull, or completely out, you are loved. You can be a light bulb, turnip bulb, or tulip bulb. Church-wide lighting service is planned for Sunday. Bring bulb of your choice and a covered dish.

Nazarene: Six. One woman to replace the bulb while five men review church lighting policy.

Lutherans: None. Lutherans don't believe in change.

Amish: What's a light bulb?

# MAKE YOUR OWN SUNDAY

You know how to make an ice cream sundae, right? First you need something to put it in, like a bowl. Then you put in the ice cream and next, add all your favorite toppings—chocolate or strawberry syrup, nuts, whipped cream, cherries—maybe even gummy worms. With great ingredi-

ents, the sundae all blends together to make one amazing dessert you designed yourself. Well, making your own Sunday (with “ay” not “ae”) worship service is not so different. Imagine a giant container—Unitarian Universalism! Hope and possibility! In your Sunday service you’ll fill your imaginary UU container with the very best goodies. Get a few people together and you’re ready to begin planning. Here are four ingredients you’ll need:

## WORDS

In a Unitarian Universalist service, words are like the ice cream. Begin with words that invite everyone into the gathering space. You can write your own opening words, as they are called, about the reason you are having the service, or read a short poem, or just say “welcome.” Later in the service you can use more words to preach a sermon, reminding people (and yourself!) about something that’s important in our world. If you put stories in the sermon, you help your listeners feel their feelings, think their thoughts, and feel connected in spirit—or to what some people call God. Poems are good too. End the service with words that send people back out to their lives feeling love and hope and wanting to be the best people they can be. Remember though, too many words in a Sunday service is like too much ice cream in a sundae. Leave room for...

## BEAUTY

Beauty is like syrup poured all around the service. You might put beautiful things on a table, display artwork, or choose a place of natural beauty outside for your service—as long as it’s a place that everybody can get to and can be safe and comfortable.

## MUSIC

This is an essential topping that spreads throughout the whole service. Music has power in worship like nothing else. Soft, quiet music puts us in a thoughtful, dreamy mood; jazzy music can make people joyful; rock makes us want to dance. Choose music that fits the mood of your service.

## QUIET

It’s not a Sunday service without this topping sprinkled over your time together. Why? Quiet gives us a chance to slow our breathing down, notice our thoughts, realize how we might help somehow, and feel our hopeful feelings.

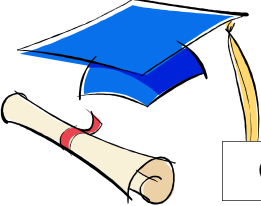

**Put it all together and you’ll have a Sunday service! And with luck, maybe you can make a sundae afterward!**

# NORA CHURCH CALENDAR

## JUNE 2007

Parsonage: 507-439-6240  
Don's cell: 507-276-8464



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <div style="border: 1px solid black; padding: 5px; display: inline-block;">Congrats to Grads!</div>					1	2
<b>3</b> 9:00 Discussion 9:30 Membership Comm. Mtg. 10:00 Social Hour 10:30 RE Service Pot Luck	<b>4</b>	<b>5</b> Program Committee - 6:30 PM @ church	<b>6</b> RE Committee - 6:30 PM @ church	<b>7</b> 7:30 pm - Soulful Sundown - Rebecca Aadland's home	<b>8</b>	<b>9</b> FOOD FOR ALL @ St. James
<b>10</b> 9:30 Discussion 10:00 Social Hour 10:30 Service Congregational Annual meeting (after church)	<b>11</b>	<b>12</b>	<b>13</b> Board Meeting - 6:30 PM @ church	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b> <b>HAPPY FATHER'S DAY</b> 9:00 Discussion 10:00 Social Hour 10:30 Service	<b>18</b>	<b>19</b>	<b>20</b>		<b>22</b>	<b>23</b>
			<div style="border: 1px solid black; padding: 5px; display: inline-block;">UUA General Assembly (Portland, OR) June 20-24</div>			
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> Lunch Bunch DJ's in New Ulm - 11:30	<b>28</b>	<b>29</b>	<b>30</b>

**NEWSLETTER ARTICLES**  
ARE DUE BY THE 20TH OF EACH MONTH.

**WEEKLY BULLETIN ANNOUNCEMENTS**  
ARE DUE BY THURSDAY NOON

cindymo@sleepyeyetel.net  
please be sure to include "NORA"  
in the subject line  
(507) 439-6380

20894 County Road 6, Hanska. MN 56041  
Thanks for your help in getting articles to me.  
Cindy Mosenden, Office Administrator

<b>3</b>	Muffy	POTLUCK Ron & Julie Peck Pat & Laurie Kunert	Doug Anderson - Diane Becken
<b>10</b>	Mimi	Wayne & Janet Johnson	Krist Bodick - Edith Beckius
<b>17</b>	Jordan	Alon & Carol Chambard	Roger & Norma Breu

**DON'S SCHEDULE**

Monday is his day-off and Fridays are reserved for sermon writing. While he continues to have other set commitments, don't hesitate to call to schedule an appointment.



Nora Unitarian Universalist Church  
12333 155th Avenue  
Hanska Minnesota 56041-4310

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June 2007



## Nora Church Sunday Services JUNE 2007

**Social Hour 10:00 AM**

**Worship Service 10:30 AM**

**June 3** "It's Good to Ask Questions"  
It's the end of the year service led by the children.

**June 10** "Where Do You Want to Go?"  
The church year is winding down, but the Board, Committee on Ministry and I are already planning for 2007-08 and beyond. How about you? Where do you want Nora Church go?

**June 17** "Flower Communion"  
Here at Nora, no church year is complete without the distinctly UU service known as the Flower Communion. Please bring a flower or two to be exchanged with others as we symbolize our living tradition of freedom, community and justice.