

Services

Sunday Services

10:30 am

*Streamed on Facebook Live
(or Zoom, as noted)*

February 7

“Full of Wishes”

February 14

**“Not For the Faint of
Heart”**

February 21

“On the Move”

February 28

**“Ashes, Ashes, We All
Fall Down”**

*Guest Speaker: Rev.
Sarah Oelberg, Zoom*

*Join all services on
Facebook Live at 10:30
Sunday mornings or later
on YouTube (or Zoom, as
otherwise noted).*

*Be sure to sign up for our
Grapevine emails to
receive updates, and
changes.*

MERE LYS

February 2021 Newsletter

Nora Unitarian Universalist Church

A View From the Hill

How are you feeling these days? In your body and in your soul?

As I write it has been ten days since an insurrection at our nation’s Capitol resulted in five deaths and left most of our country shaken, and six days since the inauguration of the 46th President of the United States and the first female Vice President, first black Vice President, first Vice President of Asian descent. And of course both of those unprecedented (have you ever heard that word more often than you have in the past year??) events fell in month 13 or month 10, depending how you count it, of a pandemic that has changed, oh, everything about our lives.

Unprecedented events affect our bodies and our spirits—whether the events themselves are longed for and very welcome or shocking and disturbing, or feared. Our breathing, appetite, sleep, heart rate and blood pressure, moods, levels of physical activity, ability to focus—any or all of these might be topsy-turvy. I’m with the chorus of ministers and therapists who say our primary goal right now is surviving the weirdness (unprecedented nature) of this time. Thriving, tackling huge projects (or small projects), making major life-style changes—great, if that works for you, but for most of us, such things are just too much. Right now and for the next several months, as for the past year, getting by is good enough. If the topsy-turvyness of your moods and your physical function is manageable, roll with it without self-judgement or a lot of “shoulding all over yourself”.

But one caveat...

If you watch videos of recent church services very closely you’ll see me rubbing my thumb and index finger together. It’s a relatively new, largely unconscious habit. It drives Lui crazy because with their Ninja-like ears they can hear it. I only realize I’m doing it when Lui complains. It seems to be one of the escape valves that’s helping me survive. It’s one of the things I can roll with (as long as Lui isn’t within earshot). You have your own versions. Whatever gets you through. But excessive alcohol use, inability to get out of bed, online gambling, verbal, emotional, or physical violence—these are things none of us should roll with. If you notice them in yourself or your loved ones, please get help. If you don’t know how or where to ask for help, start by calling me.

Let’s make it through this together, on our own, please.

—Lisa

Sunday Services

Join all services on Facebook Live at 10:30 Sunday mornings or later on YouTube. Program Committee Sundays will be hosted on Zoom.

Be sure to sign up for our Grapevine emails to receive updates, and changes. Sign up by emailing the church at norachurch@sleepyeyetel.net

Wednesday Zoom Meetings

February 3 and 17. Every other Wednesday we'll gather on Zoom at 7:00 p.m. for a chalice lighting and general conversation.

It's not the same as coffee hour or potluck, but it is as close as we are going to get for the time being, and it really does strengthen connections we've all been missing. Please commit to joining in. Clicking on the link sent in Grapevines, on your smart phone or tablet will connect you.

Board Meeting

Please watch for updates on the next meeting.

February 28th Guest Sermon

Ashes, Ashes, We All Fall Down. Reverend Sarah Oelberg will be our guest speaker to wrap up the month of February.

Letter From Ildiko

Dear Friends!

I was so happy reading your letter. We are so happy that You are good, in this hard time too. We are so happy that all your family members, friends are good.

We are too, thanks God, good, all our family members are fine, nobody was sike Covid 19. My parents are good, my father too, and we are so thankful for God. It was a not usually year for us too. Our community programs was end in March 2020. From March 15 until May 15 the churches was closed. We took sermons on internet. It was so hard. We could not take the

A Note From the Treasurer

November Income and Expenses

Income: \$ 2,942.00

Expenses: \$ 8,920.61

Income and expenses presented at the last board meeting. Income does not include memorials and gifts.

community programs for now, and we don't know when could we start.

But thanks God we have a nice Christmas Fest, with family and community.

We wish You health, nice and good Year!

With love, Ildikó and the Family

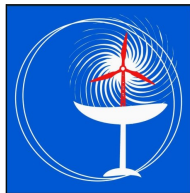
Book Discussion Planned

The Unitarian Universalist Association Common Read for 2020-2021 is [Breathe: A Letter to My Sons by Imani Perry](#) (Beacon Press, 2019). We'll be discussing the book (on Zoom) in mid-to-late-February. (The discussion guide has not yet



Pastor Lisa's Schedule

Pastor Lisa has Mondays off.
Friday is sermon writing day.
She can be reached on her cell
when not in the office:
507-766-7822.



Direct Deposit for Pledges

Direct deposits for pledges become even more pertinent during this time of distance worship.

To initiate this, anyone interested would need to set this up with their bank, much like an automatic payment for a utility or credit card.

If you would like to make electronic pledge payments, please contact Julie Peck for Nora Church account information.

been published but should be out any day). If you'd like to participate, please order the book by clicking the link. Please email the church office with your preference of a one-time discussion or a three session discussion, and whether you prefer a weekday evening or Sunday after service discussion time.

Lisa at Large

In January, in addition to NUMAS Haus board activities, I provided pastoral care to two families in the larger Brown County community. Our ministry (mine and that of the church as a whole) often reaches beyond the confines of this hill. Folks are reading my sermons or watching our service videos online through Facebook or YouTube, and they know we're the place to call when they have spiritual or pastoral needs that other local churches can't provide. So much about church life has changed since last March, but that has not. For 140 years, come next August, Nora Church has been a beacon on the prairie for folks seeking a progres-

sive faith community, and it still is in these unsettling times, through 21st century means. You can be proud of what your forebears built and you have sustained here.

General Assembly Goes Virtual

General Assembly (GA) is the annual meeting of our Unitarian Universalist Association (UUA). Participants worship, witness, learn, connect, and make policy for the Association through democratic process. Anyone may attend; congregations must certify annually to have voting delegates. The UUA Board of Trustees has passed a resolution making the 2021 UUA General Assembly a 100% virtual event. Let's reach record-breaking attendance June 23-27, 2021!

Registration for virtual GA 2021 is now open! Registration is \$200 per person. Financial support for registration as well as a payment plan are available. General Assembly registrants receive access to the 2021 Online Participation Portal, including live, simulive, and on-demand video content, the virtual exhibit hall, chat features, support, and a (new!) GA mobile app.

[Register now!](#)

[GA Website](#)

Notes from the Nora Office...

Mere Lys Newsletter content due the 20th of each month

Since there will be no printed orders of service, please send announcements for Grapevines via email, or pass along to Rev. Lisa for me.

Please send content of any kind, for the newsletter and more, to the Nora email.

*Brooke Knisley, Office Assistant
Working from home and in the office Tuesdays or
Wednesdays.*

From the October 1936
Edition of the Mere Lys!

Mt. Pisquah

Beautiful and peaceful, thou storm swept solemn hill,
Where the typhoons of the mind, the wrath of orthodoxism could
not still;

Where the pioneers came for spirituality and not for gold,
Ploding weary way, means now forsaken and scarce told.

Old authority bending its back to religions liberal view,
Leaving little of Norway on the hillside, but the morning glisten-
ing dew;

New convictions were found as old traditions of fate were told,
In years the masks of the past were broken and new souls worn.

Strong hands and willing hearts have built a church for us to gain,
Gleanings from men of courage, wisdom and words of fame;
Toil worn frames and time seared minds found peace in each pew,
They are resting now on yon hill, out of reach of winter cold and
summer dew.

Within those walls were heard words of reverence and consecration,
For wedding feast, at Childs Baptismal fount, and oft times
confirmation;

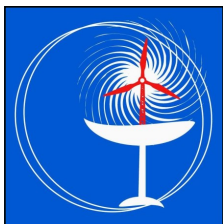
The solemn bell chimes on Sunday Morn, and oft tolls a sad farewell,
To Beyond bound departers, lends its sound — and so it shall.

Hallowed is the ground by the sacred steps of friendly feet,
The fortune came to some but once, others came often to meet;
The Sermon and Service, conferences and candle-light,
Bring lingering memories to wayward mind, in the hurry of day,
And the soul-tranquil night.

Reverent place of white church, with graveyard on the hill behind,
Where slumber alike the rich and poor, strong of hands and power
of mind;

The steps of friend, sound of voice and Music that re-echos sweet,
Combine in ever sacred whole, there were upward faces to greet.

Arne Larson.



Nora Unitarian Universalist Church

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