



White
Bear
Unitarian
Universalist
Church

THE WEEKLY NEWS

February 25 - March 3, 2018

328 Maple Street | Mahtomedi, MN 55115 | Phone: 651.426.2369 | wbuuc.org

TODAY

9am & 11am Worship Service—Sanctuary
9am & 11am Religious Education—Wheatley
10:10am Youth Choir Rehearsal—Foote

AFTER SERVICES

12:30pm Gender 101 Workshop—Wheatley
See box at right.

TONIGHT

4:00pm Show Your Soul: A Gathering—Sanctuary
See box at right.

AFTER SERVICES TODAY

Walk-ins Welcome! Gender 101: Fostering Justice, Equity, and Compassion for All Genders
12:30pm to 2:30pm—Wheatley

with Catherine Charles Hammond

In this lively and informative workshop, we will start with the basics and cover vital knowledge for understanding gender diversity along with “dos and don’ts” you can start practicing today to help build a safe, equitable world for people of all genders. See more on p. 2 of the order of service.

THIS WEEK

Tuesday

7:00pm Men's Group—Quiet Room
7:00pm Adult Children/Alcoholics—Whitney Young

Welcome Table Wednesday

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5:30pm Wednesday Night Dinner—Social Hall

Menu: Shepherd’s Pie (Beef or Vegetarian),
Salad, Bread, and Dessert

6:30pm Wednesday Night Forum—Wheatley

Searching for a New DCC | Director of Religious Education Amy Peterson Derrick will provide information about the search for a new Director of Congregational Community position that will combine the youth and membership coordinator positions.

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5:30pm Youth Programming—Iowa Sisterhood

6:15pm Choir Rehearsal—Sanctuary

6:30pm Homework/Soulwork—Dietrich

8:00pm Young Adult After Hours—Off Site

Thursday

1:30pm Women in Transition—Wheatley

2pm Land Stewardship Committee—Alcove

Saturday

4:30pm Family Skate Event—Off Site

7:30pm Joyful Noise: The OK Factor—Sanctuary

TONIGHT



SHOW YOUR SOUL

a gathering

4:00pm in the Sanctuary

We will gather in the sanctuary for a contemplative service that combines writing and art from WBUUC’s *Show Your Soul* online journal along with music from member musicians and periods of silence. We will reflect on the soul work of nurturing life in this season of hibernation. Come to nourish your soul and build community together. Please join us in this, the second of three contemplative services to be held throughout the year.

Justice



WBUUC Week at Family Shelter

Volunteers are needed for Hope for the Journey Home, a family shelter located on the campus of Guardian Angels Church in Oakdale. Save the dates: WBUUC's weeks are February 25 - March 3 and March 4 - 11, 2018. Sign up in the Social Hall.

JRLC'S Day on the Hill

Tuesday, March 13, morning through afternoon. State Capitol and Central Presbyterian

Each year JRLC (Joint Religious and Legislative Coalition), a statewide interfaith justice advocacy group of which WBUUC is a member, sponsors a Day on the Hill. Legislative focus this year is on poverty and inequity. Details: From morning until mid/late afternoon. Participants are briefed on issues, and then visit their legislators. Lunch provided. Free parking. Learn more at jrlc.org/day-on-the-hill or contact WBUUC member Jane Bacon (janegbacon@msn.com). Carpools can be arranged.

NorthStar Needs

Our congregation generously supports the NorthStar Youth Outreach Center for homeless teens and young adults with clothing, food, personal care items, supplies for showering and doing laundry. Currently, the center needs of the following:

- Juice boxes
- Single serve microwave-able meals
- Individual cereal items
- Boxed cereals
- Hot chocolate packets
- Other snacks - granola bars, etc.
- Women's Sanitary products
- Deodorants
- Body wash
- Laundry detergent
- Haircare products designed for African American women

Please place donations in the cart in the Social Hall. Thank you for your generosity.

Support Affordable Housing

Currently, nearly 100,000 households in the metro area pay over half their income for housing. As lawmakers begin crafting this year's bonding bill, we have an opportunity to help address the serious shortage of affordable housing in our state. Contact your legislators to advocate for the bonding agenda of the Homes for All coalition. Additional information is available at the Social Action table in the Social Hall. Contact Janet Urbanowicz, jurban65@gmail.com. See micah.org.

Lifespan Spiritual Development for Adults

Men's Retreat - Save the Date - April 13 to 15

Twice each year we go to the Audubon Retreat Center in Sandstone for a weekend of great food, discussion topics and 500 acres of trails and lakes. Open to all WBUUC men, members or friends, involved in Men's Programs or not. Cost is usually around \$125 for meals and lodging. Scholarships available. For more information contact Steve Kahn, 651.383.6120 or stevekahn@comcast.net.

Second Monday Discussion Group

Monday, March 12 at 12pm—Courtyard Room

We will be discussing *Al Franken: Giant of the Senate*, by Al Franken. New people are always welcome to join this lively discussion group.

WomenSpirit's March Circle is a Field Trip!

Tuesday, March 13, 7:30pm, Rosedale 14

WomenSpirit is taking a field trip to Rosedale 14, where we'll view *Walk With Me*, a film featuring Thich Nhat Hanh. Please contact Carol Marsyla at carol.marsyla@comcast.net or 651.253.4200 if you are interested in joining us. The cost of the film is \$10.50.

Religious Education for Children & Youth

Wednesday Night Programming

***For Babies and Toddlers:** Nursery Care provided by our loving staff from 6:15pm to 7:45pm.

***For School-age Children:** Homework/Soulwork—Spiritual practice, homework help, and crafts from 6:30 to 7:30pm. Interested in tutoring or sharing your spiritual practice? Contact dre@wbuuc.org.

***For Teens:** Grow and serve with PeaceJam, YAC, social justice projects, and other opportunities. For more information contact youth@wbuuc.org.



**Family Skate
Event
All Ages
Saturday, Mar. 3
4:30- 6:30pm
at Saints North
in North St. Paul**

Join us for an evening of fun with other WBUUC families! \$3/person, \$12 max/family. Gift Shop and snack bar open. Skates included. Rollerblades and Laser tag are available for an additional fee. Under 18 must be accompanied by a parent. No permission slip is required. Tickets available at the door. RSVP at bit.ly/familyskateevent.

Upcoming Wednesday Night Forums

Every Week | 5:30pm Dinner | 6:30pm Forum

Feb. 28 | Searching for a New DCC

Director of Religious Education Amy Peterson Derrick will provide information about the search for a new Director of Congregational Community position that will combine the positions of half-time youth coordinator and half-time membership coordinator and will start in the fall.

Mar. 7 | Immigration Forum: Scarlett Gonzalez Mejia

Scarlett Gonzalez Mejia, Sexual Assault Advocate at CLUES (Comunidades Latinas Unidas En Servicio) will share her personal experiences immigrating to United States and other topics such as race, ethnicity, and xenophobia.

Mar. 14 | George Boody from the Land Stewardship Project

Guest speaker George Boody of the *Land Stewardship Project* will be discussing the topic of carbon sequestration into soil based on methods of sustainable agriculture. What is the capacity of agricultural soil to hold carbon, and remove it from the atmosphere? Let's learn together at this forum sponsored by the Global Climate Change Committee.

Mar. 21 | Promoting Sensible Gun Laws

The Gun Sense Action Group will bring attendees up to date on current and proposed gun legislation in the state and provide concrete advice on how to contact and influence their legislators.

Music and Arts

Read 50 Years of This I Believe Talks!

Have you seen our new *This I Believe* web page? You can view 50 years-worth of WBUUC member "This I Believe" talks here at wbuuc.org/this-i-believe. It's an amazing array of beautiful ideas and beliefs transcribed for posterity. Be sure to take some time to get to know your WBUUC forebearers and current members better.

Sharing Your Creative Side

Gallery Show: Now through April 1

Pick-up: After the 9am service on April 1

The artwork currently on display is all creations by WBUUC members and friends.

Your Art and Writing Reflections Wanted

Visit the *Show Your Soul* web page at wbuuc.org/show-your-soul. For this month's theme of Disruption read poetry by Jean Doolittle and view a beautiful photograph by WBUUC member Ken Stewart. All submissions are accepted at any time. Guidelines for submission can be found at: wbuuc.org/submission-guidelines. **ALSO NEEDED: submissions for March's theme: SOULWORK: The Practice of Centering.**

Community Announcements



UUA GENERAL ASSEMBLY

"I'm Going to Kansas City, Kansas City Here I Come!"

Will you join me? General Assembly, the annual meeting of the Unitarian Universalist Association, is June 20 - 24 in Kansas City, MO, close enough to drive. You will meet UUs from all over and be inspired by speakers and music. Registration opens March 1st with scholarships available during

March. Let's send a delegation! Contact Jane Bacon (JaneGBacon@msn.com) for more information. (Yes, that quote is from Fats Domino.)

Jill Heaberlin Published in Quest

Congratulations to WBUUC member Jill Heaberlin whose piece, "From Dust Thou Art, and to Dust Returneth" was selected for the Church of the Larger Fellowship's monthly publication, Quest. To read her work, click www.questformeaning.org/quest-article/dust-thou-art-dust-returneth. Church of the Larger Fellowship is a congregation without walls, connecting people all over the world for spiritual growth, worship, learning, and mutual support. CLF's many ministries nurture depth and meaning in places as diverse as family dinner tables, prison cells, and military mess halls.

Shout Out to Snowbirds!

If you or others you know expect to fly away this winter to warmer climes, or if you've already done so, please let us know. Your Board and Lead Minister hope to welcome you back in May with a "Snowbird Reunion." We'll share a lovely meal together and bring you up to date on all that's been happening here at WBUUC while you were gone. Contact Victoria (vsafford@wbuuc.org) and we'll put you—or your friends—on the invitation list for the Snowbird Reunion on Sunday evening, May 20. No parkas, snowshoes, mukluks, or mittens allowed! We hope you'll bring news of other UU congregations you've visited, and allow us to warmly welcome you home.

Volunteer Opportunities

Homework/Soulwork Needs Volunteers

Wednesdays 6:15-7:30pm

Our Homework/Soulwork program on Wednesday nights is an opportunity to explore spiritual practices like yoga, art, meditation, and building alongside our children. Sign up to help lead this circle; training, supplies, and calm atmosphere provided. Contact Director of Religious Education, Amy Peterson Derrick at dre@wbuuc.org.

Religious Education Is Looking for Help Inclusion Buddies | Sundays 9am & 11am

Be a church buddy! We are looking for a few extra Sunday morning volunteers to attend Religious Education activities on an occasional basis to help

us create safe and welcoming spaces for children with special needs. For more information, contact Amy Peterson Derrick at dre@wbuuc.org.

Snow Shovelers STILL Needed

The average snowfall in St. Paul for the month of March is 9.9 inches*! Staff members shovel sidewalks on the church grounds, but occasionally need extra or back-up help. Please contact Anna Gehres, agehres@wbuuc.org if you are willing to be on a list of people to call when we need shoveling.

Last Week at Church



Thank You, Carol Caouette

On Sunday, February 18 we honored Carol Caouette for 20 years serving WBUUC. To commemorate her time here, she received a moyo drum (below).



The OK Factor

and Friends



White Bear Unitarian Universalist Church | 328 Maple St, Mahtomedi, MN 55115

Join The OK Factor for an evening of folk-inspired music! The OK Factor, a new-classical crossover duo comprised of Olivia Diercks (cello, Luther College '13) and Karla Colahan (violin, Luther College '13) will perform their original compositions featuring folk-inspired music influenced by Americana and Irish fiddle styles. They will be joined after an intermission by Dan Fernelius (violin, Luther College '13) and Sean Dostal (viola, Luther College '12) to offer quartet arrangements of OK Factor compositions and folk favorites such as "Shenandoah" and Mark O'Connor's "Appalachia Waltz."

Mar. 3 | 7:30pm @ WBUUC



Tickets available at
wbuuc.eventbrite.com

Reserved: \$30
Main Floor: \$25
Balcony: \$20

• 2017-2018
joyful
noise

An Arts and Concert Series
at White Bear UU Church

Light refreshments—snacks, punch, and wine—will be available. Donations to defray the costs will be appreciated.

9/11 MEMORIAL SCHOLARSHIP



White Bear Unitarian Universalist Church & New Directions, Inc.

The 9/11 Memorial Scholarship (for the 2017-2018 school year) is being offered by White Bear Unitarian Universalist Church, with the assistance of New Directions, Inc.

We will award a scholarship of \$2,500 for post-secondary education on the basis of contribution to the community, financial need, scholastic achievement and an essay that answers the question: **How will you use your education to make a positive difference to those you will touch in your future?**

Application Deadline:

A printed and signed copy of your application and transcript must be submitted by **5:00pm on Thursday, March 15, 2018.**

Mail to: White Bear Unitarian Universalist Church
328 Maple St
Mahtomedi, MN 55115

Who is Eligible?

Any student who from Mahtomedi High School, White Bear Lake Area High School or any student from a Twin Cities Unitarian Universalist Congregation who will graduate during the 2017-2018 school year.

Directions – To Be Completed by the Student:

1. Download the application at bit.ly/9-11scholarship or pick one up in the church office.
2. Your application will only be considered if it is typed and complete.
3. All pages are to be completed by all applicants and are part of your application, along with your essay (typed, 500-700 words), and a transcript. **A printed and signed copy of your application and transcript must be received by 5:00pm on Thursday, March 15, 2018.**

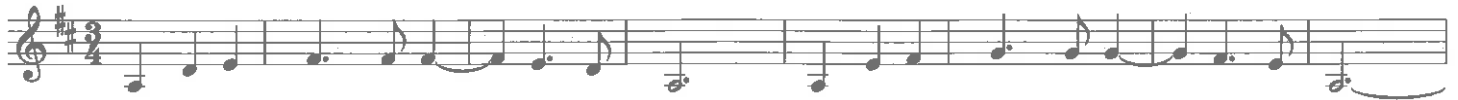
Mail to: White Bear Unitarian Universalist Church
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4. A transcript must be submitted with this application.
5. You are welcome to submit one or more letters of recommendation, but this is not required.

We Are Enough, We Are Not Enough

Kelli Clement

Kelli Clement



I am e - nough, I am not e - nough. I am e - nough, I am not e - nough.
You are e - nough, you are not e - nough. You are e - nough, you are not e - nough.
We are e - nough, we are not e - nough. We are e - nough, we are not e - nough.



I give help when I can, there is help for me, I am e - nough, I am
Oh friend, here is my hand, I will help you through. You are e - nough, you are
There is strength in our bond, we have room to grow. We are e - nough, we are



not e - nough.
not e - nough.
not e - nough.

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We Are Enough, We Are Not Enough

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I am e - nough, I am not e - nough. I am e - nough, I am not e - nough.
You are e - nough, you are not e - nough. You are e - nough, you are not e - nough.
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Oh friend, here is my hand, I will help you through. You are e - nough, you are
There is strength in our bond, we have room to grow. We are e - nough, we are



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Park at the District Ed. Center—Ride the Shuttle

As you know, our church parking lot is quite small and we prioritize those spots for families with small children, folks with physical needs, and visitors. We ask most of you to park in the District Center at the corner of Maple and Mahtomedi Avenue and let us shuttle you to church and back to your car after the service. No need to deal with the elements at all. It's the warmest and safest way and it's even a chance to meet a new person or two.



Most important, it is part of our plan to be a welcoming community.

Try it once and you will be hooked. And if you are a regular shuttle taker, please consider joining the ranks of shuttle drivers. Here is the link to sign up:

bit.ly/WBUUC-Shuttle

For more information, please contact Steve Kahn at stevekahn@comcast.net.

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