

November, 2003

The Unitarian Universalist Fellowship of La Crosse Newsletter

Sunday Services: Program at **10:00 AM** followed by refreshments at **11:15 AM**, Southside Senior Center, 1220 Denton Street, La Crosse, WI

Fellowship Mailing Address: PO Box 2676, La Crosse, WI 54602-2676

Message Center: 608-796-9993

Web site: www.uulacrosse.org

Upcoming Programs

November 2 – “Divination.” All cultures have some activity by which individuals seek guidance, solve problems, and communicate with what they hold to be special or divine wisdom. Whether divination is done by an African sangoma reading the bones, a dowser searching for water with a forked stick, a Christian Pentecostal possessed by the Holy Spirit, or a “New Ager” reading tarot cards, the practice is often misunderstood and maligned.

Ruth Crocker will give a brief introduction to the history and practice of divination along with an examination of various scholarly and cultural attitudes about the topic. She will talk about the role of gender in divination, and relate this to larger cultural issues of creativity, knowledge, power, and control. She will compare common Western cultural stereotypes with evidence showing that many diviners are mainstream, highly functional, and highly creative persons who make a positive contribution to society. Ruth will explain how divination can be an important transformational and healing practice for everyone.

Ruth Crocker is an experienced teacher and public speaker with training in both the visual arts and psychology.

November 9 - “Escaping Inner Prisons Through Transmutation.” The search for inner freedom and a fully drawn breath is the work of a lifetime. Many times, inner prisons, created by emotional and psychological distresses prohibit us from finding our true freedom. **Keith Belzer** will explore the various ways in which we create our own metaphoric prisons. At the end of the service, Keith hopes to lead a prison-break among some of the inmates. *Choir Sunday.*

Please join us for a potluck lunch following the service.

November 16 – “Empowering the Correctional Client to Change through Cognitive Intervention.”

Presented by **Shelby Martin**. Shelby has been a Probation/Parole Agent with the State of Wisconsin Department of Corrections since 1992. Her specialty is Cognitive Interventions.

November 23 - “The Transient and the Permanent in Unitarian Universalism.” Presented by **Rev. Ted Tollefson**, Visiting Minister at the UU Fellowship of Northfield (MN), and Director of the Mythos Institute. *Choir Sunday.*

Rev. Tollefson will lead a workshop after the service. See page 2 for more details.

November 30 – “The Benefits of Yoga.” Yoga is a Sanskrit word that literally means yoke. The practice of Yoga is the practice of yoking together or unifying body and mind, which really means penetrating into the experience of them not being separate in the first place. The spirit of yoga is the spirit of self acceptance in the present moment. The idea is to explore your limits gently, lovingly, with respect for your body.

Pat Scowcroft is a 1987 graduate of the University of Wisconsin at Stevens Point with a degree in Psychology. She is in her 38th year of hospital experience as a registered nurse. She is currently employed by the Gundersen Lutheran Medical Center in La Crosse, Wisconsin, where she serves in two roles, part time as a cardiac nurse on 6 West and part time as a Nurse Clinician in the Mindfulness-based Stress Reduction and Relaxation Clinic.



Music News

By Becky Post

The UU choir will sing on November 9th and 23rd.

We rehearse the Sunday mornings that we sing, from 9:15 until 9:50 AM at the Denton St. meeting place.

We also have one evening rehearsal each month. Our next evening rehearsal will be Wednesday, November 19th at 7:00 PM at Becky's,

New singers are welcome to join us. For more information call Becky Post at _____ or Eric Kraemer at _____

Religious Education Wish List...

By Kim Cobb

Still looking for large cans...

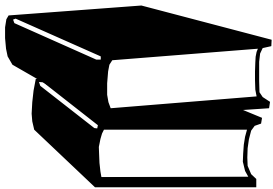
We're still looking for large cans (like coffee, or other "bulk" size) for a lesson for the Acquiring Group. Please bring your in and give them to Kim Cobb or Connie Long. Thanks!

In search of your cast-off electronics!

The RE committee would like to incorporate additional media options into our classes. That's a fancy way of saying we want another boom box or two and a combo TV/VCR! Before we buy new, we wondered if anyone has working units that could be loaned, donated, or purchased! Please contact Kim Cobb () if you have something that might work. Thanks!

Do you get the Sunday La Crosse Tribune?

If so, it may be that you could help out the RE program! Michael's Craft store has a coupon every week for a percentage off one item. That goes a long way towards stretching our budget. If you don't plan to use yours, just bring that day's Michael's flyer to the Sunday service and we'll put it to good use! (Sometimes they just run an ad - you might see it there.) Please give it to Connie Long. Thanks!



UU Kid's Library Update

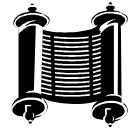
By Liz Spangler

We have acquired the books for the, "Holy Curiosity" curriculum. Now I am calling UU kids in all classes parents, members, and

friends to consider recommending some of their favorites for our collection. You may wish to donate a book or two that you have grown out of, but please don't give up a favorite. Just recommend it or purchase it for us or let us buy it. A person's own book collection is very special.

Books that tell a story that demonstrates one or more of our seven UU principles would be good choices. For example, I am donating, "The Story of Ferdinand" about the little bull who wouldn't fight in the bulls ring. He would rather be sitting peacefully under the cork tree. So talk to me Sunday mornings with your ideas for books or get on the computer to me at:

Visit our Web site:
www.uulacrosse.org



Updates from the Board

By Kathy Schmitzius

Board Notes from October 23, 2003:

- j A discussion of how best to supervise employees and give them useful input was held. It was decided to develop a checklist of duties that each employee performs. This would serve as a guideline for substitutes and as information for the Board President whose job it is to supervise the paid employees.
- j A discussion of terms of office for the Board members, President and President-elect, and Committee Chairs led to a referral to the Nominating Committee for a recommendation.
- j A discussion was held as to who should have keys to the Senior Center. A list of who currently has keys is being generated. This item will be held over to the next meeting.
- j The Nominating Committee currently has a vacancy. This is an elected position. The Board informally agreed to leave the position open as most of the work of this committee has been completed for the year.
- j Our next meeting will be November 20, 2003 at Jean Novack's, 7:00 P.M.

Fellowship Provides New E-mail Address for Business Manager

We have set up a new e-mail address to use when you need to contact Helen Fricke, our Business Manager. It is . Please, use this for all future e-mail correspondence with Helen.

**Ted Tollefson Workshop
November 23rd**

The Reverend Ted Tollefson, UU minister and Director of the Mythos Center in Frontenac, MN, will be leading a special workshop for us immediately following the regular Fellowship service that he will be leading on November 23rd.

"Does It Matter What We Believe?" a 90-minute workshop linking our individual beliefs with UU tradition will begin upstairs in the Senior Center at 12: 00 noon. Bagels, hummus, and cream cheese will be available between the service and the workshop. A \$10 donation is requested for the food and workshop; please sign up by telling Ron Malzer you are planning to attend.

f g h j k l e i i a d



Monthly Caregiver

The Caregiver sends cards and flowers to Fellowship members and friends as needed, and helps pass on the word if someone needs cheer or support.

If you know of any member who is ill, has suffered a loss, or is having a rough time and could use cheering, please let the Caregiver know. Fellowship members don't always know of other members' difficulties, but we would like to extend a hand to any of our members and friends in need, so please let us know about your hardships, as well as the joys in your lives.

*The Caregiver for November is Ellen Severson at
or*

If you are unable to contact the monthly Caregiver please contact the Caregiver Coordinator, Liz Spangler at
or

Member News

By Liz Spangler

Dawn Hart is doing much better after her car accident. Keep that recovery going!

Elise Dihlmann-Malzer is one of the fastest runners in the city this fall. Good luck, Elise.

Please welcome our new members, **Elizabeth Bonnett, Jennifer Vacek, and Belinda Weinberg.**

AdventUurers News

By Liz Spangler

The video this month at Franciscan Spirituality Center is "Atanarjuat" (The Fast Runner). Made with an Inuit cast, it is based on a story that is 1000 years old. Roger Ebert gave it four stars. Soup/sandwich supper is at 5:30 PM and video begins at 6:00 PM. Call the Center, 920 Market Street, at 608-791-5295. The date is November 20th.

Bill Katra brought to my attention the Winona Film Society's Fall selections, "Tycoon: A New Russian." showing November 7, 8, and 9 at the Winona Arts Center East 5th Street and Franklin Street at 8:00 PM. Cost is \$6.00. "Spellbound" is being shown on November 21, 22, and 23. Movie trailers, links, and more can be seen at www.winonafilmsociety.org. If there is interest in these films, call Liz Spangler at 1-507-643-6182 and we will try to gather a car pool.

Please let me know about other events that our AdventUurers might enjoy.

Potluck Set for November 9

A potluck lunch will be held after the program on November 9th. Stay and meet some of our newcomers over one of our tasty buffets.



What Would Venus Do?

Venus sends her thanks to those of you who have been bringing flowers and other beautiful items to make our space more attractive.

Venus cultivates beauty and kinship and wants an environment where maximum creative interaction can happen.

"Venus presides over the whole realm of art, and therefore reminds us that the opposite of aesthetic is anesthetic. Either we have a cultivated sense of beauty, or we are asleep."

Caroline W. Casey

Venus is positive that good UUs would not be caught asleep on the job.

Building Workshop Scheduled for November 15

Please mark this date on your calendars! On Saturday November 15 there will be a chance for the entire congregation to meet with Kathy Bureck, the consultant from the Prairie Star District, who has been working with our Building Committee to help us find ways to solve our physical space needs.

Kathy will be in La Crosse to meet with the Building Committee during the day. This will be followed by a late afternoon/early evening meeting for the entire congregation. Dinner will be included. Final details and scheduling are still being worked out, so watch for more specifics as the date approaches.

Your participation in the ongoing process is important, so please save this date, and make an extra effort to attend.

Database Woes a Thing of the Past (We Hope)

Part of the ongoing effort to help Our Fellowship serve all of its members better has been the ongoing database project. In the past year we have worked with three different systems, but we believe that we are now using a database that will allow us not only to print mailing labels, but to keep better records of our members, more easily produce pledge reminders and updates, and produce other mailings to the congregation.

Unfortunately, in the change to the current database some address were temporarily lost from the newsletter mailing list. Membership Committee Chair Madeline Kepner has been working hard with Business Manger Helen Fricke to correct the newsletter mailing list. If you did miss a newsletter over the summer, we apologize. If you find that there is still a problem with your mailing label, or you know of any member who suddenly stopped getting our newsletter over the summer, please let membership chair Madeline Kepner know, so we can correct the error.

Our Fellowship's Social Justice Committee provides this series of newsletter articles highlighting various social justice issues. These articles are intended to raise awareness and stimulate thought and discussion. Opinions expressed are those of the author, not necessarily of the Fellowship or of the Social Justice Committee. Ray Starrett provides this month's article.

What's Fair?

By Ray Starrett

In the last two decades the concept of a "global village" has become much more meaningful to me, as it has to many people. I remember a statement I read nearly 20 years ago that was a significant turning point in my perspective of being a member of a global society. The statement is in the writings of Ervin Laszlo, a systems theorist, and argued that all the people in the world could not live as Westerners do because there are simply not enough natural resources. That observation struck me as one of the most unfair aspects of world affairs that I could imagine. Since then I have read similar statements as well as counter arguments, but the force of the statement and my belief in the fundamental truth of it remains. For me, the next logical question was and still is "What is my personal responsibility in the face of this unfair situation?"

Intuitively, I realized at the time that my first responsibility was to become better informed. My own field of psychology provided some background in issues of values and social justice. As time permitted, I read in other relevant fields such as ecology, economics, and politics with an emphasis on global aspects. At the same time I became personally involved in social activism. In the self-education process, I became aware of the concept of sustainability, which more succinctly pointed to the problem inherent in Laszlo's observation, an unsustainable global society, but also labels the "solution" as the need for substantial changes in human behavior to create a sustainable global society.

Having a better understanding and language to describe the situation still left me with the question of what should I do about it. How should I change my behavior? Some of those answers are easy and obvious. Simplify my life with regard to consumption, and reduce my waste. But, how far do I need to carry my personal simplicity campaign to be fair? I wasn't looking for a formula solution to question, but for some guidance about my relative responsibility with regard to fairness in a global society.

One source I found and regard as an acceptable guide on the issue of the average globally sustainable consumption level for a family (probably two children) is in the work of Donella Meadows et al. in *The Limits to Growth* (1972). Using computer modeling of the earth's resources, population, and consumption, they concluded that current lifestyle patterns were not sustainable, and without significant global socioeconomic structural changes, a future socioeconomic collapse was inevitable.

They outlined the kind of changes their models indicated were needed. As an aside, they suggest that the average sustainable lifestyle would be comparable to that of a modest European working family. That implies small, by American standards, private homes for some, multiple dwellings for most. Public transportation for most commuting, but an adequate nutritious diet with little meat, etc. The researchers did not translate that guideline into dollars of annual income and related consumption, but my guess would be something less than half the current average American family income. A tough sell in this country, but a wonderful prospect for most third world people. And that brings us back to "What's Fair?"

United to End Racism

A potluck dinner and program directed at ending racism will be held on Tuesday November 18, 2003 from 5:00 to 8:30 PM at English Lutheran Church, 1509 King Street, in La Crosse.

Come hear about a tool that addresses the role of white people and people of color in eliminating racism and looks at healing from the hurtful experiences of racism and internalized racism.

L. G. Shankin Flowers, Regional Director for International Re-evaluation Counseling Communities (IRCC) of Wisconsin, will talk about her participation in the United Nations World Conference Against Racism in Durban, South Africa in 2001.

Potluck dinner will begin at 5:00 PM followed by program at 5:45 PM. Please bring a dish to pass. Table service and beverages will be provided. For more information, contact Marilyn Levin, Coulee Region YWCA, at 608-781-2783 ext. 3, or mlevin@ywcax.org.

WAFER Needs Food and Cash Donations

The West Avenue Food Emergency Resource requests donations. All attending UUs are encouraged to bring food donations on Sunday and place them in the WAFER box. Monetary donations are also always welcomed.

Items which are routinely sought for food orders are peanut butter, macaroni and cheese, pork and beans, canned vegetables and fruits, dry milk, canned meat meals – beef stew, hash, or spaghetti with meat balls – and cereal, soup, and tuna.

There is also a collection box for New Horizons Women's Shelter.

New Horizons' wish list includes school supplies, cleaning supplies, blankets, clothing for children and adults, gift certificates to area stores, personal hygiene items, diapers, baby wipes, and anything you imagine you might need, if you had to flee your house in the middle of the night with no preparation.

News from the UUA

UUA Moderator Resigns

Diane Olson, who was elected as Moderator of the Unitarian Universalist Association in June 2001, submitted her resignation in early October, citing health and personal reasons.

At its October meeting the UUA Board elected Gini Courter to serve as Interim Moderator.

Courter, of Traverse City, Michigan, is currently serving the Association as Secretary of the General Assembly Planning Committee. In June, she completed eight years as Trustee of the Heartland District and six years as Chair of the UUA Finance Committee. Courter will serve in the role of Interim Moderator until an election for a one-year term (the remainder of Diane Olson's unexpired term) as Moderator is held at the 2004 General Assembly in Long Beach, CA.

For more information about the election of the Interim Moderator, visit www.uua.org/TRUS/ on the Web.

Annual Report on Giving Available

The UUA 2002-2003 Annual Report on Giving is now available for viewing on the UUA Web site in an easy-to-use PDF format (www.uua.org/giving/annualreport2003.pdf). This report celebrates and honors those individuals and congregations who are keeping our movement vibrant through generous contributions.

Alongside the listings of individual donors you will find a complete report from the Annual Program Fund, honoring the vital contributions of UU congregations throughout the past year. We're also delighted to recognize the 320 congregations that have held a "Mind the Gap," Youth and Young Adult Ministry Sunday, as well as the many other contributors to the Campaign for Unitarian Universalism, members of our UUA Legacy Society, and more.

UUA President meets with the Dalai Lama

UUA President Bill Sinkford met with the Dalai Lama, the religious leader of Tibetan Buddhism and the political leader of the government of Tibet-in-exile, while the latter was in Boston in September. Discussions during the visit touched on international relations, spirituality, and the relationship of Buddhism and Western scientific empiricism. Sinkford was accompanied to the meeting by Tsering Wongmo, a Tibetan raised in India, who works in the UUA's Office of Information and Public Witness. Read more about the meeting at www.uua.org.

The Uncommon Denomination

Yes, that's us! Why not let the rest of the community know with an "Uncommon Denomination" bumper sticker? You can get them from the UUA Bookstore's Web site at www.uua.org or by calling 800-215-9076. The sticker was developed for a pilot media campaign in the Kansas City area—and they're really eye-catching!

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

- ◆ The inherent dignity and worth of every person;
- ◆ Justice, equity, and compassion in human relations;
- ◆ Acceptance of one another and encouragement to spiritual growth in our congregations;
- ◆ A free and responsible search for truth and meaning;
- ◆ The rights of conscience and the use of the democratic process within our congregations and in society at large;
- ◆ The goal of world community with peace, liberty, and justice for all;
- ◆ 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 inspire 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;
- Humanistic 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.

Special Events in November

- a Please join us for a potluck lunch after the program on **Sunday, November 9th**. Stay and meet some of our newcomers over one of our tasty buffets.
- a Congregational Building Workshop on **Saturday, November 15** with Kathy Bureck, PSD consultant, who has been working with our Building Committee to help us find ways to solve our physical space needs. Details to be announced. Your participation is important, so please save this date, and make an extra effort to attend.
- a "Does It Matter What We Believe?" a 90-minute workshop presented by The Reverend Ted Tollefson on **Sunday, November 23rd** following the regular service. See page 2 for more details.

