



Creating community, deepening our spirit,
bringing our UU faith to action on behalf of women

Association of Universalist Women



AUW Online

Next time you're online,
be sure to stop by the
AUW website at
1uaauw.org.

Add a bookmark or make
us one of your favorites
for a handy reference.

You can also find us on
Facebook.

If you search for "AUW"
it is now even
easier to find us at:
**AUW Association of
Universalist Women -
Minneapolis, MN.**

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The Editor's Corner



Ahhhh.....The New Year! I always appreciate the New Year and all the reflections, possibilities and hopes that come along with it. What a difference a year makes and I am especially grateful this year. This has me thinking about all the connections I have made with the women in AUW and the support that our group has offered me. Although I have only had brief conversations with some of you, and I see others of you each week, we are all still connected. It reminds me of the strength of the Sequoias in the Redwood Forest. Besides my utter awe at the enormity of these trees I am also struck by the fact that they have shallow root systems. These monuments that stand around 200 feet tall only have a root system that is about 12 feet deep, and the shallow roots extend about 100 feet outward. These roots help support the trees through rain and storms. They virtually hold each other up; as does our community of women. There is certainly strength in numbers. It is comforting to see the support and nurture that we have for each other. And for this I am extremely grateful!

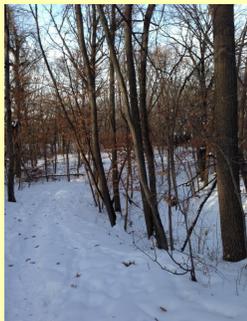
We have an awesome event THIS FRIDAY about

Babysitting Reminder



Free childcare is available at all AUW events. Please send in your request, at least a week in advance, to Alice Fredrickson in the church office at childcare@firstuniv.org (612) 825-1701 x135.

AUW Table in the Social Hall



writing your ethical will and legacy letter. This will be presented by our very own AUW Members, **Cathy Manning** and **Martha Bird**.

Another way to connect with AUW is through our **Friendship Groups**, which help to grow some deeper connections within AUW. Join us on January 30th to learn more about these groups.

A special thank you to **Theresa Alberti** for her sweet poem in the "Words to Ponder" column!!

Please, contact me when you have ANYTHING to contribute to our newsletters. I look forward to hearing from you!

Thank you!

Rita

musicallysound@hotmail.com

612-875-3691

AUW Friendship Group Kick-Off Event



Friendship Groups are a long-standing tradition of AUW and its members. On **January 30 at 7pm** we will meet in the **Social Hall** to discuss the form and future of these groups.

Photo by Jeanne Verdick

AUW has a table in the Social Hall after each service. You can find information about upcoming AUW events. You can also pay your membership dues. Come visit the table and/or consider volunteering to staff the table after a church service. We look forward to seeing you.

Are you in a successful friendship group? Come share your secrets of success.

Have you been in a group that did not seem to go well? Come share your ideas to make future groups succeed.

Are you new to friendship groups? Come tell us your vision and meet others who share it.

We will be looking at traditional group structures, and we will work together to create new ways to develop groups that fit the needs of our members. We will also have some fun getting to know each other.

Please join us on January 30th and bring a dessert to share with the group.

FRIDAY GET CONNECTED



January 3, 7-9 pm, Church Library:
"Stay Connected by Writing an Ethical Will/Legacy Letter"
presented by AUW members **Cathy Manning** with
reading and sharing by **Martha Bird**

What are the stories behind those treasured family photos? Will you pass them on or will they be lost forever? We all have stories to tell and wisdom to share. In this mini-workshop participants will discover the history of Ethical Wills/Legacy Letters, how they are being used today and why you might want to write one. Martha will be reading her own Ethical Will and she will talk about her personal journey in creating it. By means of discussions and guided writing exercises, participants will begin the process of creating their own unique, personalized message to loved ones, expressing values, blessings and wisdom. Having an ethical will or a legacy letter is a valuable gift to connect the generations.



Photo by Alicea Rose Photography

February 7, 7-9 pm, Church Kitchen:
"Detox and Power Up with Super Foods" cooking lesson
with AUW member and caterer **Tracy Yue.**

This will be a hands-on lesson where we will make 3 easy, healthful and tasty dishes designed to nourish your body & soul, perfect for a Meatless Monday meal. There is a maximum of 15 active participants, but many on-lookers are welcome. Please bring a chef's knife and a medium-large cutting board and wear comfy shoes.

No RSVP is necessary to attend Friday Get Connected events.

If you'd like **free childcare**, please send your request, one week in advance, to Alice Fredrickson at childcare@firstuniv.org, (612) 825-1701 x135. Please give the age(s) of your child(ren).

Winter Tea

Join us
February 8th
from 1-3 pm
in the Social Hall.





This will be the same event that we have been having for the past 100+ years that is typically called the "**Holiday Tea.**" However, since we are having the tea in February, we decided to change the name. **ONLY the name is changing!** Other than the name we will be having our traditional afternoon tea!! Please **RSVP** and **sign-up** to help with the tea at the **AUW table** in the Social Hall. Areas we are looking for help include **decorating, set-up, clean-up and help with food and drinks.**



A Message from Our President



Suzann Willhite

Dear AUW members,

I have been thinking of the passing year of 2013 and the coming of 2014 and how it feels to me as though time has been speeding up as I get older. There are many theories about why this appears to be true. Ronald E. Riggio, Ph.D. wrote in *Psychology Today* that, "the best answer for this phenomenon is that the early years are full of first-time events - your first date, the birth of your first child, that first big vacation, etc. First occasions are novel events and we tend to make more detailed and lasting memories of those first times. When we repeat the event, year after year, it is less likely to make a unique or lasting impression." For AUW this presents a challenge and an opportunity to both reinvent our historical events and be open to new events and ways of connecting women. The annual AUW Holiday Tea had to be moved this year from December to February due to a conflict with the church schedule so we will reinvent this event. We will look to create new memories from a change in scheduling.

Dr. Riggio goes on to say that, "the key to slowing down the pace of life (at least psychologically): As much as possible, take advantage of new and unique experiences. ...focus on the moment - make new and lasting memories. Although routines may be familiar and comforting, they also lead to a perception that time is passing more quickly, and the world is passing us by." For new opportunities, join us for the AUW Friday-Get-Connected events.

Take a look at the upcoming events on the AUW website <http://1uauw.org>. Plan to connect with an old friend and make a new friend.

Update on AUW/Church Relations



AUW has renewed its non-profit status, has retrieved its original articles of incorporation from the state, and is in the process of modifying the articles so that it can apply for 503(c)(4) status which would allow it to avoid paying taxes. This will not allow contributions to tax deductible--that is a 504(c)(3) status which is difficult and time consuming to obtain. We hope to have the revisions ready for a

vote at the A UW Spring Meeting.

The A UW board had a very good meeting with Jen Crow in December to discuss A UW/Church relations. The meeting was spurred by the church's desire to better define relations and who should have priority or be charged for space. Jen noted that between July and December of 2013 A UW had made 35 requests to use church space through events, board meetings and friendship groups. Similar space demands from other groups have caused the church to try to create a space policy. As the conversation continued a few things emerged. 1) The church recognizes that A UW has a special relationship and should be treated with more priority than an outside group. 2) A UW has always given a lot to the church in many ways, members are very active in the church, we give substantial financial gifts to the church, and A UW is a key doorway to inviting people in who eventually become members. 3) Jen was unclear whether all space was limited, i.e., is it just the Social Hall that is in too high demand or are all the spaces in the building in too high a demand? 4) Sometimes usage of the building results in extra costs, i.e., costs beyond normal operating costs. This might be if overtime custodial help is needed, for example. Jen agreed to get more clarification about the issues presented and she agreed that creating a memo of understanding about the relationship between the Church and A UW was a good idea.

The Board was pleased with how open Jen was to A UW's concerns. The Board understands that A UW needs to share space with other church communities and that it should cover excess costs. But the Board also wanted to emphasize A UW's integral relationship to the Church. We felt Jen understood this much better after our meeting. The Board will send a proposed written draft of this understanding to Jen in the next few weeks.

Hats for the Homeless



Parker was a therapy dog and loved by all who met him.

Thank you to the knitters for the great response for knitting hats to be donated to area shelters and agencies serving the homeless and folks living on the edge. First Universalist has direct contact with Simpson Shelter and Augsburg Fairview Academy both of which received hat donations from us. In addition to these two agencies, we donated hats and scarves to Sharing and Caring Hands, Harriet Tubman, People Serving People, The Aliveness Project, River of Life Shelter, Families Moving Forward, Dorothy Day Center, Service Works, Avenues, Youth Link, Street Works and HCMC. Smaller hats will go to some of the inner city schools in January. Thanks to church member Jean Hopfensperger who published an article in The Star Tribune about the project. With this extra publicity, we received 560 more hats than last year. A total of 2160 hats for this year!! With the help of social media, we received hats from all across the country, even Iceland and The Netherlands!



At most agencies, we simply drop off bags of hats, but at Caring and Sharing Hands we are allowed to mingle with the folks and talk about the project. On one of those bitter cold days with temps way below zero, long lines of folks were waiting for a warm lunch and to check out the clothing room for warm clothing donations. We walked up and down the line with our bags of hats giving folks a chance to pick out a new hat for themselves. My friend Joan who works at Ingebretsen's and keeps track of the hats dropped off there, noticed a long line of folks across the street at the Salvation Army waiting outside for a warm meal on another sub zero day bundled up and headed across the street and gave out hats. These are just two of the stories to be told.

Give the Gift of Warmth-a small but necessary piece of clothing to survive our winters. Keep on knitting, we hand out hats as long as our supply lasts!

Warmth and Love,

Barb Melom at bjm@visi.com.

For more information about Hats for the Homeless go to:
hats4thehomeless.blogspot.com

Attention AUW Fiber Artists -- Knitters, Weavers, Crocheters, Felters & Quilters



Visual Arts said yes, and the event
-- ART 4 U --
will be happening
March 30 through April 13, 2014.

Over 24 Church Artists have already agreed to donate a piece they have created to ART 4 U. **Visual Arts hopes that all of you talented fiber artists will also participate by donating a special piece for the show and sale.** Perhaps you have created a one-of-a-kind project that you view as an artistic creation -- a table runner, a wall hanging, shawl, scarf, sweater or vest. That's the ONE for this event! Many of you are multi-talented and create other items like jewelry, so you could also consider donating that. And remember a beautifully crafted small item is as welcome as a giant one!

Please contact one of us **ASAP** if you would like to be involved in this church event. We hope to hear from you!

Pat Foulkes
pfoulkes@hotmail.com
952-544-9292

Bette DeMars
jbdemars@aol.com
952-929-2536

The Pickleball Clinic is postponed until Spring, 2014



Pickleball is the fastest growing sport in the United States. It is played on a court with the same dimensions as a doubles badminton court. The net is similar to a tennis net, but is mounted two inches lower. The game is played with a hard paddle and a wiffle ball. Pickleball is similar to tennis, but with differences. The ball used in pickleball typically moves at one-third of the average speed of a tennis ball and the court is just under one-third of the total area of a tennis court. It's fun and easy to play.

For further information about Pickleball and the Clinic, please contact
Jody Beresford at spice777@aol.com

2014 A UW Calendar



Photo by Sharon Ramirez

January 3rd- Friday Get Connected, 7:00 pm-Church Library
"Stay Connected by Writing an Ethical Will/Legacy Letter"
by AUW members **Cathy Manning** and **Martha Bird**

January 30- AUW Friendship Group Kick-Off Event,
7:00 pm-Social Hall

February 7th-Friday Get Connected, 7:00 pm-Church Kitchen
"Detox and Power Up with Super Foods" cooking lesson with AUW
member and caterer **Tracy Yue**

February 8th- Annual Holiday Tea, Social Hall

April 11-13- AUW Spring Retreat, TBD

May 16- AUW Dinner & Annual Meeting

Words to Ponder.....



Moment by **Theresa Jarosz Alberti**

They stand
at the storm door,
watching daddy shovel snow.
One of the simplest of simples,
yet to them it is pure joy.
They squeal, they dance,
they pound the glass
and giggle.
In their 17-month world view
this must be wild: daddy
bundled up so silly,

out in the white stuff they
see from the window every day.
He plays along too,
waving, coming up close
to press his frosty face
against the glass.
I watch their feet stomp
rhythmically
on the parquet floor,
so overcome
in their dance.

For a moment
my foot taps,
this 28-year world view
melting like snowflake on tongue.
Above their heads,
I tap the glass,
blow a kiss,
and giggle.

Theresa Jarosz Alberti, a writer of fiction, nonfiction and poetry. She has published a book of poetry, "(After) Confession," and three books of children's nonfiction: "Out and About at the Planetarium," "Vietnam ABCs," and "Climates." Her writing has been published in American Baby magazine, Radiance Magazine, and Welcome Home magazine. She has also written and edited newsletters for several organizations, and she has participated in and organized for NaNoWriMo (National Novel Writing Month) since 2003.

The 2013-2014 newsletter editor is Rita Peterson. Email her at auw.firstuniv@gmail.com with "newsletter" in the subject line.

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