



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

# Association of Universalist Women

## Learn Social Media with Friday Get Connected

**Fri., Oct. 5, 7-9 pm**, Cummins Room at First Universalist  
Everybody is talking about it, yet the world of social networking sites like Facebook, Twitter and LinkedIn can be baffling if you don't have someone to show you the ropes. October's Friday Get Connected is here to help beginners and experienced users. Jeanne and Rita will provide high-level overviews of Facebook, Twitter and LinkedIn. Learn how to maneuver within the applications, add photos and set up privacy settings. It's easy to do (honest!), so bring your laptop, iPad or iPhone, if you can. The church has wi-fi access.

"FGC" is a series of casual, relaxed discussions or activities on the first Friday of each month, and a great way to meet women in our community. Light refreshments provided. Free childcare is available at all AUW events. Please send in your request at least a week in

## From the Editor



Greetings! Autumn is settling in nicely this year, with so many mild, sunny days turning into cool nights. The changing leaves astonish me every day with their beauty. We are lucky to live in such a beautiful city. Last Friday was the AUW Kick-Off Dinner, and 70-plus women (plus Justin!) came together to socialize, eat a fabulous meal (prepared by Tracy, our talented AUW president), sing, and learn more about AUW events, activities and groups. It was a great way to start the new church year... and I'm thrilled to get to know more of you through AUW. I hope to see you at an event soon!

## Fall Mini-Retreat: Listening to the Rhythms of Your Heart

**Sat, Oct 27, 1:00-4.30 pm**,  
Cummins Room (and other  
rooms)

Come spend a rejuvenating afternoon of exploration and connection! Musician, educator, author, sound healer and listening specialist, Elizabeth Grambsch, M.A., presents the keynote "Listening to the Rhythms of Your Heart." Discover how the rhythm of your heart creates a resonant field that informs the quality of your perceptions, your ability to think with your whole brain and to listen with your whole heart. Come ready to deepen your listening, sound your instrument, and play and grow from the core of your creative center. After a snack and social break, choose from three break-out sessions, including Moving With Passion (moving and playing with heart rhythms), Self-Portraiture as a Tool For Self-Discovery (exploring ways to make self-portraits using a camera; please bring a camera) and



advance to Lily Franz in the church office at [Lily@firstuniv.org](mailto:Lily@firstuniv.org), (612) 825-1701 x107.

**Upcoming topics:**

Nov 2: Writing

Dec 7: Cookie Exchange



### **Hats for the Homeless: Think Big, Woolly & Warm**

The Hats for the Homeless program is seeking folks who like to knit or crochet. Are you willing to make a hat (or scarf) for a homeless adult, to help them get through the cold Minnesota winter? Hats will be distributed to local shelters in December.

**SIZE:** Large and extra-large, for men and women.

**DEADLINE:** mid-December  
Drop off or mail to First Universalist Church, 3400 Dupont Ave. S., Minneapolis, MN 55408

For more info:

[hats4thehomeless.blogspot.com](http://hats4thehomeless.blogspot.com)

### **Seeking: Donations for the Church Auction**

November 17 will be the All-Church Auction. Put it on your calendar to attend. A UW member Velma Wagner is in charge of donations, so

Needle Felting (creating a beautiful emblem of whole-heartedness; bring yourself and walk out with a lovely handmade felted object). Check for more details coming soon at [www.lauuw.org](http://www.lauuw.org) and the Hub.

**Volunteers are needed** for Setup, Greeter/Registration, and Cleanup.

To register /volunteer: sign up at the Hub, or email [auw.firstuniv@gmail.com](mailto:auw.firstuniv@gmail.com).

Childcare: please request by Oct 20th. Specify children and ages (include with RSVP).

Suggested Donation: \$15 AUW members, \$20 non-members; sliding scale for those on a limited income. Scholarships are available. You do not need to be a member of First Universalist to attend.

### **Top 10 Reasons to Pay Your Dues**

10. It just might be the best \$25\* you spend all year.

9. The vast majority of AUW's budget is from membership dues.

8. Hey, you'll get a discount on the Fall Mini-Retreat!

7. And a discount on the Spring Retreat too!

6. Memberships run from September to September, so now is the time.

5. Think of that sigh of satisfaction you'll feel once your dues are paid.

4. You want all the fun events to continue... Kick-Off Party, Holiday Tea, Friday Get Connected, the Annual Meeting...

3. Since AUW financially supports women's social justice programs, you can feel great that your \$\$ are doing good work in the world.

2. You help continue the history and tradition of AUW, which has been a part of First Universalist since 1905.

And the Number 1 reason to pay your membership dues is...

1. Who doesn't want to be a part of this outstanding and supportive group of women?

**You can renew (or join) by picking up a paper Membership Form at the Hub in the Social Hall or at any AUW event.** Fill it out and hand it in with your dues at the Hub anytime. Thank you!

\* \$15 for those who need a reduced fee.

contact her if you can donate services, items or vacation homes, 612-824-4719 or [vwyoqa@yahoo.com](mailto:vwyoqa@yahoo.com).



*Back row L-R: Christine Taylor Rodgers, Cecelia Newton, Carol Hiniker, Carol Gilbert; Front row L-R: Judy Goebel and Mary Sorenson*

## Experience New Connections Through a Friendship Group

Are you interested in getting to know a small group of women? Join an A UW Friendship Group. Those who sign up are assigned to a group of 6 - 8 women. Carol Gilbert reports, "Our group has been going for 4 years. We started out meeting every other week for many months,

and eventually settled into monthly meetings after we felt bonded. One of our group members, Judy Goebel, said, 'it's like family only better,' likening it to the Velveteen Rabbit having all its fur rubbed off. We can be ourselves with each other.

"We get together for lunch after church or dinner in the evening, to deepen relationships, form a spiritual bond, talk about hard things, have fun, and so that you have somebody to talk to in the overpowering, scary Social Hall!. There's much laughter, intentional conversation, sometimes tears, but always we feel the love and support of this group of women, brought together by fate and by signing our names, saying 'yes, we wanted to belong.'"

Sign-ups for new friendship groups started at the Fall Kickoff, but you can still join in. Visit an A UW representative at the Hub on Sunday to sign up.

### **Current Friendship Groups: Please Report!**

The A UW Board is seeking to document this wonderful A UW program. If you are in an active Friendship Group, please send a photo and/or a story about your group to:

[A UW.FirstUniv@gmail.com](mailto:A UW.FirstUniv@gmail.com)

## Knitting at Ascension Place



Ascension Place is a transitional housing program in North Minneapolis that offers a safe and nurturing environment for women going through some tough times in their lives. Over the past few years, A UW has made some significant connections helping with gardening, painting some of the rooms, collecting body lotions/soaps/shampoo, donating winter hats, and helping

with birthday parties.

Currently A UW members are teaching women at Ascension Place how to crochet and knit. A few more volunteers are needed to help out. You do not have to be an advanced knitter...

just know the basics of cast on, knit, purl, and bind off. The women first learn to make a basic cotton wash cloth, and then onto hats and scarves. It's a very relaxing and stress-relieving activity, eliciting such comments as **"this helps me put my worries aside for a few hours."** Come help and be a part of this rewarding experience.

Ascension Place is located at 18th and Bryant Avenue N., Minneapolis (behind the Cub Store, just off Broadway).

**We have two sessions a month set up: 1st Monday of each month from 6:30 to 8:30  
3rd Tuesday of each month from 1:30 to 3:30**

Please consider signing up to help with either an afternoon or an evening session. You do need to have a background check done before starting to volunteer there. To receive a form or for questions, contact Barb Melom at [bjm@visi.com](mailto:bjm@visi.com)

### **More Great News...**

AUW donated the supplies for a successful and satisfying needle felting labyrinth workshop at Ascension Place in September.

## **MN Religious Coalition for Reproductive Choice: Words of**

### **Inspiration from the New Executive Director**



The AUW has long been a supporter of the work of the Minnesota Religious Coalition for Reproductive Choice (MNRCRC). As the new Executive Director of MNRCRC and a longtime member of AUW, I am delighted to witness the growth and strength of this relationship. MNRCRC is very grateful for a recent financial gift from AUW to help us build a congregational core team project we're calling Sowing Common Ground. By seeding and nurturing core teams in congregations around Minnesota, we hope to broaden the pro-choice conversation with the goal of growing robust support among the faithful for reproductive justice (RJ) in our state.

This is a legacy issue for AUW; our foremothers have been involved in the fight for reproductive freedom for well over 40 years, and UUs have been leaders among progressive churches and synagogues on questions of human sexuality and health. At the recent Justice GA in Phoenix, RJ was selected as the next Congregational Study Action Issue, starting a four-year process of denominational involvement. AUW has not only a proud past but a bright future, and we have an opportunity lead our congregation and our denomination. We need a few good women to help us imagine this bright future, to engage in small and large ways as we build this movement for reproductive justice. We'll give you lots of support and leadership development. We need your passion.

If you have an interest in the work of MNRCRC and/or you want to find out how you can join this exciting project, contact me via email or cell phone (listed below). I'm honored to be in the garden with you.

Keeping the faith -

Rev. Kelli Clement

[execdir@mnrCRC.org](mailto:execdir@mnrCRC.org)

(612) 889-3654

## **It's Beginning to Look a Lot Like the Annual Poinsettia Sale**

It may feel early, but, at the end of October, the annual Poinsettia Sale begins!



This is A UW's only church-wide fundraiser. A UW receives no money from the church and is entirely funded by membership dues, donations and the Poinsettia Sale. Proceeds provide poinsettias for those in our community who have experienced serious illness or loss in the past year; the Congregational Care team and volunteers deliver the plants personally. The remaining proceeds cover scholarships to A UW's Spring Retreat and event expenses. These beautiful plants come in three sizes and eight colors and are very well-priced! You'll definitely want a few for gifts as well as for yourself.

**Forms will be at the Hub in the Social Hall starting October 27th. Fill out your order and submit with payment any Sunday up to November 18th (Sunday before**

**Thanksgiving).** All poinsettias will be available for pick-up at the A UW Holiday Tea on Saturday, December 8th and after church services on Sunday, December 9th.

**If you have a spare hour, we'd love your help taking orders on Sundays and also sorting orders on delivery day.** Please contact Mary Sandbo at [mary.sandbo@yahoo.com](mailto:mary.sandbo@yahoo.com).

## Used Coats and Boots for Ascension Place



As you dig through your closets for winter boots and coats, you may come across some that you won't use again. Please consider donating them to the women and children at Ascension Place in north

Minneapolis. This organization provides women in crisis and transition with a stable environment and the opportunity to explore options for their future. With the winter months ahead, A UW is conducting a drive for gently used items. **Look for a box in the Social Hall Sundays between now and November 4.** And, if you'd like a receipt for tax purposes, please pin your name and address onto the items you are donating. Thank you for your generosity!

## Meet the Board

In the September issue, we introduced the 5 new members of the Board. This month, we hear from our A UW President Tracy Yue and Vice President Suzann Willhite. Here's what they had to say...

**Tracy Yue, President:**



"I grew up here in the Twin Cities, and then lived in Hong Kong with my grandmother for 11 years. After moving back, I happened upon First Universalist while looking for a relaxed non-religious choir to sing with, and realized this was a spiritual and social community I could finally call "home." I had not attended any A UW activities until the Spring Retreat in 2008, but then I was inspired to become involved with this great group of women. I

joined the next Retreat Committee, and the following year the A UW Board. I really enjoy the connections I've made at First Universalist, and want A UW to facilitate more such connections for women here, as well as support social justice actions. Formerly in marketing, I am now journeying in a new career as a self-employed healthful cooking coach and caterer."

**Suzann Willhite, Vice President:**



"One of my first and best memories of AUW was attending the mother/daughter banquet and the warm welcome both my mother and I received from Mary Djerf and Arlene Jacobson. That welcoming experience is what I wish for others who come to AUW. I served on the 2010 retreat committee and enjoyed being on the giving side of an AUW event. I work for the Minnesota DNR, Division of Fish and Wildlife, doing my part to provide natural habitat for all creatures great and small."

## Kick-Off Dinner a Success

AUW's Kick-Off Dinner on Friday, September 28th was a great success with more than 70 guests! These included Rev. Jen Crowe, Ministerial Intern Laura Smidzik, RE Director Lauren Wyeth and her partner Allison, and, our token Y-chromosome bearer, Rev. Justin Schroeder. We announced our theme for the year: "Roots & Wings," which will also be the theme for the Spring Retreat. We hope this theme will highlight all the wonderful ways AUW encourages us to make connections with each other and with our spiritual selves.



After sharing a meal and some thoughts about their personal roots and wings, guests learned about upcoming events and social justice areas. Many of you took the opportunity to join or renew AUW memberships and to sign up for programs and volunteer opportunities. Thank you! Finally, a big thank you to the team of volunteers who made this event possible: Co-chairs & board members Evelyn Browne, Rise Nybakke and Tracy Yue; Betsy Allis, Cathy Apostle, Valerie Garber, Carol Hiniker, Mary Junge, Marilyn Lamoreux, Pamela McInnes, Cecelia Newton, Mary Sandbo and Julie Stewart, among others.

## Voting Rights...

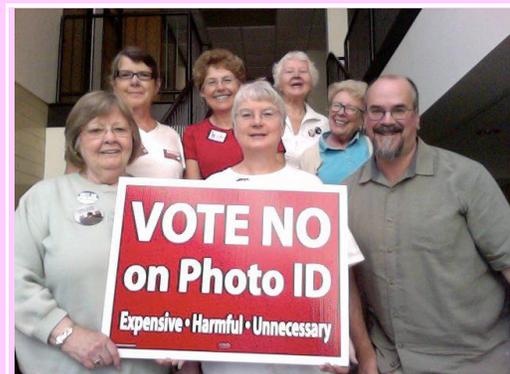
### Get Educated

From the Voting Rights Working Group: Please help us educate Minnesotans on the problems with the Voter Restriction amendment. We all need to learn the facts to explain the issues to other voters. **Click on the links below to educate yourself on this topic.**

Words from faith Leaders: [Rev. Justin Schroeder, UCC minister](#), [Isaiah](#) and other [faith leaders](#).

An event to learn more: Join our metro-wide educational forum with Mark Ritchie on Oct. 14 (see details below).

Greater MN: We are broadcasting a webinar to UU congregations in Greater Minnesota,



Front left, counterclockwise: Judie Carlson, Catherine Dorr, Ralph Wyman, Cathy Apostle, Carol Johnson, Jenny Thomas, Susanna Presseller

featuring the recent report, [Great Minnesota Counts](#)

Information: The church [resolution](#) outlines key issues as do our partners [Our Vote Our Future](#), [LWVMN](#) and [Citizens for Election Integrity Minnesota](#) with reports on the [costs](#) of the amendment and [lack of exemptions](#) unlike every other state with photo ID.

Actions: Post a lawn sign and wear a button (available after services when possible), talk to voters, write letters to editors and friends, share on Facebook, [phone bank](#), join us!

For further information: Jenny Thomas [jjewell.thomas@gmail.com](mailto:jjewell.thomas@gmail.com), Carol Johnson (612) 825-3322.

Association of Universalist Women ( [www.luauw.org](http://www.luauw.org))

Minnesota Unitarian Universalist Social Justice Alliance ([www.muusja.org](http://www.muusja.org))

## Voting Amendment Forum

Sunday, Oct. 14, 1:30-3:30 pm

First Universalist Church, Chalice Room

Metro UUs are welcome to **join Minnesota Secretary of State and First Universalist member Mark Ritchie for a 90-minute educational forum** and Q&A to learn how the proposed constitutional amendment on voting would change Minnesota elections. The introduction will be given by Rev. Justin Schroeder. Secretary Ritchie's talk will be immediately followed by a 30-minute action planning session led by AUW and Minnesota Unitarian Universalist Social Justice Alliance (MUUSJA) with Faith-in-Action Director, Deb Rodgers. Learn the facts so you can better explain your position to other voters on this critical issue. A light lunch will be served starting at 1:15.

RSVP appreciated at [jjewell.thomas@gmail.com](mailto:jjewell.thomas@gmail.com) or (612) 920-2653.

## Words to Ponder...

"It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things." - Leonardo da Vinci

## Calendar

### October

**5** Friday Get Connected: Social Media 7 - 9 pm, First Universalist Library

**14** Voting Amendment Forum 1:30 - 3:30 pm, Chalice Room

**27** Fall Mini-Retreat 1-4:30 Cummins Room

**27- Nov 18** Poinsettia sales orders

**Upcoming** (Check back for additional details next month.)

November 2 --Friday Get Connected: Writing

November 17 --All-Church Auction

December 7 --Friday Get Connected: Cookie Exchange

December 8 --AUW Holiday Tea

December 8-9 --Pick up poinsettias

**Save the Date! Spring Retreat: April 12-14 2014**

