

JANUARY 2018

# EXPRESSION



NEWSLETTER of the  
Unitarian Universalist  
Church of Minnetonka  
Wayzata, Minnesota  
www.uucmtka.org

## JANUARY WINTERIM SERVICES

This year for our January “Winterim” session, we will once again combine our worship and religious education for the four Sundays in January. The theme for January is “Intention,” so in alignment with that, our theme for Sunday mornings is “creating spiritual backpacks for challenging times.”



Our Sunday mornings will last for 90 minutes, from 10:00 to 11:30 am, and will involve an opening 30 minutes of worship together with all ages, then a transition into 45 minutes of religious education for all ages, then a transition back into 10-15 minutes of closing worship. This is not a “month off” for religious education or for worship, it is time to engage each other in more relational ways across the ages. In fact the 1st-3rd grade class will be leading us in the chalice lighting each Sunday.

Sunday, January 7th:

### **Creating Experiences of Beauty, Truth and Meaning**

Reverend Kent Saleska; Director of Religious Education Andrea Heier; and members of the Worship Arts Ministry and the Children and Youth Religious Education team

Sunday, January 14th:

### **The Practice of Spiritual Practice**

Reverend Kent Saleska; Director of Religious Education Andrea Heier; and members of the Worship Arts Ministry and the Children and Youth Religious Education team

Sunday, January 21st:

### **Humility and Forgiveness**

Reverend Kent Saleska; Director of Religious Education Andrea Heier; and members of the Worship Arts Ministry and the Children and Youth Religious Education team

Sunday, January 28th:

### **Engaging Community Partners**

Reverend Kent Saleska; Director of Religious Education Andrea Heier; and members of the Worship Arts Ministry and the Children and Youth Religious Education team

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### UUCM MISSION STATEMENT

“In a spirit of wonder and with courageous love, we connect, grow, and act”.

## MOVING IN FAITH

In his work, *How to Love*, Tibetan Buddhist Thich Nhat Hanh wrote: “Your good intentions are not enough; you have to be artful. We may be filled with goodwill; we may be motivated by the desire to make the other person happy, but out of our clumsiness, we make them unhappy. Walking, eating, breathing, talking, and working are all opportunities to practice creating happiness inside you and around you. Mindful living is an art, and each of us has to train to be an artist.”

In my work over the past several years with racial justice, there is the growing awareness around “intent versus impact.” That is, even though a person may have intended something to be a joke or a light-hearted off-hand remark, the impact on someone hearing the remark (especially if the person is in a traditionally “weaker” position in society) may be much more hurtful.

This continues to be a valuable lesson for all of us engaged in human interaction, but is an especially necessary and ongoing lesson for those of us in more traditionally “dominant” positions in society: those of us who are white, male, and heterosexual.

Our theme for the month of January is “intention.” So in a similar fashion to the difference between intent and impact described above, Thich Nhat Hanh says that with regard to engaging the world through spiritual practice, our “good intentions are not enough.” He reminds us that in order for our impact on others to match our intentions, we need to engage in mindful living, that is, moving through

the world in a way where we not only think ahead, but “feel ahead” to imagine our impact on both ourselves and on others. This thinking ahead and feeling ahead is not a science – it is an art.

Our meeting and living in religious community is an art. And we do it imperfectly. The point is not to become perfect in our interactions, but to become more mindful. So during the month of January, as we teach and learn about creating “spiritual backpacks for challenging times,” we will grow in how we may match our intentions with our impact on one another and the world.

Our planning and design of our January Sunday mornings (at least, our intentions for Sunday mornings!) is to experiment with some new ways of living and learning together – with all ages in worship and all ages in religious education. Our Sunday services will begin with half an hour of worship with all ages, then transition to 45 minutes of religious education for all ages, then return for 15 minutes of closing worship for all ages. We don’t see January as a “time off” for families or anyone, but rather, we urge people of all ages to come to church with that sense of “courageous love” we articulated in our mission, and learn more about our intention to grow and evolve as a community. I look forward to seeing you then!

***Moving in faith,***  
***Rev Kent Hemmen Saleska***  
[revkent@uucmtka.org](mailto:revkent@uucmtka.org)

*live*  
every  
day  
with  
intention.

## BELOVED CONVERSATIONS

Mark your calendars for the next ***Beloved Conversations*** course! The retreat will be held on Friday night, January 19th and all day Saturday, January 20th, 2018 with 8 classes to follow. Space is limited, so be on the lookout for the signup. We’ve had



27 members complete the training thus far! More info to come. To learn about the Beloved Conversations curriculum, visit:

<http://www.meadville.edu/beloved>

Please contact Jackie Smolen with any questions at [jackiesmo@aol.com](mailto:jackiesmo@aol.com).

If you wonder what might have come of your donations of snacks, supplies and notes of care sent to the young adults who “Bridged” out of UUCM’s religious education program last spring, here is the response from one of them:

*Hey, Andrea and UUCM!*

*Thank you so much for the care package, I appreciate it so much!*

*It means a lot to know you and others have been thinking of me. It makes pushing through school easier!*

*I’m almost done with finals-phew! It’s been stressful, but having support from so many people has been getting me through it! Thank you!*

*Much love,  
Janessa Harms*

I echo her thanks to all of you who contributed to the care packages. Little things can make a big difference. This is but a simple example of what intention can produce when we act as “a people of intention”, our January theme.

The 4th-6th grade class has been exploring monthly themes through the stories and messages of the Harry Potter books, while applying intention to issues of social justice. They focused a great deal on the topic of illiteracy and the devastating impact it has on a person’s potential to thrive, much less survive.

“The link between academic failure and



*See more photos of the installation on the bottom of page 9.*

delinquency, violence, and crime is welded to reading failure,” according to the Department of Justice. The class discovered statistical results such as these:

- 2/3 of students who cannot read proficiently by the end of 4th grade will end up in jail or on welfare.
- Over 70% of inmates in U.S. prisons can’t read above a fourth grade level, and more than 60% of all inmates are functionally illiterate.
- 85% of all juveniles in the juvenile court system are functionally illiterate.

Making change became the class’s intention as a result. A request was put out to find someone willing to construct a Little Free Library on our new church property. In response Stephanie Siewert stepped forward, offering to finance the building of a



“library” by a local contractor, Danielle Benson of MN Monarch Construction, modeled after the new church building. The Little Free Library #4431 was mounted on Dec. 10th. Now loaded with a huge number of books donated by congregants, you can see the amazing result in person. Heartfelt thanks to both Stephanie and Danielle!

May we all enter this new year of 2018 together...

*Letting go of what has been  
Open and hopeful for what may come  
Renewed, restored, ready  
To live Life fully anew.  
And following the example of our young people,  
May we move forward with intention.  
Lois Van Leer (adapted)*

Happy New Year!

**Andrea Heier, Director of Religious Education**  
[dre@uucmtka.org](mailto:dre@uucmtka.org)



One of the many challenging and important issues the Beloved Conversations course\* brought up for me is to what extent good intentions are enough. I had long thought that since we humans are all inherently flawed the most we can expect and ask of each other is to be well-intentioned as we stumble through our mistakes and successes.

But Beloved Conversations helped me consider this question from the perspective of marginalized persons in our society, and realize that sympathetic, well-meaning intentions, particularly from members of the dominant

class, are at best worth very little, and at worst even damaging. As Martin Luther King, Jr. wrote, "Shallow understanding from people of goodwill is more frustrating than absolute misunderstanding from people of ill will."

So I've been trying to shift my view of good intentions from the maximum we can hope from one another, but merely a rudimentary starting point. I'm trying to adjust to the position that good intentions only start to have worth when supplemented with deeper learning, deeper compassion, and action.

I am still nearly always stuck in a spot of well-meaningness and rarely reach the next levels and follow through with action. But our church community provides me and, I hope, you, a support system to continue the slow process of learning to more often turn those good intentions into something more.

\*sign up for the next round, beginning January 19!

**Aaron Stilley**  
**Member, Board of Trustees**  
[aaronstilley@hotmail.com](mailto:aaronstilley@hotmail.com)

## UUCM FAMILY ICE SKATING EVENT

Come and ice skate with us! Families welcome!! Meet up with other congregants at the Centennial Lakes Park for ice skating on Saturday, January 20th from 4 PM - 7:00PM. Skate rentals are \$6 and ice sleds can be rented for \$7.

Concession stand is available. Skating is free if you bring your own skates! The park is located at 7499 France Ave. S., in Edina. Come and join in the fun! To find out more go to their website at: <https://www.edinamn.gov/700/Ice-Skating>

Please contact Amy Putkonen with any questions at [amyputkonen@gmail.com](mailto:amyputkonen@gmail.com).



## NOTES ON MUSIC

It's been a busy and full year at UUCM. It's been a year where I've asked a lot of both the time and talent of our musical volunteers. I just wanted to take a moment to share my most sincere thanks with Mark Brekke and each of the members of the choir, our fill-in and choral accompanists Rebecca Fobes, Jackie Zimmerman, and Cathy Bujold,



our band members Sam Brandt, Brian Zais, and Jami Stromberg, and frequent guest musicians Bruce Lehrer and Joyce Lyons-Tregaskis, as well as many others who constantly make the music ministry possible. I look forward to continuing our work in the new year, and am thankful for all you have done and shared with UUCM.

**Paul Winchester,**  
**Music Director**  
[musicdirector@uucmtka.org](mailto:musicdirector@uucmtka.org)

## PERFORMING ARTS SERIES THE LUX STRING QUARTET



The Lux String Quartet are making a return performance at UUCM on Saturday, January 27th 2018 at 7:30 PM. They will be performing;

- *Caroline Shaw, Entr'acte*
- *Mozart, String Quintet No. 5 in G minor, K. 516*
- *Smetana, String Quartet No. 1 in E minor, "From My Life"*

The program features Caroline Shaw's *Entr'acte*; inspired by a Haydn Minuet, it riffs on that classical form but takes it a little further. The composer writes of the piece, "I love the way

some music suddenly takes you to the other side of Alice's looking glass, in a kind of absurd, subtle, technicolor transition." Guest violist Ernesto Estigarribia joins Lux String Quartet for Mozart's G minor Viola Quintet. Mozart, the ever dramatic composer, has written this work to be full of pathos and melancholy. No less a figure than Tchaikovsky, himself known for his heartrending compositions commented, "No one has ever known as well [as Mozart] how to interpret so exquisitely in music the sense of resigned and inconsolable sorrow." The final piece is Smetana's autobiographical First String Quartet "From my Life," which traces the life of the composer. Lux String Quartet is excited to bring this diverse program of dramatic and beautiful works to UUCM. Estigarribia. Tickets will be on sale for \$15 each. You are invited to bring your own beer, wine and appetizers.

## FIRST HOUR IN JANUARY



**Please note that there will be only one First Hour class in January due to Winterim.**

**Sunday, January 14th 2018 - Exploring UUCM**  
In the class called "Exploring UUCM", we will continue to respond to your questions, and explore information and opportunities about our particular church, and how we relate to the wider UU Region and the Unitarian Universalist Association. Current members and friends are very welcome to join in the class also. Facilitated by Christy Dachelet, Membership Ministry.

## WELCOME AND MEMBERSHIP CLASSES



If you have been visiting UUCM and would like to find out more about Unitarian Universalism and our congregation, we invite you to join us for a **“Welcome to UUCM: A class especially for Newcomers”**, a 50 minute information session offered on occasional Sunday mornings following the worship service. Together, we will explore the mission and vision of this church, as well as historical and contemporary Unitarian Universalism. There will be time to reflect on our own faith journeys and religious questions. We’ll also have information about our “Exploring UUism classes”. The next class will be held on **Sunday, January 14th, 2018** after the service at 11:15 AM.

### EXPLORING UUism

In these classes, participants have an opportunity to share more deeply their individual spiritual journeys and to explore whether membership in UUCM feels right for them. There are two classes in this series, both offered during the First

Hour on Sunday Mornings at 9:00 AM. Visitors and friends who are interested in membership at UUCM should take both of these classes in any order. The class called “Exploring UU History and Beliefs” allows participants to share their own spiritual journeys and to interactively explore a broad overview of Unitarian and Universalist history and what it means to be a UU. In the class called “Exploring UUCM”, we will continue to respond to your questions, and explore information and opportunities about our particular church, and how we relate to the wider UU Region and the Unitarian Universalist Association.

### Exploring UUCM:

Sunday, January 14th at 9:00 AM

### Exploring UU History and Beliefs:

Sunday, February 11th at 9:00 AM

There are five expectations of membership in our voluntary association:

- *Have a spiritual practice*
- *Pledge*
- *Serve the congregation*
- *Serve the wider world*
- *Come to Sunday services*

## BUILDING IN FAITH TRANSITIONING

The Building in Faith committee (BIF) will meet at 6:30 PM on **Tuesday, January 9th, 2018** to review and prioritize the needs and wants for our new church and grounds. The BIF, which oversaw the building project, is transitioning into a committee to attend to ongoing maintenance and improvement of our building.

There are several construction and finishing issues that need attention both inside the building and on the grounds. Needs already recognized include theater lights for the sanctuary, flooring choices for sanctuary, community room, hallways and lower level classrooms, design and funding for a time capsule, a baffle for the strip light below the west soffit in the sanctuary, light weight folding chairs for

the community room, blinds and bookcases for minister’s office, and installation of the oak wall in Oak Room.

UUCM members are invited to contact Bob Dachelet (bdachelet@comcast.net) with suggestions for what they would like to see added to the list of needs and wants. Budget and agreed upon priorities of the needs and wants will be considered in the evaluation of next steps.

Any members interested in joining the BIF committee or one of the subgroups that will be appointed to research products and costs are encouraged to attend.

## NEW MEMBER CORNER



Please welcome Chris and Gretchen Myers, to UUCM. The Myers' live in Chaska, with their daughter Nora, age 4. Chris says they have found UUCM to be a very welcoming congregation. The CYRE program is great and the Sunday services are a balm during challenging times personally and for the nation. They feel UUCM has expanded their understanding of social justice in rewarding ways. Gretchen is looking forward to being a CYRE teacher this spring.

## JANUARY SOCIAL GENEROSITY

Our JANUARY social generosity offering will go to support Minnesota Connect Aphasia Now (MnCAN) currently has 11 weekly aphasia conversation groups (55 participants) in the Twin City area, and in Rochester, MN. Each MnCAN conversation group is facilitated by a Speech-Language Pathologist, and supported by students and community volunteers. We also have a very active Aphasia Choir. Aphasia is a language disorder most commonly caused by strokes. People with aphasia may have difficulties speaking and using words, understanding others' words, reading and writing words, and using and understanding numbers. As a result,

communications can be limited and challenging. Aphasia often leads to painful social isolation. It is often misunderstood to be an intellectual disorder, which it is NOT. MnCAN's Vision is to help people with aphasia live without barriers in our communities. There are 2 million people in America living with aphasia. In Minnesota, there are over 100,000 people who have aphasia. About 30% of people who have strokes have some type of aphasia. I have been involved with this organization since 2001. Several of our UUCM members have participated in these groups. (Submitted by Cindy Busch)

## LIFE PASSAGES

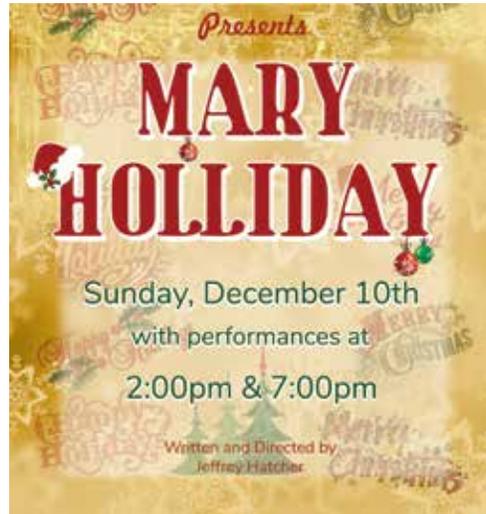
*If you recently experienced a great joy, a significant challenge, or a deep pain, and are open to reaching out and sharing (or if you want to join our Care Team), please contact our minister, Kent Saleska, or any member of our Care Team: Jan Geigle, Lea Hosley, Deanne Magnusson, or Sue Asinger. Our love and support go out to each of these families.*

After a period of rapidly declining health this past autumn, a longtime friend of our congregation, Luke Markve, died in early December. Luke was a Presbyterian minister and served five different Presbyterian congregations, including Buffalo Presbyterian Church in Buffalo, Minnesota, from 1972-1977. In his retirement years he and his wife Louise attended our congregation regularly,

and for many years Luke played the role of Santa Claus for our children. A brief memorial service for Luke was held at the Buffalo (MN) Presbyterian Church on Wednesday, December 27. Reverend Kent and Louise Markve are also in conversation about scheduling a brief memorial service in our congregation as well, at some point in the New Year (2018).

Cindy Busch and her family celebrated the marriage of Hannah Busch Bundlie and Kevin Ofstehage on Saturday, December 9, 2017. They were married at the Day Block Event Center, in Minneapolis. The weekend celebration was attended by many out of town family members and close friends. The couple will continue to live in their St. Louis Park home.

SCENES FROM THE 2017 UCM ANNUAL HOLIDAY PLAY



## WINTER SOLSTICE



## INSTALLATION OF LITTLE FREE LIBRARY



## MEDITATION GROUP

Troy Couillard, a valued friend and prospective member of our church, is organizing a new meditation group here at UUCM. The first meeting will be on Monday, January 8th in the children's chapel from 7-9 p.m. The typical schedule will include two rounds of 30 minutes of meditation with walking meditation in between followed by a short talk. For the first meeting on January 8th an introduction to meditation will be given from 7-7:30 p.m.

Even if you have an established meditation practice this group is not limited to Zen. The group is there to support you in nurturing and developing your practice no matter your perspective. If you are concerned about physical challenges in meditation we will work with you to find a comfortable means of participating. Please contact Troy at if you plan on joining the group at some time even if you can't make the first date. We'd like to be prepared for the number of participants. For more information about this group visit Troy's website.

## UUCM AFFINITY GROUPS

### Venerable Women Group

The Venerable Women meet monthly on the second Friday, and will meet next on **Friday, January, 12th, 2018** at UUCM. Hosted by Nancy Johnson and Helen Crosson. Bring your own lunch. Coffee and dessert will be provided. We will discuss our hopes and plans for the New Year, 2018. RSVP if you know that you are coming or come anyway. Nancy jnanjer@icloud.com or 952-449-0830; or Helen at hcrosson@comcast.net.

### Venerable Men Group

Each month, on the first Tuesday, the Venerable Men meet at the Original Pancake House on Hwy 101 and County Road 6 in Plymouth. The next meeting is planned for **Tuesday, January 2nd** at 8:00 AM. The group of 8 to 10 men always welcome more breakfasters! If you have any questions, please contact Jerry Johnson at jnanjer@icloud.com.

### Women Who Read Book Group

The *Women Who Read* Book Club will meet on **Monday, January 8th** at 7:00 PM the home of Judy Kaster to discuss the book *Murder on the Red River* by Macie Rendon. Please contact Christy Dachelet at czdachelet@gmail.com if you have any questions. New members are always welcome!

### Monday Morning Book Group

The *UUCM Monday Morning* Book club meets next on **Monday, January 15th** at 11:00 AM at UUCM. No details available regarding the book this month at time of publication. Please direct any questions to Bev Montgomery at bevmontgomery@comcast.net. New members are always welcome.

### Men's Book Group

The first meeting of the New Men's Book Club will be held on **Tuesday evening, January 16th, 2018** at 7:00 PM at UUCM. Please mark it on your calendars. The book we've chosen for our first meeting is *Siddhartha* by Hermann Hesse. If you have questions, please contact Adam Schenck (schencka1@gmail.com) or Gary Charles (gcharles.mn@gmail.com).