

# MERE LYS

## March 2018 Newsletter

Nora Unitarian Universalist Church

### Services

Coffee 10:00 am  
Worship 10:30 am

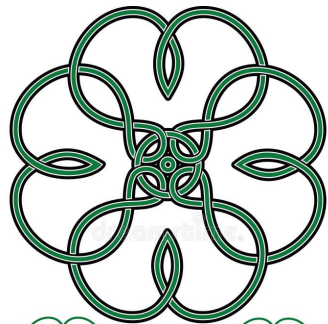


March 4  
“Playtime?”

March 11  
“The Deep Sea Have to  
Do and the Prairie?”

March 18  
“Formulae for a  
Balanced Spiritual  
Life”

March 25  
“To Be Announced”  
Program Committee  
Sunday



### A View From the Hill

Highway 13 between New Ulm and Hanska is windswept and slippery today. Polished ice and blowing snow that sometimes obscures visibility. And Lucia and I are deep into plans for summer camp and road trips. And here at church we’re ordering spring bulbs. It’s that time of year, when one season seems to drag on interminably while we’re busy planning for and anticipating the next one.

But, wait a minute! Isn’t it always that time of year? The time when we’re simultaneously living in one season and planning for the next? One of our collective favorite pastimes is bemoaning the often retail driven rush from one season to the next. Easter candy pushing Valentine candy off the shelf on the evening of February 14. Back to School sales before the calendar has turned to August. A companion favorite pastime is urging ourselves to be in the moment. To slow down and live mindfully. To heed Jesus: *So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.* Or Thich Nhat Hanh: *We do the dishes not only in order to have clean dishes, we also do the dishes just to do the dishes, to live fully in each moment while washing them, and to be truly in touch with life.*

Both Jesus and Thich That Hanh are worth heeding. And I’m as likely as the next person to engage in the what’s-our-rush-live-in-the-now simultaneous self-bashing and other-judging. And to blame this habit of ours on the pace of 21st century life.

It occurs to me now, however, that our tendency to anticipate the next season while still living in the current one has been the human way of existence for a very long time. At least since the first century C. E. (Otherwise why would Jesus be recommending that we let tomorrow be tomorrow?) And probably much longer ago than that; probably since hunting and gathering gave way to agriculture. Planting and harvesting demand an eye toward the next season and maybe even the one after that. And so do vacations and investment strategies and coherent worship planning and curriculum development and...

I imagine from time to time we are always going to resent the way life rushes us along, hardly letting us breath in the joys of one moment, one day, one season before preparing for the next. But maybe we can learn to stop beating ourselves (and others) up over our inability to constantly live in and for the present moment. Mindfulness is a practice worth cultivating. A *practice* because it is neither automatic nor easy for most of us. And maybe, just maybe, trying too hard to live in the moment sucks us out of the joy of the moment just as must as hurrying on to the next thing does.

-Lisa

# Thank You!

## From the board...

...to Warren for all the snow removal and taking care of the furnace issue

...to our musicians – the choir – Gil and Sally.

## News from the Board

Thank you to all who joined in on the congregation potluck discussion on February 4. The concerns expressed were heartfelt and hopeful. Major points of that discussion included: 1) Board decision that there will be no change in ministerial services in the 2018-2019 church year; 2) Aligning ministerial cost to budget is priority; 3) Reach out to Mid-America Region to see what resources can be provided as we move forward; 4) Reach out to LaSalle Lutheran to see what we can learn from their recent process; 5) Pursue some summer programming; 6) Find a “Nora” cause that reaches out to the community.

This is not a complete list of ideas discussed but some that are attainable in the near future. It's important that we share in the process of shaping our future collectively. To that end, a shared goal is frequent communication, so we will continue to have a conversation time set aside at each potluck Sunday. The board has recommendations to share on March 4. Please try to allot an extra 45 minutes after potluck to join us.

Mark your calendars now for a change in April calendar. Since there is no potluck the first Sunday (Easter Sunday), we will have a specially scheduled potluck the third Sunday, April 15. Board members will provide a bit of comic relief that day as we look ahead to drawing up a budget for the 2018-2019 church year—join us then for some laughs and a UU message!

## News from the Endowment Committee

On January 7, 2018 the Endowment Committee met to discuss where additional funds of \$10,000 should be invested. The committee, consisting of Dean Johnson, Diane Becken and Kate Monnens decided the funds should be kept in a local community bank where they will be insured and easily accessed.

Thank you, Kate Monnens

## Board Meeting

Nora Church Board will meet again Sunday, March 18, following the service.

## Flower Fundraiser!

The kids at Nora are taking part in a spring fundraiser through Dutch Mill Bulbs. From now through March, you can order bulbs and plants to help raise money for our church. You can choose from plants and flower bulbs like hostas, gladiolas, lilies and more. Each package costs \$10 and Nora keeps \$5 of that. Order as many or as few as you like and please tell your friends and neighbors!

Folks can order online and see the offerings at:

<https://groups.dutchmillbulbs.com/shop/?affiliates=norauuchurch> (shortcut: <http://bit.do/NoraUU>)



or through the order forms we'll have at church.

Note: If you order online, there is a shipping fee. If you order through the brochure at Nora and we order at least 25 packages total, all of the plants and bulbs are shipped to the church and you can pick up your order with no shipping cost. The online orders are perfect for out-of-town folks to support Nora but if you attend church regularly then you can order through the brochures and skip the shipping fee by picking up there.

We'll have order forms at Nora on Sundays so you can take a look and place your orders.

## CPR Class

A CPR class will be held Saturday, March 17 from 8:00 a.m.—Noon. The cost is \$70 per person. The certification is good for two years. If you are interested contact the Nora office [norachurch@sleepyeyetel.net](mailto:norachurch@sleepyeyetel.net).

### *A Note From the Treasurer* **January Income and Expenses**

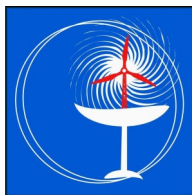
**Income:** \$6,473.00

**Expenses:** \$5,941.51

*Income and expenses are listed for the full month prior to the publication of the newsletter, not including special collections or memorial gifts.*

### ***Pastor Lisa's Schedule***

Pastor Lisa has Mondays off.  
Friday is sermon writing day.  
She can be reached on her  
cell when not in the office:  
507-766-7822.



### **Lisa on the Loose**

Lisa will hold "office hours" at area coffee houses.  
Join her for drop-in conversations in New Ulm,  
Mankato and Windom.

During March join her for a drop-in con-  
versations in New Ulm.

Thursday, March 22 at Ridgeway on  
23rd, at 3:00 pm.



### **Lunch Bunch**

The Lunch Bunch is sensing a hint of spring in the  
air, and what better way to enjoy it than a trip to  
the country—the New Ulm Country Club that is!

Save Wednesday, March 14, 11:30 a.m. for the  
next Lunch Bunch gathering. We hope we're not  
being too optimistic, but with the spring equinox  
coming the following week, what could go wrong?

*Lunch Bunch is a monthly, social lunch gathering, open  
to any Nora members, friends or visitors.*

### **Opportunity for Service**

The Brown County Public Health Advisory Board  
is seeking a new member from the faith communi-  
ty. If you live in the county, have an interest in  
public health and would be willing to represent  
Nora Church in this way, please ask Lisa for more  
details.

### ***Prayer***

Tender God, help us to protect and cherish each  
child as your beloved, especially the ones who are  
sad and the ones who are in danger of getting lost.  
Give us strength to gather them into our own wide-  
open hearts and hold them safe until their ground is  
solid again.

### **Intercultural Competency Workshop: Who Are Our Neighbors?**

Friday, April 13, 7-9:00 p.m. and Saturday, April  
14, 9:00 a.m. - 5 p.m. Hosted by Unitarian Univer-  
salist Fellowship of Mankato, (507)388-5022,  
uumankato@gmail.com.

Overnight home hospitality offered with UUFM  
families Contact Tricia Nienow for home hospitali-  
ty requests (home) 507-625-5912, (cell) 507-340-  
7263, tnienow@hickorytech.net.

Snacks: Friday and Saturday. Meals: Saturday  
Breakfast and Lunch. Registration Fee: Make  
checks payable to UUFM, \$20.00 Before March  
30th, \$25.00 After March 30th.

See flyer on the bulletin board for more infor-  
mation.

*Sunday,  
March 11*



### **Art with Attitude**

February and March dates are cancelled; please  
watch for future updates around Easter time. Nan-  
cy will be in Pennsylvania, with her grandson, as  
he recovers from surgery—send them your loving,  
healing thoughts.

### **Notes from the Nora Office...**

#### **Order Of Service ~ content due Thursdays**

Please send content of any kind, for the newslet-  
ter or order of service to the Nora email. An-  
nouncements generally run for two weeks.

#### **April Mere Lys ~ content due**

#### **Thursday, March 22**

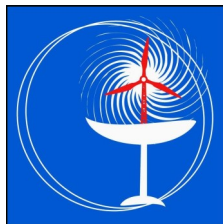
Church Email: [norachurch@sleepyeyetel.net](mailto:norachurch@sleepyeyetel.net)

Phone: 507.439.6240

*Brooke Knisley, Office Assistant  
In the office Tuesdays and Fridays.*

## Nora Unitarian Universalist Church

12333 155th Avenue  
Hanska, Minnesota 56041-4310



Phone: 507.439.6240

Website: [www.norauuchurch.org](http://www.norauuchurch.org)

Email: [norachurch@sleepyeyetel.net](mailto:norachurch@sleepyeyetel.net)

Facebook: [www.facebook.com/NoraChurchUU](http://www.facebook.com/NoraChurchUU)

### Lean in to Life

*"Uncross your arms, lean all the way in. Love is everywhere."*

—Rev. Gretchen Haley

I recently found myself in a Kundalini yoga class with a new teacher. I'm a UU, but Kundalini Yoga is my spiritual practice. I'm wearing my white cotton clothing, my head wrap, sitting on my natural fiber blanket, moving contently through the exercises with care and focus and precision. All of a sudden, one of the exercises brought up a whole bunch of resistance in me.

"Sit in easy pose with your legs crossed, arms out to the side, hands in fists," the teacher instructed. Okay, I can do that.

"And begin to move your arms in circles as fast as you can." It was challenging but doable. I closed my eyes and focused my attention at the brow-point, the third eye.

"Now," she said, "begin to chant GOD GOD GOD GOD as you vigorously circle your arms."

Oh boy, I thought, Here we go. Of course it couldn't just be arm circles.

I began to chant with her but my thoughts kept inviting themselves in to interrupt me: Why do I have to chant GOD?

"God, God, God..." What do I even mean by god?

"God, God, God..." Is everyone else actually saying this out loud?

"God, God, God..." This is weird. I wonder if people are looking at me.

"God, God, God..." Okay, Tara, just get over it.

"GOD! GOD! GOD!," I shouted. I began to smile, twirling my arms as fast as my shoulder socket would allow...giggling, then laughing. I don't know if you're out there but if you are I hope you're laughing too because this is freaking awesome. "GOD!! GOD!!"

Then we settled into a comfortable, silence. The edges of my mouth had settled in up by my eyes. And there was this deep joy, that maybe could have floated me right up off my natural fiber blanket and into the supposed heavens.

I'm beginning to learn that when we lean in — into the awkwardness, discomfort, and random hilarity of life in the very moment that life invites us forward — we can tap into the most holy, real, enveloping love that we could ever imagine.

### Prayer

Holy love that swirls within us and around us, that holds us together in each and every moment, we thank you for the moments of pure joy... for the sweet nectar of life beyond the comfort zone. May we lean on you with trust and adoration when we Lean In to life, and may our hearts fill with the gifts that brave and vulnerable action bring forth. Blessed be!

-Tara Humphries (*Braver/Wiser*)

### Inclement Weather

In case of Sunday morning inclement weather the decision to cancel church service will be made no later than 8:00 a.m. At that time a Grapevine will be sent out, an announcement will be posted on the Nora website and Nora Facebook page, and the cancelation notice will be sent to KNUJ and KTOE. When church is not cancelled, you are responsible for your own safety. We love to see everyone at church but we would rather know every one is safe. Please do not drive to church when road conditions, high winds or frigid temperature feel *unsafe to you*. We'll see you the next Sunday, or the next month or in April!!

### To ♥ Keep In Touch

If you know of anyone needing our assistance or attention, please call one of the **Caring Committee** members:

Georgine Tepley (chair): 359-3060 (weekdays after 5 pm)

Shirley Olson: 354-1866

Carol Chambard: 354-2242