



yUuper Newsletter

Keweenaw Unitarian Universalist Fellowship

"We affirm the inherent worth and dignity of every person."



Sunday Mornings at 10:30 Nov 2019; Vol. 34, #11

BHK Building (700 Park Ave., Houghton). Enter on North Side, off Waterworks Drive

Sunday Schedule for November 2019

Nov. 3: Small Group Ministries at KUUF

Often associated with large congregations, small group ministries bring congregation members in close relationship with one another, says Paul Mitchell. KUUF is not a large congregation, and yet several small group ministries are thriving. We'll talk what this can mean for all of us.

Nov 10: Forum. Albert Einstein once remarked that, "**The release of atomic power** has changed everything except our way of thinking . . . the solution to this problem lies in the heart of mankind. If I had only known, I should have become a watchmaker."

"The focus of this KUUF Forum will be to ask, Are humans able to change our ways of thinking (and doing) in regard to atomic and nuclear development?"

My presentation will draw on stories from my book *Romancing the Atom: Nuclear Infatuation From the Radium Girls to Fukushima* to have us ponder what, if anything, has changed in our collective thinking about atomic and nuclear development on our lives, and those of our offspring.

NOTE: KUUF Board meets today at 1; office main room.

Nov 17: Fun Winter Stories As We Head Into the Cold Season. We will share stories from past winters---some knucklehead examples and some endearing tales of UP winters. I will start us out by describing my newly purchased electric shovel. **Potluck Sunday.** Bring a dish to pass and, if possible, your own service.

Nov. 24: Rachel McDonald will lead us in a **Festival of Light.** We will search for and celebrate sources of light in our lives before darkness settles on us. Rescheduled from October.

Annual Fall Auction on Oct 19th Brings in almost \$3,000

The annual fall KUUF auction, composed of contributed services, such as sponsored dinners, artwork, and food items, among other things, netted \$2,769, according to auction chairperson Lora Repp. "The goal was \$3000, so we are very happy with this result," Repp said.

The funds help support KUUF expenses.

Several people worked hard on this event, according to Repp. These include Linda Belote and Sharon Levine (organization), Miyoko Wisti (cleanup), Dave Rulison (audio), Jack Jobst (auctioneer) and Frank Kohl (special furniture transportation).



Tom Hiltunen and Shirley Galbraith look over the silent auction items at BHK on October 19th.

Econo Receipts Garners \$85 For KUUF Treasury

Barry Fink revealed recently that the receipts contributed by KUUF members brought in \$85. Fink says that "This wonderful amount just shows how everyone can help our Fellowship's finances with just a little effort."

Help Stock our New LSS Pantry!

Paul, with Board approval, has made space for a pantry in his office at Trinity; this will benefit the



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Rapid ReHousing (RRH) program developed by Lutheran Social Services (LSS) of Wisconsin & Upper Michigan.

RRH helps people who are moving from homelessness into permanent housing.

Lindsay Fortin, locally-based manager for LSS, asked Paul

for assistance in providing supplies for families being placed in new housing – until they are able to gain access to assistance programs.

Please help stock this pantry. Drop off your items at the office, or contact Janeen or Lora for pick-up. Needed items:

- Shampoo, conditioner, body wash, toothbrush, toothpaste, feminine hygiene products, toilet paper, and diapers.
- New bedding, including blankets, pillows and sheets. Dishes, silverware, paper towels, and cookware

This project provides us with an opportunity to respond to a specific need in the community, and it is an action all can participate in by donating even one can of food each month.

After our shelves are stocked, we will put out a call for needed items.

Little Brothers Annual Food Drive Set for Nov. 2nd

On Saturday, November 2nd Lambda Chi Alpha Fraternity is hosting their annual food drive for our food pantry. We still need volunteers at Little Brothers to sort and box food, and to answer phones from 10am to 4pm. (LB Press Release)



"Just paint over the wasp's nest, Bob. The insects won't mind."

KUUF Paints Mitchell House in Record Time

A half dozen volunteers completed the painting of Paul Mitchell's Houghton house while the owner was in the hospital. Under the able direction of Bob Drake, master house painter, the group completed the job in under one day.



KUUF Celebrates Indigenous People's Day

Jerry Jondreau of the Keweenaw Bay Indian Community. and Katy

Bressette of the Red Cliff Band of Lake Superior Ojibwe spoke to the KUUF on the October Indigenous People's Day.

The two reminded those in attendance of Native American contributions, and how long American Indians have lived on this continent. They concluded by offering a smudging ritual of washing using a traditional smoking sweetgrass wand.



Mary Oliver Poetry Series Continues November 13th

KUUF launched its first poetry series evening on September 11. Twenty people gathered at the BHK and enjoyed a relaxed, yet inspirational, evening of both original and favorite poems.

The Backroom Boys entertained with their music, and Wil Shapton hosted as Master of Ceremonies, Shapton then started the evening with a Mary Oliver poem, followed by one of his own. Then everyone had a chance to read the poems they had brought. Miriam Pickins' son even composed one on the spot.

Card tables with bright cloths transformed the room into a cozy spot. (Next time we will add candles.) Post cards were available to record "eureka" thoughts and goodwill messages. Joyce Koskenmaki closed the evening with Mary Oliver's "Wild Geese" poem.

The Poetry Series continues Wednesday Nov 13 at 7pm at BHK. Our Guest Poet will actually be our own Paul Mitchell reading from his 2018 Book of Poetry entitled "A Few Poems."

The poetry series is open to the public, so bring a friend, your favorite poem to read, a little wine and join in for a pleasant evening of good sounds and thoughtful phrases.



KUUF Says Goodbye to Beloved Longtime Member, Jim Boyce

On October 12th, KUUF said goodbye to one of their longest-standing members, James Boyce, who died earlier this fall in his late 90s.

Jim and his wife, Alice, were major figures in KUUF and responsible for the growth of liberal religion in the Copper Country.

Jim and Alice, along with other major figures in our group, such as Barbara and John Clark, Ken and Susie Kraft, gave coherence to KUUF through their leadership and drive.



Coping and Caring When Your Loved One is Seriously Ill: A KUUF Book Review, by Bob Fiandt

Have you ever
had a loved one

with a serious illness, and found yourself struggling to cope with it? If so, then we have a book that may interest you: *Caring and Coping When Your Loved One Is Seriously Ill*, by Earl A. Grollman. (1995, 222 pages).

The main portion of 160 pages, with each page just a few very short paragraphs, uses a large font. This is especially helpful to our Fellowship, with its numerous members over 40.

Topics include grief; telling the truth; emotional and physical needs; etiquette; dignity; proper diagnosis; caring physicians; pain and suffering; children's needs; hospitals and nursing homes; hospice; relaxation emotionally, physically, and spiritually; appropriate times for visitation, talking, listening, crying, touching, and laughing; and concludes with decisions near the end of life. I found his writing extremely thoughtful and powerful.

The appendix begins with "A Decalogue for Helping the Seriously Ill for Those Who Care for Them." Here are some examples from the heading "Thou Shalt Not." (1) Be Afraid to Touch; (2) Hesitate to Smile and Laugh; (3) Be Uncomfortable with Silence; (4) Offer Untrue Statements; (5) Believe You Need to Have All the Answers and Solve All the Problems; and "Thou Shalt" (1) Accept the Feelings of the Sick Person; (2) Share Time Together; (3) Offer to Help; (4) Locate Other Supports; and (5) Respect the Privacy and Integrity of the Sick Person.

This final section includes a comprehensive list of 35 resources with contact information, such as AIDS, Alzheimer's Disease, Cancer,

Coping and Caring (Continued)

Children's Make-a-Wish, Choice in Dying, Heart Problems, Hospice, Kidney Problems, Lung Disease, Multiple Sclerosis, Muscular Dystrophy, Organ Donors, Pain Control, Psychological and Psychiatric Services, and Rehabilitation. Some of the contact information resources may now be outdated, but overall, the book has plenty of excellent ideas, and I highly recommend it. We have one copy ready for check-out.

THANKSGIVING IS NOVEMBER 28TH



This simple illustration shows a community of pilgrims welcoming a ship to the New World. The occasion would be joyous for several reasons, but the main one is that the ship is likely to bring provisions (and, hopefully, not too many newcomers who must be fed).

This Thanksgiving count your blessings that you have plenty to eat, and you don't have to struggle like the early settlers, and like many in the world today.



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Keweenaw UU Fellowship

Home Page:

<http://www.keweenawuu.org/>

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<https://www.facebook.com/keweenawuu/>

Koffee Klatsch: Every 2nd and 4th Fridays at 10 AM. Dates this month are Nov. 8 and 22nd.