

Congregations in Changing Times:

40 YEARS IN PRAIRIE STAR DISTRICT

*Prairie Star District
Annual Conference*



April 4-6, 2003

Holiday Inn City Centre
Rochester, Minnesota 55904

**Hosted by First Unitarian Universalist Church
Rochester, Minnesota**

We invite you to join other Unitarian Universalists in Rochester, Minnesota for the PSD Annual Conference. The conference will reflect on our 40 years together and envision years to come. An array of timely, practical, and fun workshops will help you to burnish old skills and acquire new ones. On Friday evening, an unusual Tapas Buffet will be offered featuring Spanish foods (vegetarian options included). On Saturday evening, enjoy the banquet and entertainment provided by the talented Kindred Spirits singing group. The conference will close with a Sunday morning church service at the nearby Mayo Civic Center and music by the Conference Choir.

SCHEDULE

Friday, April 4

Childcare available in guestrooms from 6:00 p.m. – 10:15 p.m.

- 4:00 p.m. – 7:00 p.m. Registration – *Lobby*
4:00 p.m. – 9:00 p.m. UU Bookstore – *Verona*
4:00 p.m. – 9:00 p.m. Exhibits – *Atrium Balcony*
6:00 p.m. – 7:00 p.m. Optional Tapas Buffet Dinner – *Atrium*
7:00 p.m. – 7:45 p.m. Opening Celebration – *Atrium*
7:45 p.m. – 8:45 p.m. Keynote Address – *Plaza*
8:45 p.m. – 9:30 p.m. Discussion of Keynote Address – *Plaza*
8:45 p.m. – 9:30 p.m. Meet and Greet Social – *Atrium*
9:45 p.m. – 10:15 p.m. Worship Service – *Plaza*

Saturday, April 5

Childcare available in guestrooms from 8:45 a.m. – 10:00 p.m.

- 7:30 a.m. – 8:45 a.m. Breakfast/Tabletopics – *Atrium*
8:00 a.m. – 12 noon Registration – *Lobby*
8:00 a.m. – 7:00 p.m. UU Bookstore – *Verona*
8:00 a.m. – 7:00 p.m. Exhibits – *Atrium Balcony*
8:00 a.m. – 7:00 p.m. Labyrinth – *First UU Church*
9:00 a.m. – 10:15 a.m. Judy Lecture – *Plaza*
10:30 a.m. – 11:45 a.m. Workshop A
12 noon – 1:15 p.m. Awards Luncheon – *Atrium*
1:30 p.m. – 2:45 p.m. Workshop B
2:45 p.m. – 3:15 p.m. Refreshment Break – *Atrium*
3:15 p.m. – 4:30 p.m. Workshop C
5:00 p.m. – 6:00 p.m. Business Meeting – *Plaza*
6:00 p.m. – 7:00 p.m. Social Hour – *Sports Page Lounge*
7:00 p.m. – 9:00 p.m. Banquet – *Atrium*
9:15 p.m. – 10:00 p.m. Youth-Led Worship – *Plaza*

Sunday, April 6

Childcare available in guestrooms from 8:45 a.m. – 10:30 a.m.

- 7:30 a.m. – 9:00 a.m. Breakfast/Tabletopics – *Atrium*
8:00 a.m. – 9:15 a.m. Choir Practice – *Mayo Civic Center*
9:30 a.m. – 10:30 a.m. Worship Service – *Mayo Civic Center*

GENERAL SESSION HIGHLIGHTS

Keynote Address

Friday, April 4, 7:45 p.m.



“The Enduring Frontier: Continuity and Change in Prairie Unitarian Universalism”

Rev. Stefan Jonasson

*Coordinator of Services for Large
Congregations, UUA*

As Coordinator of Services for Large Congregations, Stefan Jonasson oversees the Unitarian Universalist Association’s initiatives to better serve congregations with more than 550 members. Stefan joined the staff of the Unitarian Universalist Association in 1991, while still a layperson, as District Executive for Western Canada. He has also served as an Extension Consultant in Prairie Star and Central Midwest districts. He assumed the large congregations portfolio in 1999.

Stefan and Cindy, his wife of twenty-one years, live in Winnipeg with their two daughters, Brandis and Heather.

Judy Lecture

Saturday, April 5, 9:00 a.m.



“The Place of Ethical Faith”

Rev. Carol Hepokoski

*Assistant Professor of Religious Ethics
at Meadville Lombard Theological
School, Chicago.*

This lecture explores the congregation as a place where our religious faith is brought to life. How do we live in relationship with one another and with the ecological and social injustices of our time and place? What nurtures our faith and how is faith related to action?

Carol Hepokoski has served as a minister with congregations in Virginia, Minnesota; Ames, Iowa; and Houghton, Michigan. Doctoral work in Inter-disciplinary Studies at the Graduate Theological Union in Berkeley, California, prepared her for her current teaching position, which reaches across the curriculum focusing on ethics, ministry, and feminist studies. She writes about environmental and professional ethics and nurtures eco-justice in the academic and broader communities. Hepokoski and her husband, musician John Berquist, live in Chicago with their two teenage sons and a dog. Summers are spent at their cabin in northern Minnesota.

A1 — Judy Lecture Follow-Up Workshop

This is an opportunity for further exploration and conversation on topics related to "The Place of Ethical Faith."

Rev. Carol Hepokoski, Meadville Lombard Theological School, Chicago, IL

A2 — Creating a Time Line: A Fun and Interactive Process

A historical time line displayed in your church invariably attracts attention and provides an engaging way of letting members of your congregation connect with the past. Bring something from your congregation's history to add to this time line.

Rev. Sarah Barber-Braun, retired UU minister and historian, is also a founder and active member of the UU Women's Heritage Society, and a contributor to the book, Standing Before Us

A3 — Religious Education 101 and F.A.Q.

How do we choose curriculum? What is available? What is long-range planning for religious education? How do we do it? Where do we go for help? Well, here it is! Members of the PSD RE Committee will answer your questions and provide information on these questions plus mission statements, budgets, covenanting and much more. You have questions, we have answers.

Cheryll Wallace, DRE, First Unitarian Church of Omaha, NE and other members of the PSD RE Committee

A4 — Start Where You Are, Use What You've Got, Do What You Can

Learn how to build a workable and effective communications plan for your congregation.

Graham Kreicker, Unitarian Fellowship of Lawrence, KS; Jim Schwartz and Liz Siemers, Unitarian Universalist Fellowship of Topeka, KS; Nicole Turner, Gaia Community, Kansas City, MO; PSD Congregational Outreach Committee

A5 — What's a Unitarian Universalist?

The growth in fellowships and churches is often related to our ability to respond to the question, "What's a Unitarian Universalist?" This humorous and poignant skit and presentation will highlight how difficult it is to explain to people who we are and what we believe. You will be introduced to the new UUA curriculum, "Articulating Y/Our Faith." Copies of the skit and curriculum will be available.

Rev. Barbara Kellett, Director, PSD Stonetree Spiritual Resources with Pam Beall-Vincent, Julie Hansen-Geist, and Steven Mosborg, First Universalist Church of Minneapolis, MN

A6 — Bullying Prevention

This interactive presentation was developed by the STOP Violence! Coalition in Kansas City, for use with teachers, parents, students, and church groups. It defines bullying in ways that may surprise you and is packed with stories to illustrate its points. Learn about four categories of people who are hurt by bullying and what you can do — whether you are a church staff member, church school teacher, student, parent, grandparent, aunt — to promote a safer, kinder climate.

Margaret McCormick, All Souls Unitarian Universalist Church, Kansas City, MO

A7 — Under Northern Skies Women's Circle

Meeting on the new and full moon evening, women at First Universalist Church commit to teach other in the circle to spiritual growth, healing and honoring the earth through experiencing ritual, mystery, and magic. Learn how their circle works and experience ritual within a circle.

Sharon Bishop and Kelli Clement, First Universalist Church of Minneapolis, MN

A8 — Sunday Services (Program) Committee Resources

Whether serving as support for a minister or planning and providing lay services, this workshop addresses:

- Creating and maintaining a healthy program committee
- Understanding service elements
- Program development processes
- Resources

Sam Wormley and Linda Barnes, Unitarian Universalist Fellowship, Ames, IA



Logo and poster design by Greg Wimmer

“B” WORKSHOP CHOICES

Saturday, April 5, 1:30 p.m. — 2:45 p.m.

B1 — Moving to (More) Ministry

This is an interactive discussion workshop for small churches considering their first minister or looking for ways to increase ministerial presence.

Rev. Sarah Oelberg, Unitarian Universalist Fellowship of Mankato, MN and Nora Unitarian Universalist Church, Hanska, MN and Chris Greene, PSD Resource Liaison, Michael Servetus Unitarian Society, Fridley, MN

B2 — New Frontiers in Congregational Life

The latest trends in congregational life suggest that the church of the future will need to become a hybrid of time-tested styles and methods coupled with radically new approaches to creating shared religious community. What changes must congregations make to remain relevant?

Rev. Stefan Jonasson, UUA

B3 — Integrating Youth into the Life of Your Congregation

A thriving youth program means more than meeting in a church's basement once a week. This workshop will present ideas for involving youth in the entire life of the congregation.

Rev. Phillip Lund, Prairie Star District, and Hilary Snouffer, First Unitarian Society of Minneapolis, MN

B4 — Organizing Your Changing Times: How to Create a Handbook

A church handbook provides information about the governance, history, organization and operations of the church. It is a centralized reference of committee descriptions as well as policies and procedures. The Handbook is a dynamic vehicle to guide decision-making and to address timely questions not included in the Bylaws. Why do YOU need a Handbook? How do you create one? How do you maintain it? Join us for an interactive discussion.

Elizabeth Moreira, Office Administrator, White Bear Unitarian Universalist Church and Connie Schuelka, Administrative Assistant, First Unitarian Universalist Church of Rochester, MN

B5 — Becoming a Welcoming Congregation

Would you like to become a Welcoming Congregation? What do you need to become a Welcoming Congregation? Why do you need to become a Welcoming Congregation? What do you get out of becoming a Welcoming Congregation?

Darrel K. Waters, Laurel Wanek and Terry Thompson, First Unitarian Universalist Church of Rochester, MN

B6 — Peacemakers: Not the Absence of Tension but the Presence of Justice

Building on a strong PSD foundation of peacemaking, this session will provide an opportunity for network building in PSD for social justice. A panel and group discussion format will be used. PSD historical highlights in witnessing for social justice will be provided.

Tom LoGuidice, PSD Coordinator for Social Justice, Unitarian Universalist Fellowship of Dubuque, IA

B7 — Growing Within: An Exploration of Retreats for UUs

This panel discussion will explore ways to encourage UUs to accept retreat, quiet, and an intentional form of spirituality. Panelists from small, mid-sized and large UU congregations will share the stories and successes of retreats.

Pamela Vincent, PSD Stonetree Spiritual Resources, First Universalist Church of Minneapolis, MN

B8 — How Far Can You Grow?

What's your congregation's growth potential? This workshop will introduce resources and demographic data on your congregation's potential for growth.

Nancy Heege, Prairie Star District, and members of the PSD Board of Directors

“C” WORKSHOP CHOICES

Saturday, April 5, 3:15 p.m. — 4:30 p.m.

C1 — It Matters What We Believe!

Clarity about what we believe makes it easy to explain who we are. It enhances the odds for personal integrity and denominational growth. What are the core traditions of

belief and practice which inform Unitarian Universalism? What gives unity to our sometimes diverse religious movement? A workshop complete with a self-score theological inventory, index to readings and hymns in our hymnal

and links to spiritual practices.

Rev. Ted Tollefson, Consulting Minister to the UU Fellowship of Northfield, MN and co-founder of Mythos Retreat Center in Frontenac, MN

C2 — Finding the Lost: Saving the Precious

Well-maintained church archives make the historian’s work easier and more productive. The workshop leaders will share their expertise on how to find records and artifacts that should be saved and could be lost, how to decide which should be archived, and how to use them.

Rev. Sarah Oelberg, Unitarian Universalist Fellowship of Mankato, MN and Nora Unitarian Universalist Church, Hanska, MN and Walter Walls, church historian, Vice-Chair of Archives, All Souls Unitarian Universalist Church, Kansas City, MO

C3 — Youth-Adult Fishbowl

A guided process to enhance communication among youth and adults about the issues that are important to them in the context of youth programming and lives. The “fishbowl” allows for each group to listen in as the other group answers pre-determined questions put forth by the non-speaking group. One group speaks while the other group listens. A powerful community-building exercise.

Rev. Phillip Lund, Prairie Star District, and PSD Youth Adult Committee (YAC)

C4 — Connections: Points of Access

Creating points of access to church programs can sometimes be overwhelming. Learn how to produce professional-quality publications and use the local media to spread the word. Much of this work can be done with a simple investment of time. Adult programs and multi-generational classes and workshops have seen a dramatic enrollment increase as a result of these methods employed at All Souls in Kansas City. You, too, may experience growth in church

membership by harnessing the power of your computer, phone, and fax with these simple techniques.

Lynisa Robinson, Allison Hartnett and Ted Otteson, All Souls, Kansas City, MO

C5 — Families All Matter Book Project: Stories to Challenge Bias and Create Belonging

The Families All Matter Book Project is a tool to help children (and adult leaders) gain knowledge and skills to deal with differences and bias about class, race, culture, family composition, immigration, sexual orientation, age and disability. Ten themes of family diversity are explored with children’s literature, journaling and other activities. Children are affirmed when they hear about families like their own, and their minds (and hearts) are expanded when they hear about families with different experiences. This project has been used in more than 200 classrooms in the Twin Cities, including at First Universalist in Minneapolis. It is easily replicated in school, community, and religious settings.

Lyn Mitchell and Shari Goff, First Universalist Church, Minneapolis, MN

C6 — Songs for Social Justice

What causes a song about freedom to be sung over and over? Why do people sing songs that reflect the conditions where they live? How do songs reflect the human condition and why do people sing them? In this workshop participants will choose one social justice issue and collectively write the lyrics for a song to be shared with everyone. This interactive workshop uses collective songwriting techniques and

participants will learn songwriting tools that will later help them create music for social justice issues.

Bernice Reagan-Johnson from Sweet Honey In The Rock says, “You can’t sing a song without producing power!”

The Granary Girls: Patty Kakac and Jodi Ritter, Unitarian Church of Underwood, MN

C7 — Making Lifestyle Changes Within the Embrace of Contemplative Practice

This workshop will focus on how contemplative practices can enhance the ability to make long-lasting lifestyle changes. Based on the new book, *A Little Book of Wholeness and Prayer: An Eight Week Meditation Guide*, it will explore the following points: 1) The progression of lifestyle changes from thinking to doing to allowing the “doing” to settle into mind and emotion 2) Applying the practice of centering prayer to UUs 3) Power of creative journaling and sketching 4) Tips about how to use the book for adult RE classes.

Kimberly Beyer-Nelson, DRE, Unitarian Church of Lincoln, NE

C8 — Fair Compensation for Church Staff in 2003

Learn about the latest updated church staff compensation guidelines from the UUA. Share strategies that have been successful in your congregation and learn from other experts from sister congregations in PSD.

Margaret McCormick, PSD Compensation Consultant, All Souls Unitarian Universalist Church, Kansas City, MO and Karin Wille, PSD Compensation Consultant, First Universalist Church of Minneapolis, MN

SATURDAY EVENING ENTERTAINMENT

Kindred Spirits

The four women who are the Kindred Spirits have made music together for five years. Band members are Lynn Harstad on guitar and penny whistle; Valerie McCook playing flute, banjo, and brass guitar; Joan Verdegan on violin and keyboard; and Lisa Wilhelm on mandolin and guitar. The band sings and plays an eclectic mix of music from sacred to pop, classical to bluegrass, folk songs to blues. While much of their singing is a capella, the Kindred Spirits also enjoy accompanying their vocals with non-traditional instruments, such as the hammered dulcimer, bodhran and ukulele (not to mention taxi horn, duck call, and kazoo). Based in Chatfield, MN, the Kindred Spirits have performed at churches, coffee houses, and community functions throughout southeastern Minnesota.



GENERAL INFORMATION

Hotel

The Holiday Inn City Center, 220 South Broadway, is conveniently located in the heart of the city. Hotel check-in and conference registration are on the second floor, which you may reach by escalator, elevator, or stairs. Signs will direct you to these areas.

Parking

There is a parking ramp on Second Street SE behind the hotel. The second floor of the ramp connects with the hotel. Parking for hotel guests is \$6.00 per day. If this ramp is full, park in the First Street SE ramp across the street.

Walk the Labyrinth

The labyrinth will be located at the host church. Shuttle transportation will be provided for those who wish to walk the labyrinth. Tours of the newly renovated church will be available.

Youth Program

A special program for youth has been planned. For more information, see the Youth Program insert in this registration packet.

Sunday Morning Service

The service will be held in the Mayo Civic Center, which is 2 blocks from the hotel. Shuttle service will be available for those who need it.

Conference Choir

If you wish to sing with the conference choir on Sunday morning please check the appropriate box on the Registration Form to receive advance copies of the music at no additional charge.

Registration Forms

Please photocopy the enclosed registration form as needed. Use a separate form for each adult and each youth registrant, ages 13-18.

Child Care Deadline

Registration forms requesting Child Care (12 years old and younger) must be postmarked by March 1, 2003.

Early Registration Discount

Each adult registration form that is postmarked by March 1, 2003 may take a \$10 discount. To be entitled to the discount you must include the deduction on the registration form.

Cancellation Policy

If you must cancel your registration, please e-mail Registrar Ella Van Laningham at vanlaninghams@msn.com or call 507-289-2668. Full refunds will be given for cancellations by March 21, 2003; no refunds will be given for cancellations after that date.

Hotel Reservations

Conference attendees are responsible for making their own hotel reservations. The hotel offers a special conference rate of \$79, plus tax, for 1-4 persons per room. To reserve a room at the conference rate, call 800-241-1597 and ask for the Unitarian Universalist rate at the Holiday Inn City Centre. This rate and room availability are only guaranteed until March 11, 2003.

Host Congregation

**First Unitarian Universalist
Church of Rochester**
A Welcoming Congregation

1727 Walden Lane SW
Rochester, MN 55901

Questions? Contact Beth Atkinson at 507-285-9792.

REGISTRATION FORM

Register by **March 1, 2003**, and take the early registration discount, for adult registrants only. Please photocopy this form as needed. Use a separate form for each adult registrant and each youth registrant (age 13-18). For each youth registrant, please include the name of an adult sponsor (a parent or other adult who will be attending the conference). Children, 12 and under, should be registered on an adult's form.

PLEASE PRINT

Registrant (check one):

Adult Youth (*Name of Sponsor for Youth Registrant*): _____

Name (*as it will appear on name badge*): _____

Address: _____

City, State, Zip: _____

Evening Phone: _____ E-mail: _____

Name of Congregation: _____ City, State: _____

Workshop Registration

Please indicate Saturday workshop preferences by workshop number:

Workshop A

10:30 to 11:45 a.m.

First Choice: #A _____

Second Choice: #A _____

Workshop B

1:30 to 2:45 p.m.

First Choice: #B _____

Second Choice: #B _____

Workshop C

3:15 to 4:30 p.m.

First Choice: #C _____

Second Choice: #C _____

Child Registration

Note: Your registration must be postmarked **no later than March 1, 2003**, to be eligible for childcare. Childcare with age-appropriate activities for children 12 and under will be provided for a fee of \$35 per child. Care will be available Friday 6:00 p.m. -10:15 p.m.; Saturday 8:45 a.m.-10:00 p.m.; Sunday 8:45-10:30 a.m. Fee includes Friday evening snack, lunch/dinner/snacks on Saturday and snacks on Sunday.

Child's Name _____ Age _____

Child's Name _____ Age _____

Special Needs

I need Home Hospitality lodging.

Put me on the "want roommate list" and send me a copy.

Vegetarian meals

I need other special assistance to participate in the conference (describe): _____

Table Topics

At breakfast on Saturday and Sunday, you'll have opportunities to sit and talk with others interested in discussion a common topic. If you have an idea for a Table Topic, please note it here and provide the name of a person attending the conference who is willing to lead the discussion:

Choir Interest

Yes, I would like to sing with the choir on Sunday.

I sing (*please check one*): Soprano Alto Tenor Bass

Calculation and Payment of Registration Fees

(Use a separate form for each adult registrant and each youth registrant.)

Registration Fee (\$110/adult or \$45/youth):

- includes Saturday breakfast/lunch/dinner and Sunday breakfast

\$ _____

Early discount for **adult registrations ONLY**

postmarked before March 1, 2003 (less \$10): (less \$ _____)

Optional Friday night dinner for

adults/youth (\$15):

\$ _____

Childcare (# children x \$35):

\$ _____

Total Enclosed: \$ _____

Please make check payable to:

First Unitarian Universalist Church

Send check and registration form(s) to:

Ella Van Laningham
1832 Lakeview Ct. SW
Rochester, MN 55901

Prairie Star District

Unitarian Universalist Association

122 W. Franklin Ave., Suite 303

Minneapolis, MN 55404

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