

# Decorah ❖ Unitarian ❖ Universalist ❖ Fellowship

Sunday, November 8, 2020  
Otter Dreaming, Fellowship Coordinator

Gathering virtually since 2020!

[decorahuu.org](http://decorahuu.org)  
387-6050 or [otterdreaming@gmail.com](mailto:otterdreaming@gmail.com)

## Welcome and Announcements

**Today's service** relates to our UU Principles 1, 2 & 3: The inherent worth and dignity of every person; Justice, equity and compassion in human relations; Acceptance of one another and encouragement to spiritual growth in our congregations.

**Chalice Lighting** *Let Go* (inspired by Yom Kippur, the Jewish season of atonement) ...Lois Van Leer

Let go  
Of all that binds you  
Of all that burdens you  
Of what you carry  
Of all that shames you  
Of fear  
Of trespasses and transgressions  
Of woundedness  
Let go of guilt  
Let go of anger

Let go of small mindedness and pettiness  
Of ways of being that no longer work for you  
Of compulsions that consume your living  
Let go of what you cannot change  
Let go of regret  
Of that which haunts you  
Let go of pain  
Let go of ways in which you missed the mark  
Let go.

**Opening Song** *A Small Tune*

...Otter Dreaming

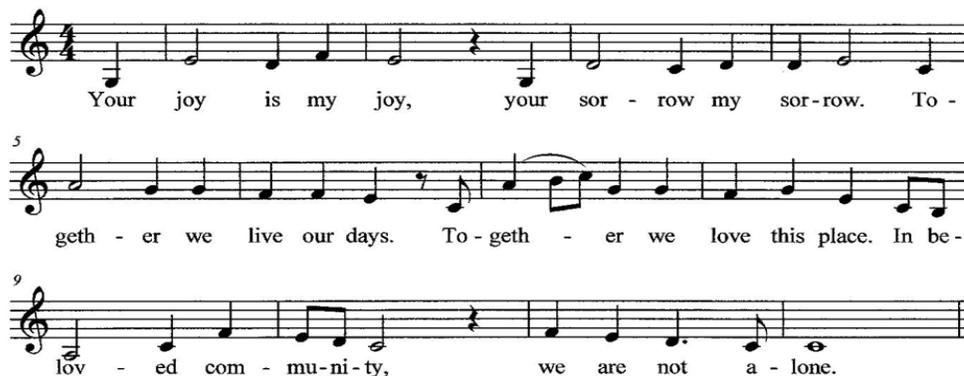
## Land Acknowledgement

**Joys and Sorrows** Please raise your Zoom hand to share any personal joy or concern with the Fellowship.

## Silence/Response

### Your Joy Is My Joy

Ellen Rockne



Your joy is my joy, your sor-row my sor-row. To -  
geth - er we live our days. To - geth - er we love this place. In be -  
lov - ed com - mu - ni - ty, we are not a - lone.

## Reading

...Reinhold Niebuhr

Nothing that is worth doing  
can be achieved in our lifetime;  
therefore we must be saved by hope.

Nothing which is true or beautiful or good  
makes complete sense  
in any immediate context of history;  
therefore we must be saved by faith.

Nothing we do, however virtuous,

can be accomplished alone;  
therefore we are saved by love.

No virtuous act is quite as virtuous  
from the standpoint of our friend or foe  
as it is from our standpoint.

Therefore we must be saved by  
the final form of love,  
which is forgiveness.

**Offering /Offertory** For all that is our life, we sing our thanks and praise; for all life is a gift that we are called to use to build the common good, and make our own days glad. ...Bruce Findlow/Patrick Rickey

**Reading** You should be angry. You must not be bitter. Bitterness is like cancer. It eats upon the host. It doesn't do anything to the object of its displeasure. So use that anger. You write it. You paint it. You dance it. You march it. You vote it. You do everything about it. You talk it. Never stop talking it.  
...Maya Angelou

**Forgiveness, Self-Forgiveness & Race in America** Dr. Loren Toussaint

**Closing Song** *One Foot in Front of the Other / Lead with Love* ...Melanie DeMore

**Extinguishing the Chalice** *Forgiveness* ...TobyMac



### Announcements

**Thank you** to our guest speaker this morning: **Loren Toussaint** is a professor of psychology at Luther College. He directs the **Laboratory for the Investigation of Mind, Body, and Spirit** that studies virtues, especially forgiveness, and how these constructs are related to health and well-being. He encourages "everyday forgiveness" to build resilience and minimize stress in families, schools, healthcare, workplaces, and communities. ❖ Thank you also to **Carol Hagen**, service leader, and to **Carolyn Corbin** for service support today. ❖ After our gathering, please treat yourself to a little something, and we'll be in touch again soon.

**Share-the-Plate** - Our plate recipient for November-December is *Friends of the Decorah Public Library*. To donate to the plate recipient, see Decorah UU Giving, below. Or if you prefer to mail a check, please note "Share the Plate" in the memo line, and mail to PO Box 382, Decorah, IA 52101.

### **Upcoming Sundays**

**November 15** - No service.

**November 22** - *Member Story*, with Lyra McKnight.

**Holiday Gift Program** - Continuing our tradition of many years, Decorah UU will be participating in the Helping Services Holiday Gift Program - COVID-style. While we don't have details yet, we know it will be for one Decorah-area family with multiple children. When we get the family information, we will also be assigned a drop-off date, which are being staggered to reduce COVID risks for everyone involved. We will provide the list of requested gift items electronically, and you will have options of indicating your choice of gift recipient items either electronically or by calling Ellen Macdonald or Carl Peterson, who are coordinating this venture.

**Use Your UU Voice** - If you're interested in recording a story, poem, or song for upcoming UU services, Carolyn is happy to help you with tech support. Contact carolyn@corbingroup.biz. Ideas: Original songs, stories, or poetry related to UU Principles. Songs, stories, or poems by favorite artists related to UU Principles. Children's stories that relate to UU Principles.

**Defending the Democratic Process: A Faith Community Call to Awareness and Action** - At their meeting on October 13<sup>th</sup>, the Decorah UU Board of Trustees voted to add Decorah UU's name to an inter-faith statement calling for a peaceful transfer of power. The statement, originally from thirteen Protestant, Catholic and Jewish leaders, is also available [here](#) for individuals to sign.

**Request for Items for the Decorah UU Annual Auction** - Hopefully you have been thinking about your donation to the annual fundraising auction (which benefits both our Fellowship and the Low Income Heating Assistance Program). Now it is time to get that information to the auction team. This year's fundraising auction will be virtual (of course, it's 2020)! We are still working out details on when bidding will open and close but we do know that our annual auction service will take place on **Sunday, December 6**. It will feature some part of the auction, but most will take place on an online auction site.

**How to Donate an Item or Experience**

- We will be more restricted on how many items we can offer - **consider bundling items or making a "basket" of related items**
- Take a photo of the item(s) and get it onto your phone or computer\*
- Think of a name for the item (not too long)
- Jot down a description - include sizes, measurements, anything a buyer might want to know
- Enter the above information into our online submission form. You can enter up to 3 items.
- **Here's a link to the form.**

\*If you can't get the photo from your phone uploaded in the submission form (or need other help), email Julie Ohde - littleredkayak@gmail.com or Carolyn Corbin - carolyn@corbingroup.biz.

**Get Creative with your Donation!!!** If you don't have an item to donate, what else could you offer (really, experiences are what brings in the most money anyway!). It will be tougher to think of experiences in the time of Covid but you'll have a year to make good on your promise!

**Make a request for a donation from someone else!** Is there something you'd be willing to pay for someone else to do (rake leaves, sing a song, make you some lefse)? Is there someone specifically you wish would offer an experience? Email Julie at littleredkayak@gmail.com and we'll see what we can do!

**How will you get the items from donor to buyer?** We aren't sure but we hope you'll work together to accomplish that. The auction team will help!

**Decorah UU Board of Trustees** - The next meeting of the Board is Tuesday, November 13<sup>th</sup>, 7:00 p.m. via Zoom. Board members for 2020-2021 are Matthew Alexander (chair), Beth Wahlberg (treasurer), Maggie Hayden, Julie Ohde and Lynn Pleggenkuhle.

**Decorah UU Support** - As we continue to find our way through this challenging time, please remember: **if you need help**, let Otter know via phone 563-387-6050 or email otterdreaming@gmail.com. We'll all need support of one kind or another during this time. Please don't hesitate to ask.

**Decorah UU Circles** - We are practicing physical distancing to stay safe in these times, but that doesn't mean we must be disconnected socially. Check in with folks in your Circle or others as well, and know that together we care for our UU family and friends. Contact Sue Otte if you have questions or comments: sueotte@gmail.com or 563-419-5396.

**Decorah UU Service Archive** - Did you miss a service we conducted by Zoom? Or did you attend but would like to watch it again? You can! Go to **Decorah UU**. There are two links to our new YouTube channel: a small YouTube icon in the upper right and a button in the middle that says "Watch past services on YouTube." Once on the YouTube channel page, you can choose the service you want to watch. We will try to post the link within one week of each service. Tip: If you want to see the bulletin or other information about the service, you can click on the SERVICE ARCHIVE button on the homepage. From there you can click on a service and then the "read more" link.

**Decorah UU online** - For more information, please visit our website **Decorah UU** or our **Facebook** page.

**Member Emergency Fund** - Unforeseen troubles come our way from time to time. If you or someone you know in the fellowship could use some help, please let Otter know. We may be able to provide support or short term monetary assistance. Confidentiality will be respected.

**Decorah UU Giving** - Decorah UU has set up online payment primarily for donations you might otherwise make in person at fellowship. Go to our [Decorah UU](#) homepage and click on the "Give Online" button, which will take you to the Giving page. There, you'll find the "Donate" button which will send your payment through PayPal. You do NOT need a PayPal account. You'll be asked to choose whether your donation is for **Share-the-Plate** or for **Decorah UU**. You can only choose one, so if you want to donate to both, you will have to repeat the process. You can use a debit or credit card. Below the "Donate" button on the Giving page, you may also consider two options for recurring donations. **Please note:** We deeply appreciate the gracious gifts of our members and friends, whether given on a weekly, monthly, or annual basis. We understand that present circumstances and uncertainty may affect your ability to make a financial commitment to Decorah UU. Know that we value your "gracious gifts" to our fellowship, in whatever form they may be.

**Decorah Community Food Pantry** - The Decorah Community Food Pantry Volunteers and Board members extend their gratitude to the many congregations and members who have donated financially to the Food Pantry. Such generosity allows us to keep serving those in need. In September there were 356 client visits with 1024 family members. Currently we are in need of small bottles of cooking oil and dish soap and we stress *small*. Because many congregations are not meeting onsite, please bring your items directly to the Food Pantry any day between 9:00 a.m. and 3:00 p.m. at 110 Railroad Street. Donations can be sent to PO Box 26, Decorah.

**Mail Cheer** - Green Iowa Americorps has made a program for people who feel isolated during the pandemic. To give or receive these friendly letters, call *Green Iowa Americorps* at 563-293-5075, or visit the *Decorah & Winneshiek County Mutual Aid Network*.

