

BISMARCK - MANDAN UNITARIAN UNIVERSALIST FELLOWSHIP & CHURCH

1st Sunday Service: 10:30 AM

Fellowship & Refreshments: 11:30-12:15

2nd Sunday Service: 12:30 PM

818 E. Divide Ave.

Bismarck, ND 58501

701-223-6788

WEBSITE: www.bismanuu.org • EMAIL: office@bismanuu.org

The Beacon

*The BisMan UU Monthly Newsletter—Sharing Unitarian
Universalist Values in the Capital City Area*

Sunday, July 2

U.S. INDEPENDENCE DAY REFLECTION

Brian Palecek

During this unique service format, Brian will share a fascinating film presentation and then lead a conversation about what would happen if we read the U.S. Constitution as a "sacred text." This conversation will be an opportunity to reflect on tensions between democracy and colonialism.

Brian Palecek is a humanities scholar, professor, activist, and longtime friend of the congregation.

If there is no fire ban, we will again be **gathering on the UU church front lawn to watch the fireworks on the 4th of July.*

Sunday, July 9

HISTORY OF THE BISMARCK VETERANS MEMORIAL PUBLIC LIBRARY

Christine Kujawa

This year marks an important milestone for our community's public library. Those in attendance will watch the library's video "Celebrating 100 Years" and will learn about the history of this essential public institution, as well as current library programs and services.

Christine, a librarian for the past 20 years, is currently serving as Library Director at the Bismarck Veterans Memorial Library.

Sunday, July 9—Picnic Potluck at 12:00 noon

At the home of Megan and Aaron Carranza
6501 66th Street NE (15 minutes from UU)

Bring a dish or beverage to share, plus a lawn chair if you have one. UU will provide paper products and utensils. Join the car pool that departs after the church service.

Driving Directions:

*North on State St/Hwy 83 for 3.6 miles to 71st Ave NE

*Right/East on 71st Ave NE for 2.5 miles

*Before road curves SE, turn left to stay on 71st NE for 2 miles to 66th St.

*Right/South on 66th St NE (gravel) for 4 miles. Third house on the left.

Sunday, July 16

ENGAGED BUDDHISM AND ENGAGED UNITARIAN UNIVERSALISM

(Part of the Water Is Life Series)

Pam Costain and Members of the Minnesota-based Blooming Heart Sangha Engaging in social justice work changes, challenges, and teaches us. Pam and other members of the Blooming Heart Sangha invite a conversation with us, hoping to learn from our experiences of social justice work, especially our solidarity with Standing Rock. How does working for social justice impact our spiritual practice? How do we become more engaged in our communities and the world?

11:45 AM - 12:15 PM (between the services): Join us for a brief conversation about mindfulness and other Buddhist practices. You do not need to be a Buddhist to attend!

Originally from Minot, Pam Costain works with the Nonviolent Peaceforce. Blooming Heart Sangha is a Buddhist practice community in the tradition of Thich Nhat Hanh, a Vietnamese monk well-known across the globe for his practice of "Engaged Buddhism."

Sunday, July 23

THE GIFT OF SILENCE

(Second in our Summer Mindfulness Series)

Brian Palecek

We will explore together the use of silence in spiritual practice, including Quaker silent worship, as well as the music of John Cage, American composer.

(See Brian's bio in first column.)

Sunday, July 30

YOGA, BREATH, AND LIFE FORCE

(Third in our Summer Mindfulness Series)

Angie Swiec Kambeitz

Angie will explain how the practice of yoga and conscious breathing can transform our bodies, our energy, and many aspects of our lives for the better. She will guide us through a few breathing and grounding exercises so that in an instant we can feel the benefits yoga brings.

Angie is a holistic bodywork therapist and an international yoga teacher who has studied extensively in Mysore, India, following the Ashtanga Yoga tradition. As a visual artist, she encourages her students to approach yoga-energy-body through artistic expression. Her students' paintings have been displayed on our walls since spring.

Church Calendar

SUNDAY, JULY 2

Sunday Services, 10:30 AM & 12:30 PM

SUNDAY, JULY 9

- Sunday Service, 10:30 AM **only**
- UU Summer Picnic, 12:00 noon

SATURDAY, JULY 15

Circle Suppers, 6:00 PM

SUNDAY, JULY 16

Sunday Services, 10:30 AM & 12:30 PM

WEDNESDAY, JULY 19

People, Place Gathering, 5:30 PM
(No Program Gathering in July)

THURSDAY, JULY 20

- UU Men's Get-Together, The Walrus, 5:30 PM
- UU Board of Trustees Meeting, 5:30 PM

FRIDAY, JULY 21

UU Women's Lunch, BisMan Food Co-op, 12:00 PM

SATURDAY, JULY 22

Circle Suppers, 6:00 PM

SUNDAY, JULY 23

Sunday Services, 10:30 AM & 12:30 PM

SUNDAY, JULY 30

2017 Board of Trustees and Staff

President, Rita Kelly ritakelly@gmail.com
Vice President, Liz Loos allizloos@gmail.com
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Trustee, Christine Kujawa chriskuj@gmail.com
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Bismarck Mandan UU Fellowship & Church

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Bismarck, ND 58502-0297

[We are on Facebook!](#)

Check out our Website!

www.bismanuu.org



E-mail: minister@bismanuu.org

Tel. 701.223.6788

Office Hours: Available every day except Mondays.
You might want to call before stopping in. Also feel free to set up a visit in advance.

CHURCH OFFICE HOURS

Monday, Wednesday, Friday

8:00 am—11:00 am

It is ALWAYS a good idea to call first before stopping by:

701.223.6788

Remember—OUR UU PROGRAMS ARE RECORDED!

Access our programs anytime! 5:30 pm cable channel 12 or 612 HD or via internet www.freetv.org. Programs will be announced in our bulletin and electronic announcements.

You can also access video recorded programs on our [YouTube channel](#) or search You Tube for “Bismarck Mandan Unitarian Universalist Fellowship.” Audio recordings are available at www.bismanuu.org.

Community. Love. Purpose.
Transforming Ourselves, Changing the World

Welcoming Congregation

We are a Unitarian Universalist Welcoming Congregation that seeks to be a spiritual home for people of free faith regardless of race, color, gender, affectional or sexual orientation, age, national origin, socioeconomic status,

Saturday, July 15 or 22 at 6:00 PM

CIRCLE SUPPERS FOR UU MEMBERS, FRIENDS, AND SEEKERS

Get to know one another by sharing a meal with 6-8 adults. Host provides the main dish and suggests an item for each adult guest to bring. Reserve your space now. Contact Carol Jean Larsen: (701) 516-7848 (call or text) or email to cjlarsen43@bis.midco.net.

Saturday, July 15

CULTIVATING AN OPEN HEART

Day-long Mindfulness Meditation Retreat, Fort Lincoln State Park

Please arrive at 8:30. Retreat begins at 9:00 and ends at 4:30.

Step back, breathe, and participate in a day-long mindfulness retreat near the shores of the Missouri and Heart Rivers. All levels of experience are welcome. Instruction will be provided in all activities.

This is a silent retreat, though there will be some opportunity to ask questions and participate in discussion with others. There is no cost but free will donations are appreciated.

Register at <https://ndretreat.eventbrite.com>. Deadline is July 12. More information will be provided following registration.

Offered by the Peace Garden Sangha of Bismarck and Blooming Heart Sangha from Minneapolis.

Sunday, July 16, 7 to 9 PM at Bismarck-Mandan UU

SAGE CIRCLE GATHERING

Sage Circle is a group of women who want to step into their feminine power by listening to their Inner Wise Woman. Each woman can speak her truth, be vulnerable, and renew and recharge her vitality, passion, and creativity.

To learn more, visit www.sagecircle.weebly.com. July's focus will be a First Moon Ceremony. Please wear something red if you can. Free will offering (suggested donation of \$15).

Facilitated by Cathy Breiner: email at cathybreiner@gmail.com or phone at (701) 425-8808 (text/call).

Newsletter: Karen Larrivee

If you have newsletter items or ideas, please e-mail them to office@bismanuu.org.