

BISMARCK - MANDAN UNITARIAN UNIVERSALIST FELLOWSHIP & CHURCH

Sunday Services & Children's Programs: 10:30 AM
Fellowship & Refreshments: Following Service

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The Beacon

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



Sunday, May 3 HAPPY MAY DAY Karen Van Fossan

Karen Van Fossan and her cohorts invite you to participate in a nature-loving program in honor of May Day and our 7th principle. Feel free to join the artistic expression—or simply enjoy witnessing the process. May Day is traditionally a time to celebrate spring's renewal. We hope this service brings you rejuvenation.

UU member Karen is a writer, licensed counselor, advocate for children, and recent graduate from United Theological Seminary of the Twin Cities.

Sunday, May 10 HOW WE ARE TOGETHER Andrea Grigsby and Janis Cheney

We are each part of many communities. Andrea Grigsby and Janis Cheney will offer reflections on being in our UU community: what it means, how we do it, how we might do it differently.

Andrea and Janis are members of the Bismarck-Mandan Unitarian Universalist congregation for 2 and 33 years respectively. They share a strong commitment to our 7 principles and to working effectively in community.

Sunday, May 17 MUSIC AND ACCEPTANCE OF OTHERS Mark Fogelson

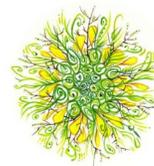
By intrinsic definition, folk music is just what it sounds like: music of the people. Mark Fogelson's heart-warming, thought-provoking, and often humorous original songs focus on human stories, emotions, and triumphs. Mark will share his songs and stories reminding us of tolerance and acceptance of others.

Mark has performed throughout Arizona, Minnesota, and North Dakota and will also perform a full concert the evening of May 17 at our church.

Sunday, May 24 No Sunday Service—Memorial Day Weekend

Sunday, May 31 SUMMER PROGRAMMING

Our summer Sunday programming will begin May 31 and be the discussion format that has been popular the past 3 years. Special summer programs will include the Pride Fest Interfaith Service June 21 and folk singer Joseph DeMasi with his brother July 26. *Note time will change to 9:00 am for summer programs.*



Church Calendar An asterisk (*) indicates related article

SUNDAY, MAY 3

- ◆ *Last Wishes Workshop, 9:15-10:15 am
- ◆ Sunday Service & children's service, 10:30 am
 - ◆ Board of Trustees Meeting, 11:45 am

SUNDAY, MAY 10 **Happy Mother's Day**

- ◆ Sunday Service & children's service, 10:30 am
- ◆ Social Action Working Group, 11:45 am

WEDNESDAY, MAY 13

*Men's Get-Together, 5:30 pm at Markel residence

WEDNESDAY, MAY 13

Adult RE Discussion, 7-8:30 pm

FRIDAY, MAY 15

Women's Lunch, Minerva's at 12 noon

SUNDAY, MAY 17

- ◆ *Last Wishes Workshop, 9:15-10:15 am
- ◆ Sunday Service & children's service, 10:30 am
- ◆ *Fogelson Reception, 11:30 am following service
- ◆ *Folk Music Concert by Mark Fogelson, 7:00 pm

SUNDAY, MAY 24

No Sunday service—Memorial Day Weekend

SUNDAY, MAY 31

*Summer programming begins, 9:00 am

NOTE: There will be no PPP Sunday meeting in May. PPP groups may separately arrange meetings as needed.

Mother of Achievement Award for Aruna Seth

Educator, artist, and community maker, Aruna Seth grew up in Rajasthan, India, graduating from the University of Rajasthan with a Bachelor's of Science in Botany and Zoology. In 1975, she immigrated to St. Louis, Missouri, with her husband Vinod. And in 1989, the family moved to Bismarck, North Dakota with their three children. There she established a life dedicated to leadership in support of children and families, education, peace and justice. She was instrumental in founding seven organizations that further these commitments: Bismarck Human Relations Committee, North Dakota Women's Network, International Club of Bismarck-Mandan, Gandhi Peace Network, North Dakota Season for Nonviolence, Sonali Seth Memorial Garden, and Sonali Kite Festival. Aruna taught a generation of students about Indian culture in schools and colleges throughout Bismarck. She was President of the Bismarck School Board, where she worked to support public health and special education initiatives.

Ruth Meiers

Thanks to Our Volunteers!

Thanks are extended to Thelma Saxby, Heidi Demars, Tyler Demars, and Pat Conrad for fulfilling our congregation's offer to serve the noon meal at the Ruth Meiers Hospitality House on April 30.



Summer Social Event Notice

UU Summer Picnic Schedule will be published in the June Newsletter.



Men's Get-Together, May 13 at 5:30 pm

Markel residence directions 929 Parkview Drive: Follow Avenue C West, turn right on Parkview Drive up the hill. House will be on your right.



Candles for the Journey

*Congratulations to Ronya Hoblit on her graduation from Minot State University with a degree in social work.

*Congratulations also to Aruna Seth on her receiving the Mother of Achievement Award for North Dakota from American Mothers, Inc. See related article from the Mothers of America web site <http://www.americanmothers.org/mother-of-achievement>.

*And thanks to Aruna Seth for delivering the opening prayer before both the House and Senate during the legislative session. Our legislators become more aware of the diversity in our community.

*Another congratulations is extended to Zane Markel, son of Paul and Tamera Markel, who is graduating from the Naval Academy in Annapolis, MD. Zane will be continuing his post graduate education at MIT.

*And a final congratulations goes out to Teri Evenson who is retiring from state government at the end of April. Teri and her husband Jeff are relocating to Bottineau as soon as they sell their house. Their daughter Kathy and grandchildren Vail and Vera are already in Bottineau, and son Chris is deciding whether to relocate or not. Kathy and Chris were both involved in our RE program as they were growing up.



Special Donations

*Donation to Vision Fund made in honor of Lola Huwe for her part making our church become a welcoming congregation by Dean & Pat Conrad.

*Offering plate collection of \$218 from the UU congregation on Sunday, April 19 was donated to Prevent Child Abuse North Dakota for its "Authentic Voices: How We Survive" project in honor of Karen Van Fossan's graduation from seminary.

*Donation to Vision Fund made in honor of Karen Van Fossan's graduation from seminary by Dean & Pat Conrad.

*Special donation to the area of Social Justice from Aruna Seth.

SAVE THE DATE!

Mark Fogelson Concert at the UU on Sunday, May 17 at 7:00 pm!

Folk Music Concert at the UU

Mark will perform at 7:00 pm on Sunday, May 17 at the Bismarck-Mandan Unitarian Universalist Fellowship and Church. Admission is free-will donation. Invite your friends and family to attend this festive event!

The songs of R. Mark Fogelson capture the essence of traditional Folk by focusing on human stories, emotions and triumphs. His songs harken back to an era when storytellers handed tales down through generations, yet they remain powerful commentary about the rapidly changing world in which we live.

At his live shows, Mark explains to the audience how each song came to him, and listeners are captivated by his narratives. His songs range in theme from family, such as in *Sometimes it Seems*, to new beginnings, as described in *Plant New Dreams*.

Listeners find his music approachable, heartwarming, humorous, and thought provoking. So sit back and listen to the quiet stories and emotions that linger in his songs.

Recordings *Dance Your Dream*, 1996 *Plant New Dreams*, 2004

Airplay Public radio in the Twin Cities, Grand Rapids, Moorhead.

KDSU (Fargo, North Dakota)

Featured on The Morning Show with Dale Connelly and Jim Ed Poole.

Public Radio throughout Minnesota

Click on the website to learn more

<http://www.rmarkmusic.com/index.html>.



Reception

Sunday, May 17 at 11:30 am

A reception will be held for Mark Fogelson and his lovely wife, Ranelle after the morning service. You will have the opportunity to visit with Mark about his inspiration and how he writes his music. Please bring a snack to share.

LAST WISHES SEMINARS

Fourteen people attended the first in the series of brief seminars on issues related to aging this past Sunday. The first seminar dealt with services available to keep us in our homes as we age. The document that we talked through will be updated with information those in attendance provided, as well as with new information as it is received.

The remaining seminars are as follows:

Sunday, May 3 – the paperwork we should all have in place such as wills and medical Powers of Attorney. Sherry Mills Moore will assist with this presentation.

Sunday May 17 – funerals, memorial services, traditional burial, cremation, and donating your body to the medical school, and the costs of each.

To be determined, based on interest – supported living, nursing home care, nursing home insurance, and the costs paid by Medicare vs. Medicaid.

If any of these topics are of interest, come join us in the back room from 9:15 to 10:15 AM on the date(s) of your choice.

FOOD PANTRIES

This is the fourth in the series of short articles about services for the homeless in our community.

The Bismarck Emergency Food Pantry, located at 725 Memorial Highway in Bismarck, has been the community's primary food pantry since it was organized in 1980 through the assistance of a number of local churches. The purpose was to assist families with food insecurity, even though they might have employment. In 2014 \$122,000 worth of food was given to 1696 families, (4484 people). It is operated by a team of volunteers and is supported entirely on donations. This food pantry is open on Monday, Tuesday and Thursday afternoons from 1 to 4 o'clock. An ID, proof of address, and the SSNs of those in the household are required. This pantry prefers to give out food only once a month per household.

Ruth Meier's Hospitality House cannot operate a regular food pantry, but does deliver bags of food several evenings a week to the individuals staying in their Men's Shelter.

AID Inc., 314 W Main St in Mandan, will never turn away anyone in need of food.

Ministry on the Margins, 115 N 2nd St in Bismarck, has their food pantry open on Thursday evening from 5 to 7 PM. They provide smaller amounts of food as most of their clients live in the downtown area, and have little room to store food. They welcome their clients to return each week to obtain what they need.

Community Action Program, 2105 Lee Ave in Bismarck, has a food pantry in addition to filling backpacks for school children.

Many churches have also begun to offer food pantry services, including St. Anne's, the United Church of Christ, Corpus Christi, All Nations Assembly of God, Crystal River Ministry, and Spirit of Life in Mandan. Spirit of Life says that they give out about 25 boxes of food per day, but I do not know the size of those boxes.

Food pantries need donations of canned fruit and vegetables, soup, pasta, tuna, spaghetti sauce (cans are better than glass jars), rice, complete pancake mix, boxed potatoes, Hamburger Helper, macaroni and cheese, hot chocolate, coffee, tea, powdered milk, hot or cereal, cake mixes, crackers, and granola bars. Household cleaning and hygiene products are also appreciated because clients on SNAP (the new name for food stamps) cannot purchase such items using their government benefits. Fresh garden produce is also appreciated in the fall.

The North Dakota letter carriers will be conducting their door-to-door food drive on Saturday, May 9th. Please leave something next to your mailbox, as food pantry shelves are pretty empty at this season of the year.

Last month's article mentioned that the Heaven's Helpers Soup Café was looking for a second location in east Bismarck. Unfortunately that group lost its lease on its current location on Memorial Highway effective June 1. As the major provider of prepared meals in the community, it is hoped they find a new location quickly.

—Pat Conrad

Of Interest...



Here is a message from the owners of Riverbound Farm, a locally produced organic vegetable farm:

Requesting more members: Riverbound Farm "has shares of our bountiful, fresh, healthy, beautiful, life-enriching, so-beyond-organic-that-we-use-fossil-fuel-free-horse-power-and-pure-love-to-grow-our-vegetables vegetables available."

If interested, check out their website and contact the owners directly at www.riverboundfarm.com.



The BisMan UU is a proud sponsor of the North Dakota Capital Pride 2015 event. We will have a vendor booth in Custer Park and host the Interfaith Service on Sunday, June 21. More information from our Social Action Working Group (SAWG) to follow in our June newsletter.

*Photos from our church happenings can be found on our Facebook page!

DOR
Dakota OutRight

EMERGENCY SHELTERS

This is the second in the series of short articles on the issue of homelessness in our community. This one is about the availability of emergency shelter.

The Ruth Meier's Hospitality House, located in the former Baptist Home on Boulevard Ave. has been, and continues to be, the primary facility for individuals needing emergency shelter. At the current time Ruth Meier's provides 3 major services, all of which require daily breathalyzing and random drug testing.

There is a Men's Drop-in Shelter at the corner of 23rd Street and Rosser which can accommodate up to 100 men a night, and has been serving 80 or so each night this winter. The facility is a single big room with bunk beds, small lockers, and hot showers. The men are always provided with sandwiches for dinner in the evening and perhaps sweet rolls for breakfast if those rolls have been donated to the facility, as they have no ability to do any cooking at the Drop-in Shelter. The men are charged \$2 a night to stay here. The facility remains open during the day during the winter months. Some of the men residing in this facility have jobs, but not enough money to move into an apartment. Others are not looking for work, and may only come indoors to sleep when it is too cold to remain in their cars or trucks overnight.

Men who are successful in improving themselves at the Drop-in Shelter are referred back to the Ruth Meier's facility on Boulevard where there are smaller rooms for 8 to 12 individuals and the possibility of 3 meals a day. All who move to the Boulevard address pay \$50 a week for their accommodations, and must be working or looking for work. There are also dormitory beds for a limited number of women in the building on Boulevard, and several rooms for families with children, with the same requirements as for the men.

As affordable housing is the main deterrent to escaping homelessness, Ruth Meier's is renovating most of the Boulevard building into efficiency, one and two bedroom apartments. When an individual or a family moves into one of these apartments, that family unit is no longer considered to be homeless as this new apartment can become their permanent residence. Individuals in these apartments pay for them on a sliding fee scale basis, up to 30% of their monthly income. Individuals living in these apartments can also obtain their meals from the Ruth Meier's kitchen. Renovation has been completed on 19 apartments, and all of those are full. At least another 19 are awaiting completion, but completion must wait until adequate funding is available.

About 10 years ago there was recognition that women, single women with children, single men with children, intact families, and sometimes even grandparents with children were also experiencing homelessness. At that time Welcome House was established. Welcome House is located in Mandan in the former Heartview building. Welcome House has 9 family rooms and can provide beds for up to 50 individuals. Welcome House is a no-use facility which does background checks on all adults entering their program and breathalyzes their adults each night. Their goal is to have families live there only 90 days before achieving self-sufficiency and their own apartment, but that time limit can be extended when necessary. Case management services are continued for an additional 3 years for those program graduates who request such services. The case management is to help prevent another episode of homelessness when people lose their jobs or have major unanticipated expenses.

In spite of these emergency shelters, we still have people sleeping in their cars throughout the city.

-Pat Conrad

UUSC—UUA Response to Nepal Earthquake

A message from UUSC's president Bill Schulz on the crisis in Nepal after their 7.8 magnitude earthquake on April 25 (click on the link to donate if interested in helping):

<https://secure2.convio.net/uusc/site/>

Donation2.jsessionid=7688A769BF89C51B8CBAEADA637A7956.app202a?

idb=1342375727&df_id=4202&4202.donation=form1&idb=0&s_src=042815Nep&AddInterest=1161



We're assembling a crisis response team to conduct an initial assessment of the greatest threats survivors face. As always, our focus will be on those groups most likely to fall through the cracks of traditional rescue and relief efforts:

- *Women and girls will be at grave risk of gender-based violence and discrimination, issues that are already prevalent in Nepal.*
- *The lesbian, gay, bisexual, and transgender communities will be especially vulnerable to discrimination.*
- *Dalits and indigenous groups that are traditionally the target of appalling social discrimination are likely to be cast aside as relief supplies and services begin arriving in-country.*
- *Roughly 4 million people who live in Nepal without recognized citizenship will have difficulty getting the help they desperately need.*

The elderly and people living with disabilities and HIV/AIDS are also likely targets for discrimination and abuse.

2015 Board of Trustees and Staff

Board

Co-President, Marnie Piehl	piehl.patch@gmail.com
Co-President, Molly Brooks	brooks.molly@gmail.com
Secretary, Ronya Hoblit	hoblit2001@yahoo.com
Treasurer, Lisa Omlid	omlid.lisa@gmail.com
Trustee, Stephen Crane	scrane@bepc.com

Communications Coordinator/Office Manager

Tamera Markel
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Bis-Man UU Fellowship & Church

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[We are on Facebook!](#)

Check out our Website!

www.bismanuu.org

Vision Statement

We will be a vibrant, caring, spiritual community for all who seek an inspirational and religious home.

Mission Statement

We are a fellowship of free minds, welcoming all, a beacon of enlightenment and sanctuary, and offering a call to build a better self, community and world.

Religious Education Mission Statement

The Bismarck-Mandan Unitarian Universalist Fellowship seeks to provide a path for spiritual inquiry for people of all ages.

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, physical or mental ability.



CHURCH OFFICE HOURS

Monday, Wednesday, Friday

11:00 am to 3:00 pm

Office hours will vary.

It is ALWAYS a good idea to call first before stopping by: 701.223.6788

Very Useful Links

[Unitarian Universalist Association](#)

www.uua.org

[Mid America Region](#)

<http://midamericauua.org/>

[Quest for Meaning](#)

(Church of the Larger Fellowship Young Adult Forum—VERY cool!)

www.questformeaning.org