

January '07 Newsletter

For questions or details regarding any activities listed below, please send an email to church@lcuuc.org or call our church office at 262-369-1703

Get Involved/Things to Do

Lunch Bunch

The Lunch Bunch will meet on **Wednesday, January 10, at Noon**, at Palate Pleasers, 870 Rose Drive, Hartland. Palate Pleasers is located at the intersection of Hwy. 83 and KE (where there is a traffic light), south of Hartland. Palate Pleasers faces Hwy. 83, but you have to enter from Rose Drive. On KE, east of Hwy. 83, turn north on Rose Drive, and then left by the day care center. Proceed to the front of the building. This is a great opportunity for members and new friends to get better acquainted! If you have questions, contact Yvonne F, or Mary P at the church office.

January's Third Sunday Outing

Join us for a winter hike around the prairie land of the Lapham Peak Unit of the Kettle Moraine State Forest. Enter the park off of Hwy C about a half-mile south of I-94; it's the Delafield exit. We'll meet in the Evergreen parking lot (take your first right after you enter the park) at 1:00 pm on Sunday, January 21st, and hike the trails west of Hwy C. If there's snow and you can get your hands on some, bring snowshoes. If there's interest, and a willingness to hike a couple of miles, we could hunt a few geocaches along the way. Note: you will need a 2007 State Park Sticker or a ride with someone who has one.

February's Movie that Matters

On February 3rd at 7:00 pm we will be showing *Iraq for Sale: The War Profiteers*. This is "[t]he story of what happens to everyday Americans when corporations go to war. Acclaimed director Robert Greenwald (*Wal-Mart: The High Cost of Low Price*, *Outfoxed*, and *Uncovered*) takes you inside the lives of soldiers, truck drivers, widows and children who have been changed forever as a result of profiteering in the reconstruction of Iraq. *Iraq for Sale* uncovers the connections between private corporations making a killing in Iraq and the decision makers who allow them to do so." As always this film is presented free of charge and you are welcome *and encouraged* to invite your friends, neighbors, co-workers, relatives, and people you hardly know.

Remember: Due to a copyright issue we cannot show the movie Paper Clips, which had been scheduled as January's Movie That Matters. There will not be a replacement movie. See you in February!

Friends, Food and Fun!

Would you like to spend an evening hanging out with other UUs, enjoying hors d'oeuvres, conversation and fun? Then sign up for our "Friends, Food and Fun" evenings. On **February 10** and **March 10**, you can sign up to bring an hors d'oeuvre to a host's house and spend an evening talking, playing games, looking at the stars, playing music, whatever.

Sign up in the social hall to attend and/or to host an evening, and indicate if you'd like to bring your children or attend an adults-only evening. Contact Kerry D at the church office.

Meditation Class: *Intravaganza*

Please remember that regularly scheduled Mindfulness Meditation sessions on the second Monday of each month will be replaced by the *Intravaganza* classes.

MINDFULNESS IN EVERYDAY LIFE,

winter 2007

The Intra-vaganza

led by Paul Norton, M.D.

Order of Interbeing

Beginning

Jan 11 *Informal Practice/ Being Present*

Jan 18 *Formal Practice/ Sitting and Walking*

The Four Foundations of Mindfulness

Jan 25 *Mindfulness of Body*

Feb 1 *Mindfulness of Feeling*

Feb 8 *Mindfulness of Thought*

Feb 15 *Mindfulness of Objects of Mind*

Feb 22 *Guided Meditation/ Gatha Practice*

Into the Lap of the Buddha

Mar 1 *Four Noble Truths*

Mar 8 *Lovingkindness*

Mar 15 *Compassion and Sympathetic Joy*

Mar 22 *Equanimity and No-Self*

Eleven Consecutive Thursdays --6:30 to 8:30 p.m.

Lake Country Unitarian Universalist Church

5595 Grace Drive, Hartland, WI

\$125 for entire course \$15 for any individual week

Includes the book "Beginning Mindfulness" by Andrew Weiss and two CDs of guided meditation

Social Action

Food Pantry Collection: Thank you to new member Leann R, who delivered the December collection to the Pewaukee Food Pantry. LCUUC donated three large bags stuffed full of food and \$134.

Our next collection will be on **January 7th** and is designated for the Sussex Food Pantry. This pantry is located at N63 W23626 Silver Spring Drive, 262-246-9860. Hours are Monday 5:30-7pm, Wednesday 1-2:30pm, and Saturday 10-2pm. Monetary donations, food items and personal hygiene items are appreciated. If someone would like to deliver the January donation to Sussex, please contact Helen B at the church office.

Let me express many thanks to our growing congregation as we support a number of the 12 area food pantries in Waukesha County. Our congregation continues to be truly generous in dollars and goods for the persons that are served. There are parents, some single, who are just starting jobs again and the money doesn't stretch far enough. Those who receive food stamps and have infants find that diapers, soaps, and personal hygiene items cannot be purchased with food stamps. Therefore, for our January collection, I would like to suggest that we consider donating personal hygiene items like shampoo, lotion, feminine products, mouthwash, toothpaste, toothbrushes, and diapers, in addition to the monetary and food donations.

Outreach Meal: Many thanks to Ali & Karen H, Leslie O, Bob, Gina, Carey & Mackenzie M and their friends, for helping to serve the Outreach Meal on November 24th. In addition to their time, they also brought desserts and milk for this free program organized by Cooperating Congregations of Waukesha County, of which LCUUC is a member.

The next Outreach Meal is scheduled for **Friday, February 23rd** at 5pm at St. Matthias Episcopal Church, 111 E. Main Street in Waukesha. Approximately 8 volunteers are needed to help serve the meal. Youth (7th grade and older) are also welcome to help serve, with adult supervision. Please contact Helen B at the church office or sign up in the social hall if you would like to help.

Future dates when LCUUC is scheduled to serve are 8/31/07 and 11/23/07. Please mark your calendars and consider volunteering.

Guests served at the meal include the homeless, those living in rooming houses without cooking facilities, working families trying to stretch food dollars, persons from the local shelters, or the elderly on a fixed income. The Outreach Meal is partially funded by a community Development Block Grant, the Society of St. Vincent de Paul, area congregations and individuals. Meals are served on Mondays, Wednesdays and Fridays at 5:30pm at St. Matthias.

After the meal, volunteers are asked to carry dishes into the kitchen, wash off table cloths, put up chairs on the dining tables, sweep the floor, wash counters, and carry out some trash to the dumpster. Cooperating Congregations of Waukesha County coordinates the food preparation and other needs of guests.

UU-Ministry For Earth/Green Sanctuary: Our first meeting of the Green Sanctuary Committee will be at LCUUC on **Thursday January 4, at 7pm**. This is the next step in implementing our UU-Ministry For Earth / Green Sanctuary program. All who are interested in this process, and who might be willing to serve on the Green Sanctuary Committee, are invited to attend. A member of the Green Sanctuary Committee at UU Church West in Brookfield, will be there to give us some insight on the Green Sanctuary program at West, as well as to help us get started here at LCUUC.

The goals that underlie the Green Sanctuary Program are:

- Build awareness of societal environmental issues among UU's;
- Generate commitment for personal lifestyle changes;
- Motivate UU's to community action on environmental issues;
- Build a connection between spiritual practice and environmental consciousness
- Build awareness of and rectify environmental injustices.

What we have done to date:

- Held our first informational meeting
- Obtained a copy of the Green Sanctuary Manual from UU-MFE
- Attended an Energy Stewards workshop, which includes a step-by-step guide for efficient energy use
- Had an WE Energies energy audit for our facility
- Started putting together proposal to implement the recommendations of the Energy Audit

What we must do next:

- Form a Green Sanctuary committee of members who are committed to leading this process for our church
- Educate the committee members on the process
- Apply to UU-MFE for Green Sanctuary Accreditation
- Get with the program!

Please contact Kerry D or Gerry F at the church office for more information.

Green Christmas Baskets: Thank you to everyone who donated to the "Green Giving Tree." We have collected enough items to fill 5 baskets with compact fluorescent light bulbs, window kits, spray foam insulation, caulk, a caulk gun and foam pads for light switches and outlets. We have identified four individuals/families that will receive our baskets and are still looking for a fifth person/family in need.

Most of these individuals would like help having the items installed. Some of them are elderly and disabled. This would be a nice opportunity to help someone, and potentially learn something about insulating your own home. If you are able to lend a hand winterizing some homes, please sign up on the bulletin board in the social hall.

Religious Education (RE) News

RE Numbers:

Our classrooms are busier than ever with over 75 children registered for RE! The high school is our largest group, with 21. The middle school has 13, the 3rd-5th grade has 17, the K4-2nd grade has 18, and the nursery has 9.

Classroom Assistance Needed for K4-2nd and 3rd-5th Grade:

With weekly attendance in these classrooms running consistently high, teachers at the youngest grade levels can use an extra hand most Sundays. Beginning Jan. 7th, we ask that parents of children in K4-2nd and 3rd-5th sign-up to help in your child/ren's classroom at least one Sunday in the coming months. A schedule will be posted in each classroom listing the weeks that help is needed.

High School Youth to Participate in UUA/UUSC* Gulf Coast Relief Project:

This past fall, the youth of UU Church West in Brookfield invited the LCUUC High school class to consider joining them on a trip to New Orleans during the summer of 2007 to contribute to ongoing relief work in the aftermath of Hurricane Katrina. A group of our high schoolers traveled to UUCW on Dec. 3rd with RE teacher Phil S, met with the Church West youth, and learned more about the trip. They came back excited about the project, which will involve home & church clean-up, and working with/learning from communities marginalized by race, class & gender. A summary of the plans to date:

-The trip is set for July 24 to 31.

-The group will travel to New Orleans on Amtrak; lodging may be in a local church, or in a facility described as "camping-like."

- As a requirement for participation in the project, every person must be on a committee. There's much to do in many areas: Transportation, Education, Entertainment, Communication, Food, Lodging, and last but not least, Fund Raising. Watch out for Katrina Trip fundraisers--coming soon.

-On January 7th, we will welcome a group of high schoolers from Church West when our youth host one of the monthly trip planning meetings at LCUUC. (9:30 a.m.)

The High school youth will spend some RE class time in the coming months evaluating racism and how it relates to what happened in New Orleans.

General background information on Gulf Coast Relief efforts can be found at: <http://www.uua.org/news/gulfcoastrelief/>, <http://www.uusc.org/katrina/>

*UUSC=UU Service Committee

Our Whole Lives To Be Offered in February for 10-12th Grade Youth

Most of us want our children to grow up with positive, healthy attitudes about their sexuality. We want to provide accurate information, provide a forum in which all questions are legitimate and appropriate and where participants are treated with respect. We want our children to learn about sexuality issues in ways that will be useful throughout their lives, and we want to help our children develop the skills they need to make good decisions that will allow them to enjoy a healthy, satisfying life. These are also goals of the *Our Whole Lives* (OWL) Curriculum. Another goal of the program is to support parents in their role as the primary sexuality educator of their children.

Two years ago, the OWL sexuality curriculum was first offered at LCUUC to the 10-12 graders. The teens who participated found this to be a very valuable and unique experience. This February and March, we will again be offering this program, taught by trained facilitators including Kristin S, Rob S, Sonia W and Joe M. An orientation session will be offered to members of the congregation who are interested in learning more about the program. Attendance at the orientation session is required of parents

who have teens that are interested in participating in the program. The orientation will be held on January 7th, 2006 from 12:00 – 2:00 PM in the middle school room. We will offer a light lunch at 11:30. Please RSVP to Christi E at dre@lcuuc.org or at the church office so that we can provide enough food and materials.

About *Our Whole Lives*

Our Whole Lives is a series of sexuality education curricula for five age groups: grades K-1, grades 4-6, grades 7-9, grades 10-12, and adults. These curricula help participants make informed and responsible decisions about their sexual health and behavior. It equips participants with accurate, age-appropriate information in six subject areas: human development, relationships, personal skills, sexual behavior, sexual health, society and culture. Being grounded in a holistic view of sexuality, OWL provides facts about anatomy and human development. It also helps participants clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality.

OWL is a progressive approach to sexuality education that addresses the totality of human sexuality in an age-appropriate manner. It is based on and repeatedly stresses the core values of self-worth, sexual health, responsibility, justice and inclusivity. OWL helps young people adopt these very humane values and provides them with information and skills they need for life.

The UUA first undertook the development of a sexuality education program for adolescents in 1968. *About Your Sexuality* (AYS), by Derek Calderwood, was published in 1971. The program's openness to all areas of sexual questioning, its commitment to helping young people develop healthy, positive attitudes and feelings, and its acceptance of a variety of sexual lifestyles made it a pioneer in the field of sexuality education. AYS was published in three revised editions before it went out of print in 1997.

The development of *Our Whole Lives* was motivated by the need to replace the aging AYS with a sexuality education curriculum for the twenty-first century. It was felt that the AIDS epidemic, the rapid increase of other sexually transmitted diseases among youth, the rising birthrate among teenagers, the explosive debate over abortion, the growing knowledge of the tragedy of sexual abuse, and the appearance of shame and fear based sexuality curricula in the schools all demanded a new curriculum. Rising awareness of social issues such as gay, lesbian, bisexual, and transgender rights; gender identity; abortion rights; and AIDS policies increased the need for a curriculum based on respect, compassion, justice, and action.

OWL is the result of seven years of collaborative effort by the Unitarian Universalist Association and the United Church of Christ's Board for Homeland Ministries (UCBHM). The Sexuality Education Task Force (SETF), a group composed of UUA and UCBHM representatives, lay leaders, and sexuality educators from both faith traditions, convened for the first time in 1992, and has overseen the development of the OWL curricula ever since.

Much of this information has been taken from the UUA OWL website (<http://www.uua.org/owl/>). You can find more information about the OWL program there or by talking with the LCUUC facilitators of the program, Yvonne F, or Mary P, at the church office.

FROM THE MINISTER'S MAILBOX

Dear Ones,

This month I have two quotes to share with you:

1. "The Work of Christmas" by Howard Thurman:

*When the song of the angels is stilled, When the star in the sky is gone,
When the kings and princes are home, When the shepherds are back with their
flock,*

The work of Christmas begins:

To find the lost, To heal the broken,

To feed the hungry, To release the prisoner,

To rebuild nations, To bring peace among brothers and sisters,

To make music in the heart.

This piece is a New Year resolution of sorts for me and I post a copy of it on my desk each year, right after the Christmas holiday. Thurman reminds us that the good work so often affiliated with the 'Christmas spirit' – the work of social justice – is necessary year round. This is work not to be reserved for special seasons, mitten trees, and holiday baskets (though those are important). The work of Christmas is needed in the bleak days of winter, the rainy days of spring, the blistering days of summer, and the crisp days of fall. The work of Christmas – the work of social justice – is always calling us to action.

2. From *Let Your Life Speak* by Parker J. Palmer:

"Today I understand vocation not as a goal to be achieved but as a gift to be received.

Discovering vocation does not mean scrambling toward some prize just beyond my reach

but accepting the treasure of true self I already possess. It does not come from a voice 'out there' calling me to become something I am not. It comes from a voice 'in here' calling me to be the person I was born to be."

This piece is a portion of a reading that my father will present at my ordination service on Sat., Jan. 13, 2007. Though the words are Palmer's, I feel as though they are my own. I have discovered my calling (to be the person I was born to be) in professional ministry. My ordination service will be the formal recognition of this calling and one of the most important and sacred events in my life. In our denominational tradition, each individual congregation has the autonomy and authority to ordain. There may come a time when LCUUC will be called upon to ordain one of its own who has discovered their calling in professional ministry. What a privilege! I invite you to share in this special time in my life by attending my ordination in Evanston, Illinois, on Jan. 13, at 3:30 in the afternoon. There will be a reception at the church immediately following the service. Please call the Unitarian Church of Evanston at 847-864-1330 for directions. I hope to see some of you there.

Being called as an individual to a particular vocation, and being called as an institution to particular work, we are all called to something. In this new year, may we examine our hearts, be open to the calling, and share with one another our trepidations as well as our excitement. Happy New Year, and blessings to you all.

Your MOD minister,
(Soon to be The Reverend) Kathleen A. Green