

June 2007 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

Meditation Mondays

In June we will meet the first Monday of the Month (June 4th). After that we will probably really stick with the 2nd Monday of the month forever more! Our meditation gatherings are led by Paul Norton of the Order of Interbeing. We meet from 7-9 pm. Paul offers instruction in meditation from 6:30-7:00 pm for beginners or those wishing to have a refresher.

Over the next year we will loosely use the book *A Path With Heart*, by Jack Kornfield, as a guide. In June we will study chapters 4 and 5, but it is fine to come without having read the material. Meditation Mondays are free and open to all members, friends, and community members. Please call Joanne N at the church office at 262-369-1703 with any questions.

RE Opportunities

Want to learn more about Unitarian Universalism and world religions?

Common wisdom says we learn best by teaching others. Both new and seasoned RE teachers say that teaching RE is a chance to:

- Learn both *with* and *from* our young people.
- Deepen connections with the children and adults in our religious community.
- Pass on your skills and life experience to the next generation of UUs.
- Have FUN

There are still opportunities open to join a teaching team at every grade level.

Regular RE classes resume in September. Curricula are provided.

Or, if “behind the scenes” work is more your style, there are openings on the **RE Committee**. Join us at our next meeting, Wed, June 27th, 7-9 pm at church.

Summer Sundays: Adults, Share Your Passion with Our Children

Passion can be infectious, and we want our kids to catch it! Thanks to volunteers who will be sharing their passion for yoga, learning a language (Chinese), photography, and more during RE time this summer. There is still an opportunity to share your passion, too. Would you be willing to lead a one-time “mini-workshop” on your special interest during one of the 2 summer worship services? (July 15 and August 12) The activity would need to fill about 40 minutes for a group of no more than 10 children and younger youth. It can be as formal, or as informal as you like. You don’t need to be an expert--just share your enthusiasm. I’d like to offer at least 3 mini-workshops each Sunday, each including a Principles and Purposes component. Could you lead a nature activity? Origami? Storytelling? Kites? Puppets? Labyrinth walking? Drumming? Songwriting? (You don’t have to go it alone--assistance for leading a workshop is available, as well as supplies and other resources.)

See DRE, Christi Ehler to find out more: dre@lcuuc.org, or at the church office at 262-369-1703.

Summer Book Groups

You are invited to join an inspirational, thought provoking, and spiritually rewarding book group! Picture this: Coffee, snacks, comfortable chairs -- maybe even out on the lawn sometimes (if we want to) -- and casual discussion of interesting religious ideas, among friends.

Three LCUUC book groups will meet this summer on church-service-free Sundays, at 10:00, at the church, on an alternating schedule. The three options are: (1) *The World's Religions*, by Huston Smith. This group is scheduled to meet 5 times this summer. (2) *The Bible* (Optional supplement: *Understanding the Bible: An Introduction for Skeptics, Seekers, and Religious Liberals*, by John A. Beuhrens.) This group is scheduled to meet 4 times this summer, to discuss bible chapters and verses chosen by the group. The first session will focus on the creation story in Genesis. (3) *The Sparrow*, Mary Doria Russell. This group will meet one time this summer.

What better to do with all that free time this summer? I'm looking forward to it! The sign up sheets are posted in the social hall. Don't forget to pick up a bookmark, which has the book group schedule on it, next to the sign up sheets. If you're planning to buy the book(s) online, don't forget to use the link on the LCUUC website (we get a kickback that way -- it's the same price to you). The dates (in case you don't have the book mark) are these:

June 17: World Religions: Hinduism

July 29: The Bible: Topic TBD by group

June 24: The Bible: Genesis (focus on 1 to 9)

August 5: World Religions: Islam

July 1: World Religions: Buddhism

August 12: (Church Service)

July 8: The Bible: Topic TBD by group

August 19: The Bible: Topic TBD by group

July 15: (Church Service)

August 26: World Religions: Judaism and Christianity

July 22: World Religions: Confucianism and Taoism

September 2: The Sparrow

UU-Ministry For Earth / Green Sanctuary

With the price of regular gasoline heading toward \$4, most of us are probably looking more than ever for ways to save gasoline. In addition to saving money, we will also reduce emissions of carbon dioxide and other pollutants.

Here are some tips adapted without permission from the U.S. Dept. of Energy Website (<http://www.fueleconomy.gov/feg/driveHabits.shtml>) They won't mind, after all, we taxpayers paid for it!

Drive Sensibly

Aggressive driving (speeding, rapid acceleration and braking) wastes gas. It can lower your gas mileage by 33 percent at highway speeds and by 5 percent around town.

Drive More Slowly

Gas mileage usually decreases rapidly at speeds above 60 mph. As a rule of thumb, each 5 mph you drive over 60 mph reduces your mileage by about 6.7%,

Remove Excess Weight

Avoid keeping unnecessary items in your vehicle, especially heavy ones. An extra 100 pounds in your vehicle could reduce your MPG by up to 2%.

Avoid Excess Idling

Idling gets 0 miles per gallon. If you are going to be stopped for more than 10 seconds, turn your engine off (except in traffic). Idling your vehicle for more than 10 seconds uses more fuel than it would take to restart your engine.

Use Cruise Control

Using cruise control on the highway helps you maintain a constant speed and, in most cases, will save gas.

Use Overdrive Gears

When you use overdrive gearing, your car's engine speed goes down. This saves gas and reduces engine wear.

Keep Your Car Properly Tuned

Fixing a car that is noticeably out of tune or has failed an emissions test can improve its gas mileage by an average of 4 percent. Fixing a serious maintenance problem, such as a faulty oxygen sensor, can improve your mileage by as much as 40 percent.

Check and Replace Air Filters Regularly

Replacing a clogged air filter can improve your car's gas mileage by as much as 10 percent. Not only will replacing a dirty air filter save gas, it will protect your engine.

Keep Tires Properly Inflated

Keep your tires inflated to your vehicle manufacturer's recommended tire pressure. Under-inflated tires can lower gas mileage by 0.4 percent for every 1 psi drop in pressure of all four tires. Properly inflated tires are safer and last longer.

Use the Recommended Grade of Motor Oil

You can improve your gas mileage by 1-2 percent by using the manufacturer's recommended grade of motor oil. Also, look for motor oil that says "Energy Conserving" on the API performance symbol to be sure it contains friction-reducing additives.

Plan and Combine Trips

Combining errands into one trip saves you time and money. Several short trips taken from a cold start can use twice as much fuel as a longer multipurpose trip covering the same distance when the engine is warm.

Commuting

If you can stagger your work hours to avoid peak rush hours, you'll spend less time sitting in traffic and consume less fuel. If you own more than one vehicle, drive the one that gets the best gas mileage whenever possible. If possible, consider telecommuting (working from home), take advantage of carpools and ride-share, use public transportation if it is available and convenient, walk, or ride a bike.

Traveling

A loaded roof rack can decrease your fuel economy by 5 percent. Reduce aerodynamic drag and improve your fuel economy by placing items inside the car whenever possible.

Choose a More Efficient Vehicle

Selecting which vehicle you drive is the most important fuel economy decision you'll make. The difference between a car that gets 20 MPG and one that gets 30 MPG amounts to \$1000 per year (assuming 15,000 miles of driving annually and a fuel cost of \$4)!

Mother's Day For Peace a Success

Thanks to all who made our Mother's Day For Peace event a success. The weather was great, the speakers were inspiring, and the music was excellent. Children enjoyed making the mural, which we will be finishing up in Joint RE over the summer, and hope to hang in the social hall. They also enjoyed having their faces painted and making shakers for the drumming that culminated the days' activities.

Many thanks to all who helped make this such a positive way to spend Mother's Day.

UU're Home

Do you dream of inexpensive vacation travel to interesting destinations where you can stay in the homes of friendly people who share your ideals and are happy to provide directions and advice for their area?

The UU bed and breakfast directory *UU're Home* (formerly *Homecomings*) can fulfill your dream. For 27 years, we've provided a network of hosts in the United States (and a few abroad) who enjoy meeting new friends and who are happy to open their home to like-minded people.

You can also become a host and be listed in the directory. Contact us at 828-281-3253 or at info@uurehome.com, and we will gladly send you information about listing your accommodations.

Host listings on the *UU're Home* website at www.UUreHome.com are updated whenever changes are made or new hosts are added. The paper edition is published every year in April (and has many listings different from those on the website). For a copy of the 2007 directory, please send a check for \$20 (or \$25 and your e-mail address for both the book and a year's access to the website) to UU're Home, 43 Vermont Court, Asheville, NC 28806.

FROM THE MINISTER'S MAILBOX

Dear Ones,

My last service with you will be June 10, and it will be our Flower Communion Sunday. I know already that it will be a bittersweet time for my family and me. Not only have we come to love our monthly trips to beautiful Waukesha County, we have come to care so deeply for all of you. You have inspired us with your incredible ministry to each other and your dedication to work towards carrying that ministry into the wider community. You have welcomed Mitchell, Adam, and me with warmth and support. We will always be grateful for the time we have had with LCUUC.

There will be a new minister at LCUUC next year, with fresh ideas, gifts, and guidance. I hope that you will welcome whoever that may be with the same generosity of spirit that you offered to me. I hope that you will allow this new leader to guide you in the ways of ministry and spiritual growth. Mostly, I hope that a relationship of mutual trust, admiration, patience, and compassion will evolve and flourish between you and your next minister. It is the same hope that I have for my new congregation and me in California.

Keep up the good work that you do so well. I look forward to hearing about the exciting goings-on at Lake Country Unitarian Universalist Church, in the future.

With sincere appreciation,
Your MOD Minister, Rev. Kathleen A. Green