

October 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.

October Calendar

Every Tuesday	SOS*	7 – 8:30 p.m.	LCUUC – HS Room
Saturday, 6	Adopt a Highway	9:30 a.m.	LCUUC
Sunday, 7	Hartland CROP Walk	Start 1 p.m.	See article
Monday, 8	Meditation	7 p.m.	LCUUC
Saturday, 13	Movie that Matters	6-10 p.m.	LCUUC
Saturday, 20	Socrates Café	7 p.m.	Milw. Street Traders

Early November

Every Tuesday	SOS*	7– 8:30 p.m.	LCUUC – HS Room
Nov. 3	Day of Mindfulness	8:30 a.m. – 4:30 p.m.	LCUUC
Nov. 10 & 11	New member orientation	See article	

*SOS (Secular Organizations for Sobriety) meets every Tuesday night from 7:00 to 8:30 p.m. in the High School room. These meetings are designed to support those who are addicted, or are trying to overcome addiction, or are trying to cope with the addiction of a loved one, without requiring adherence to a set of moral imperatives or a religious doctrine. All are welcome who desire to get help while remaining anonymous. Call Mike at 262-442-6981 for further information

Get Involved / Things to Do:

Adopt A Highway

Our final Adopt A Highway cleanup for the year will be on Saturday morning, **October 6**. Meet at the LCUUC parking lot at 9:30 a.m. Our stretch of road is Highway E, from the intersection with K (northwest corner of LCUUC property) north to where E turns sharply to the west (about 1 1/2 miles total). It takes about 2 hours total, and is a nice sociable walk in addition to doing something to help our environment. Per Waukesha County rules, children participating must be at least 11 years old or in 6th grade. Wear good walking shoes and gloves. We supply the bags, orange vests, and refreshments! Contact Gerry F. at the church office to sign up.

Meditation Monday

In October we will meet, as usual, on the second Monday of the month (**October 8**) for our Meditation Monday gathering.

Our meeting will be led by Paul Norton of the Order of Interbeing. We meet from 7 to 9 p.m. at the church. Paul will offer instruction in meditation from 6:30 to 7 p.m. for beginners or those wishing to have a refresher.

Over the next few months we will loosely be using the book "A Path with Heart," by Jack Kornfield, as a guide. In October we will study chapters 12 and 13, 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 with any questions.

Movies that Matter presents PAPER CLIPS

October 13 at 7:00 p.m. in the social hall

The citizens of Whitwell, TN are almost exclusively white and Christian; the town was not accustomed to cultural diversity. But in 1998 that all changed with a classroom project at Whitwell Middle School. The PAPER CLIPS project sparked one of the most inspirational and profound lessons in tolerance, in one of the least likely places.

PAPER CLIPS is the moving and inspiring documentary film that captures how these students responded to lessons about the Holocaust—with a promise to honor every lost soul by collecting one paper clip for each individual exterminated by the Nazis. Despite the fact that they had previously been unaware of and unfamiliar with the Holocaust, their dedication was absolute. Their plan was simple but profound. The amazing result, a memorial railcar filled with 11 million paper clips (representing 6 million Jews and 5 million gypsies, homosexuals, and other victims of the Holocaust) that stands permanently in their schoolyard, is an unforgettable lesson of how a committed group of children and educators can change the world one classroom at a time.

Free popcorn and lemonade will be provided and a discussion will follow. This is an open event; we want to encourage everyone, especially our children, to see this movie, so please bring your kids and invite all your friends, co-workers, and neighbors. For more information see Paperclipsmovie.com or talk to Liz K.

Socrates Café

Join us for a casual, lively philosophical inquiry! Bring a question (if you'd like), such as "What is courage?" or "What is enough?" Using the Socratic method, in which the meanings of the words and the underlying assumptions in the question are examined, we will perhaps not answer the question, but it will be explored from many angles. You might come to listen, you might want to participate in discussion. Either way, we hope to see you there!

Date: 3rd Saturday of the month (this month, that's the 20th)

Time: 7 - 9 pm

Place: The Milwaukee Street Traders (Delafield)

Plowshare Center

The Plowshare Center has worked with our church over the years and helped to sponsor our Mother's Day for Peace event last year. They are planning a Family Festival in downtown Waukesha on **October 6** from 4:00 to 6:00 p.m. —Peace in the Street: A Grand

Celebration. Sponsored by The Plowshare Center, it will bring a variety of activities to Grand Avenue in conjunction with the Waukesha Art Crawl on a beautiful fall afternoon.

Celtic Music by 'Tis, Yogi the Balloon Man, and a free book to the first hundred children to arrive are some of what's being planned by the Center, which has operated in Downtown Waukesha for 17 years.

The Plowshare Center, a non-profit organization, operates a Fair Trade shop selling clothing, art, and gifts. "What's Fair Trade?" you might ask: It is a retail store that features goods handmade by artisans from all over the world, who are paid fair, family-supporting prices for their work. All the profits from Plowshare retailing are applied to the Center's other mission, education for peace and peace-making.

Peace in the Street: A Grand Celebration fits perfectly with this theme. The family-centered activities promise a time when children, parents, grandparents, and friends can all find a way to engage in the creative potential of peace in an active and enjoyable way," said Iva Richards, chair of the committee planning the event. "We plan to make Grand Avenue a living representation of the possibilities of peace in various areas: Words for Peace, Music for Peace, Art for Peace, and Fair Trade for Peace."

Events down the road...

Day of Mindfulness

Lake Country Unitarian Universalist Church

(W299N5595 Grace Drive, Hartland WI)

Saturday November 3, 2007

Come join us in fellowship as we celebrate a day of mindfulness together. All are welcome, whether you are a seasoned veteran or new to the practice. The day will be led by Paul Norton, MD, a member of the Order of Interbeing.

A tentative schedule:

8:30	Registration/coffee, tea
9:00	Introduction/meditation instruction
9:30	Sitting and walking meditation
10:30	Break
10:45	Outdoor walking
11:30	Movement/guided meditation
12:15	Silent lunch (bring your own, vegetarian please)/lazy time
1:15	Dharma talk
2:15	Guided meditation
3:00	Break
3:15	Discussion sharing
4:30	Good-byes

Fee \$15. Please bring your own meditation cushion(s) if possible. We will have some available, but not a lot. Contact Kathie G. to reserve your spot or for questions. Deadline for registering: Oct. 30.

UU Orientation Class

New members, friends, and those thinking about joining are encouraged to attend a two-part UU Orientation Class. It is a great way to learn about our church and connect with others. The first part will be held on Saturday, Nov. 10 from 10:00 to 11:30 a.m. and will focus on our ongoing spiritual journeys. The second session will be on Sunday, Nov. 11 from 11:45 a.m. to 2:00 p.m. During this time our minister, Linda Berez, and others will talk about the history of Unitarian Universalism, LCUUC's history, governance, current programming, what it means to be a member, and ways to get involved. A light lunch will be provided on Sunday for participants. Child care will be available for those who request it in advance. Please let us know by Nov. 5th if you are interested in attending. There is a sign-up sheet on the bulletin board in the social hall. Contact Yvonne F. or Lynne S. if you have questions.

UU Women's Connection Fall Conference

Shelly Jackson Denham will be the theme speaker and singer at the UU Women's Connection Fall Conference, *Feel The Rhythm*, November 9-11, 2007. Composer of five hymns in *Singing The Living Tradition*, she will help us reflect on "Who Am I?, What is Sacred to Me?, and How Shall I live my Life?" The 25th Annual Fall Conference will be held at George Williams College Retreat Center at Williams Bay, Wisconsin. For a brochure and registration form, go to www.uuwomensconnection.org. Register by October 1 or pay a late fee.

District Assembly

Mark your calendars now and save the date because you won't want to miss this year's District Assembly in St. Louis, Friday April 25 through Sunday April 27. The highlights of this year's assembly will be conversations, speeches, and worship services about taking lessons of the past and using them to shape our religious future.

The keynote speaker will be Diana Butler Bass, the author of multiple books and an expert in religious trends in America. Through a grant given by the Lilly Endowment, she has studied the sources of strength and vitality in American life beyond the evangelical megachurch movement. In her research she has discovered that successful congregations share an intensity and seriousness about practicing and "walking their talk." She speaks of how these diverse congregations embrace their authenticity by drawing upon their traditions and through these connections practicing worship, practicing justice, practicing hospitality, and more. Her presentation will be the catalyst for multiple discussions on shaping the religious future of our Unitarian Universalist congregations and what that future might look like.

Along with the keynote speaker, the Rev. Michael Tino will lead an experiential presentation on dynamic and innovative worship. Formerly the Director of Young Adult Campus Ministry for the UUA and a recent graduate of Meadville Lombard Theological School, his worship presentation will be yet another way congregational leaders can explore ways in which we can shape our religious future.

Plus all the other great features of past District Assemblies will be revived – traditions such as the Banner Parade, the Sermon Contest, and of course, the opportunity to join other Unitarian Universalists in fellowship from all across the district.

For information, contact CMwD, 4415 W. Harrison Street #310, Hillside, IL 60162
cmwd@cmwd-uua.org, 708-236-0831.

Social Action

Social Action—CROP Hunger Walk 2007

Lake Country Crop Hunger Walk
Sunday, October 7, 2007
Hartland area 3.1 miles (5K)
Registration at 12:15 p.m. Start 1p.m.
Start at First Congregational UCC
111 Church Street in Hartland

Twenty-five percent of donations are returned to the local food pantry in Hartland.

Donation packets are available for the walk. Collect donations when you sign up donors, with checks made payable to CWS/CROP. Contact Helen B. for a packet and more information.

The CROP Hunger Walk is a community-wide response of Church World Service. We walk to be in solidarity with the struggle of others for existence. Hungry people in developing countries typically walk as much as 6 miles a day to get food, water, and fuel, and to take goods to market. We walk because they walk. CROP walks are ecumenical, interfaith community events. Funds can be designated for various agencies including the UUSC (Unitarian Universalist Service Committee).

CROP means Communities Responding to Overcome Poverty. To find out more info on the web visit www.cropwalk.org.

Together we can raise awareness and funds for international relief and development, as well as local hunger-fighting agencies.

If you want to travel fast, travel alone. If you want to travel far, travel together.

African proverb

Wisconsin Network for Peace & Justice

17th Annual WNPJ Assembly

"Growing the Peace Movement" - Oct. 6 from 8:30 a.m. to 5 p.m. at Olympia Brown Unitarian Universalist Church, 625 College Avenue in Racine.

Keynote speaker: Simon Harak - "The Global War on Terror: Who Wins? Who Loses?"

Plus workshops, peacemaker of the year awards, anti-war demonstration at noon, and more.

Program info at <http://www.wnpj.org/pdf/assembly2007program.pdf>. All welcome. For info, contact 608-250-9240 or info@wnpj.org

Green Sanctuary

Compact Fluorescent Lamp Disposal

Compact Fluorescent Lamps (CFLs) are being recommended world-wide as energy-saving replacements for conventional incandescent lamps. Even a group of citizens of Ft. Atkinson, WI, have published an "Atkinson Diet" of recommendations for saving energy and reducing our carbon footprint; item number 1 on their list is "Replace the five most-used light bulbs in your house with compact fluorescent light bulbs." Unfortunately, CFLs are not perfect; they take about a minute to come to full brightness, turning them on and off frequently reduces their life expectancy, and they do contain a small amount of mercury, which is an environmental hazard if the bulb breaks. To minimize the environmental hazard, failed/broken CFLs must be disposed of properly.

Here are the US Environmental Protection Agency recommendations on how to handle failed or broken CFLs (see http://www.energystar.gov/ia/partners/promotions/change_light/downloads/Fact_Sheet_Mercury.pdf: for details):

Failed CFLs should be taken to a Hazardous Waste site for disposal. Waukesha County has collection sites in Waukesha, Muskego, and Menomonee Falls. See www.waukeshacounty.gov/recycling for collection site locations and hours. THERE IS A CFL RECYCLING COLLECTION BOX IN THE LCUUC SOCIAL HALL FOR YOUR CONVENIENCE. THIS IS FOR INTACT (NOT BROKEN) BULBS ONLY

Broken CFLs should be cleaned up as follows:

1. Open a window and leave the room for 15 minutes or more.
2. Carefully scoop up the fragments and powder with stiff paper or cardboard and place them in a sealed plastic bag. Wear disposable rubber gloves if available, do not use bare hands. Wipe the area clean with damp paper towels or disposable wet wipes and place them in the plastic bag. Do not use a vacuum or a broom to clean them up on a hard surface.
3. Place all cleanup materials and the plastic bag with the broken CFL in a second sealed plastic bag and put it in an outdoor protected area for disposal at a hazardous waste disposal site. Wash your hands after disposing of the bag.
4. If a fluorescent bulb breaks on a rug or carpet, first remove all materials you can without using a vacuum cleaner. Sticky tape can be used to pick up small pieces and powder. If vacuuming is needed after all visible materials are removed, vacuum the area where the bulb was broken, remove the vacuum bag (or empty and wipe the canister) and put the bag or vacuum debris in two sealed plastic bags in the outdoor location for hazardous waste disposal.

Messages from our minister, board member, and DRE

Minister column

Greetings.

By the time you read this article I will be in San Diego, California awaiting the time of my ordination in Unitarian Universalist ministry on October 7th . As some of you may know, our polity, the way we govern ourselves, gives the responsibility of ordination to the local congregations. It's one of the aspects of being a free church. First Unitarian Universalist Church of San Diego is my home church, where I started attending at the age of 14 and became a member in 1990. They sponsored me as a candidate for ministry, and when I asked if they would ordain me, said yes. Some of my mentors along the way, from Boston and Tennessee, will also be there, and I have asked our board president to send greetings, which my partner will be reading. When I return, there will be a reception for me after the October 14th service. I hope to see you there.

During these past two months it's been great meeting many of you. I'm hoping over the next couple of months to get to know most of you, and one way would be to get together for coffee or a meal. When I return from San Diego, I'll begin calling to invite people out. If you'd like to get together sooner please email me at minister@lcuuc.org or call the church at 262-369-1703 x 500 and leave a message.

I also want to let you know that I am available for appointments and meetings on Tuesdays, Thursdays, and some Fridays, as well as after church on the Sundays I'm scheduled to preach. Mondays will be my day off. Please feel free to contact me anytime.

It is a pleasure and an honor to serve all of you here at Lake Country UU Church. I look forward to what the future holds for us all.

Take care,

Linda

On board

The September Board meeting centered around housekeeping tasks. We continued to update and organize our board books. We reviewed our computer/Internet status, and continued planning for the board retreat on September 22nd. Traci L. gave us an update on the art fair, which turned out better than we could have imagined. The Board expressed appreciation for all the hard work by the organizers and helpers for this event.

We formed a computer tech committee consisting of Karl T., John S., and Tim F.. Karl and John took the lead setting up the wireless network and getting the printers to function.

This tech committee will be responsible for software purchases, hardware upgrades, and policy recommendations.

What a treat to have a minister present with a minister's report. Linda has already provided us with valuable input. We are looking forward to working with her.

Religious Education 2007-2008

We're looking forward to another great season of learning together at LCUUC! Please note that another age group has been added to our classes. Visit our Religious Education bulletin board. It contains information on our educational program and youth cons. There are also parent handbooks available on the guest table for visitors.

Important notes for Religious Education (RE): As always, parents are responsible for their children (inside and outside the church building) at 11:15 a.m., when RE and the worship service end.

Registration has already begun. A registration table is available in the social hall for new families wishing to register and continuing families to validate their information.

LifeWays play yard: Our tenant, LifeWays Preschool, has established a fenced play yard near the church front entrance. LCUUC kids are welcome to play inside, but please note: Parental supervision is required. Parents are responsible for supervising their children while inside the play yard.

Here's what our kids will be up to during RE time this year:

Nursery care will be available from 9:45 to 11:15 a.m. for children 6 weeks to 3 years old.

Parents will be asked to sign their children in and out of the nursery.

K4-5: We Are Many, We Are One: Based on the philosophy that young children learn about religion through relationships. Children get acquainted with themselves, others, and the environment around them.

1st-2nd: Honoring our Jewish and Christian Heritage acquaints children with two important sources from which our Unitarian Universalist traditions have grown. This curriculum emphasizes the importance of celebration and ritual in religion, focusing on holidays and other "special times" people set aside to honor significant life events.

3rd-5th: We Believe: Learning and Living Our Unitarian Universalist Principles helps children learn to make positive statements about what Unitarian Universalists affirm and value (rather than defining ourselves by what we do not believe). Each class period will focus on one of the 7 Principles.

5th-6th: Transitions I—Identity: The program will be offered in the late winter/early spring and will culminate in a worship service presented by the children. Students will spend 6 weeks engaging in activities designed to help them develop self-awareness in the context of time and religious community.

Middle School (6th-8th): This curriculum provides an opportunity for youth to explore the faith practices of a variety of religious groups in the surrounding community. Visits to churches and temples are a favorite highlight of the program. Each unit includes preparation, a field trip (or guest), and time to reflect on the experience. A field trip to further enhance the concept of surrounding communities is to be planned for the spring. Youth will also participate in social action projects throughout the year.

High School: Class time is devoted to discussions on topics chosen by the students, visits from guests to talk about their personal passions or spiritual practice, and planning social action projects. This class also attends worship services on occasion to hear sermons of interest. Leadership opportunities are available, through working with younger children in the congregation and as active participants in worship services. The DRE will keep this group up to date on Youth Cons and other opportunities inside and outside church for learning and community-building with other UUs. Students in their last year of High School

may choose to complete Transitions—an independent, yearlong exploration of personal UU faith.

Director of Religious Education:

Mary Movsessian

dre@lcuuc.org

Church Goings-On

Food/need pantry

The **October 7th food/need pantry** collection will be designated for the Waukesha Hebron House. Monetary as well as food and personal care health items are appreciated.

The coordinator for Hebron House has indicated that current needs reflect what you and your family would use in day-to-day living. Personal hygiene, deodorant, diapers of all sizes, formula, shampoo, conditioners, bath towels, and travel-size personal hygiene items are some suggestions. Household items such as sheets and towels are also desired as those items get used up frequently.

The mission of Hebron House of Hospitality, Inc. is to provide emergency housing and related services to people in transition with the basic needs of shelter, food and personal support. Between Hebron House and Jeremy house in Waukesha County, some 70 persons' needs are met each evening.

SEWUUC FRUIT AND NUT SALE

The annual SEWUUC fruit and nut sale will start this month! There will be many delicious choices of chocolates and other confections, dried fruits, nuts, mixes and snacks. There will be a table in the Social Hall where you can place your orders between October 21 and November 12. Orders may be picked up December 2 and beyond. These items can be used for baking or snacks, and make great gifts. Profits from the fruit and nut sale sponsor ads on radio stations WHAD, WUWM, and WGTD. Ten percent of our net sale will be returned to LCUUC for local publicity efforts.

New Library Books

Some new books have been added to the Library. Books for children include *Meet Jesus: the Life and Lessons of a Beloved Teacher* by Lynn T. Gunney, who was a guest this past summer in RE. Another book beautifully illustrated by Barry Moser is *I Can Make A Difference: A Treasury to Inspire Our Children* by Marion Wright Edelman. It includes stories, poems, songs, quotations, and folktales from a variety of cultures.

In the Home Lives collection are: *Character Building Day by Day: 180 Quick Read-Alouds for Elementary School and Home*, for 9-12-year-olds. It includes discussion questions, and would be excellent to use at home, or with RE classes.

For adults in Home Lives are: *Beyond Absence: A Treasury of Poems, Quotations and Readings on Death and Remembrance*, collected by Edward Searle, offering comfort to

the bereaved; and *Sorrow's Company: Writers on Loss and Grief*, edited by DeWitt Henry. Henry gathers from some of the best contemporary literature on facing death and losing loved ones.

Other donated books have been added to the library collection, so please come, browse, and enjoy!

LifeWays Child Development Center

LifeWays Child Development Center, located right in our Lake Country Unitarian Universalist Church, offers child care, preschool, and parent/child playgroup for families with children ages 3 months to 6 years. LifeWays features well-trained, professional caregivers, small group sizes, and home-like mixed age child care suites. LifeWays is truly your child's home away from home, offering whole foods cooked from scratch right in our LifeWays kitchen, an organic gardening program for children, daily nature exploration, music, and arts. Call Mary O'Connell at (414) 218-8558 for more details.