



# News for Lake Country UUs

Lake Country Unitarian Universalists  
rejoice in life, find the sacred, seek justice,  
with open minds and hearts.

**JANUARY 2008**

Rev. Linda Berez, Minister  
Kerry Duma, Director of Religious Education  
Karen Haskell, Choir Director

**Sunday Services and Religious Education for Children/Youth—10:00 a.m.**

**W299 N5595 Grace Drive, Hartland, 53029**  
At the intersection of Hwy E and Hwy K

**Jan. 6: "Passing Through," by Lori Gorgas Hlaban, Student, Chicago Theological Seminary; Member, Lake Country UU Church**

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Life is a journey from birth to death—and we're all just passing through. This will be our annual New Year's service where we honor those who died in the past year, celebrate new life, and consider our intentions for the coming year.

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**Jan. 13: "Our Moral Compass," by Rev. Linda Berez**

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Sometimes Americans reflect warmly on a time they say we must return to—a time that could be used as a moral base line. Often people might say that we have lost our direction with respect to values. Yet, how difficult it is to adjust our moral compass when it was never properly calibrated from the onset. As our country gets ready to celebrate Dr. Martin Luther King, Jr.'s 79th birthday, you are invited to join our minister, the Rev. Linda Berez, as she reflects upon where we as Unitarian Universalists are with respect to our nation's and our own moral compass.

**Jan. 20: "The Gift of Silence," by Peter Morales, a CLF service presented by John Kuhn**

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This service, drawing from the Church of the Larger Fellowship resource, provides an opportunity to consider different kinds of silence and how important silence can be in our interaction with others and our surroundings. Silence can be difficult, awkward, or powerful, and we will explore how it is so.

**Jan. 27: "Six Degrees of Connections," by Rev. Linda Berez**

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We are literally all connected according to the idea of "six degrees of separation." It goes that if a person is one step away from each person he or she knows and two steps away from each person who is known by one of the people he or she knows, then everyone is no more than six "steps" away from each person on Earth. The result of this thinking speaks well of our seventh Unitarian Universalist principle, which states that we are all part of an interdependent web of all existence. Join our minister, the Rev. Linda Berez, as she continues her series on the importance of our Unitarian Universalist principles and purposes and how they are relevant in our daily life.



## A Note From Our Minister

Greetings,

They say (whoever they are) that time seems to speed up as we get older. For me, that does appear true. It seems it was just yesterday that I was still serving as a student chaplain up in Oshkosh, yet the first of January will mark five great months with Lake Country UU Church. When I consider the passing of time, no matter how long or short it seems, I am reminded that life is relatively short and that being mindful and cognizant of how we spend our time on this earth is important. Finding ways to take time each day to give thanks for the life we have, the people who surround us, and the world that sustains us can bring meaning into our lives.

The New Year also gives some of us a sense of opportunity to start with a clean slate. Resolutions come out of a desire to start anew to change habits and to begin again. Spending time with family and friends, losing weight, exercising more, quitting smoking or drinking, learning something new, organizing our home or office, all speak to the desire to better ourselves and our lives. I believe, though, that as part of being a better person you may start with even simpler things. Things like thanking people for the service they provide, like at a store or in a restaurant. Or things like letting someone go ahead of you in line when you're not in a big hurry and they are. Or giving money or items you no longer need to charitable organizations. Or refraining from speaking ill of someone without taking time to listen and hear their story. There are many things that a fresh start and the New Year can bring. I'd be interested in hearing some of your thoughts on this also.

I'm excited to tell you about some of the happenings around church later this month. On January 27th I will be teaching a UU history class. I also want to invite you to spend an evening with me watching the second Harry Potter movie on Saturday, January 26th. More information on both of these offerings can be found below.

My wish for everyone is a happy, healthy, and safe new year. May it be so.

Linda

## Announcements

**Rev. Linda Berez's hours:** Linda is available by appointment on Tuesdays, Thursdays, and Fridays, as well as some Wednesdays. Mondays are a day off. You may call the church office at 262-369-1703 x500 and leave a message for Linda or email her directly at [minister@lcuuc.org](mailto:minister@lcuuc.org). During the month of January, Linda will be away January 14-19.

**UU history:** From its inception, many Unitarians and Universalists have been a part of shaping our country, from Thomas Jefferson to Ralph Waldo Emerson, from Olympia Brown to Susan B. Anthony. You are invited to learn more about our Unitarian Universalist history in a class led by Rev. Linda Berez on Sunday, January 27th from noon until 1:30 p.m. Please email Linda at [minister@lcuuc.org](mailto:minister@lcuuc.org) or call 262-369-1703 x500 for more information or to reserve your spot.

**Harry Potter:** All are welcome to join our minister, Linda, a huge Harry Potter fan, for popcorn and the second Harry Potter movie (Harry Potter and the Chamber of Secrets), on Saturday, January 26th at 6 p.m.

**Sound system:** Thanks to Duke W. and others on the Sound Team, there is something new at LCUUC. The speakers in the social hall have been hooked up to the system in the sanctuary, and the worship service can be heard. So if your cough is getting the best of you, your young children need to move around, or the sanctuary is filled to overflowing ... there is no need to miss out on the service.

## ☯ January Calendar of Events ☯

Every Tuesday	SOS	7– 8:30 p.m.	LCUUC
Wednesday, 2	Web team meeting	7 p.m.	LCUUC
Thursday, 3	Church Board meeting	7 p.m.	LCUUC
Sunday, 6	Choir rehearsal	8:30 a.m.	LCUUC
	Food pantry collection	Service	LCUUC
Tuesday, 8	Mindfulness in Everyday Life*	6:30–8:30 p.m.	LCUUC
Wednesday, 9	Social Action Committee	6:30 p.m.	LCUUC
Saturday, 12	Movie that Matters (SiCKO**)	7:00 p.m.	LCUUC
Sunday, 13	Choir rehearsal	8:30 a.m.	LCUUC
	Treble Choir rehearsal	9:25 a.m.	LCUUC
	Old Befana**	1:00 p.m.	LCUUC
Tuesday, 15	Mindfulness in Everyday Life*	6:30–8:30 p.m.	LCUUC
Saturday, 19	Socrates Café**	7 p.m.	Milw. St. Traders
Sunday, 20	Choir rehearsal	8:30 a.m.	LCUUC
		Sing for service	
	Treble Choir rehearsal	9:25 a.m.	LCUUC
	RE Committee Meeting	6:00 p.m.	LCUUC
Tuesday, 22	Mindfulness in Everyday Life*	6:30–8:30 p.m.	LCUUC
	Treble Choir rehearsal	9:25 a.m.	LCUUC
Saturday, 26	Harry Potter movie	6 p.m.	LCUUC
Sunday, 27	NO choir rehearsal	—	
	Treble Choir rehearsal	9:25 a.m.	LCUUC
	UU History course	noon–1:30 p.m.	LCUUC
Tuesday, 29	Mindfulness in Everyday Life*	6:30–8:30 p.m.	LCUUC

\* See page 6 for details.

\*\* See page 7 for details.

**Recycle Ink Cartridges:** Bring your used ink cartridges to church for recycling. This fits into our Green Sanctuary emphasis and also brings in money to Lake Country Unitarian Universalist church. Both ink jet and laser cartridges can be recycled. Look for the basket in the social hall. ♪

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# Children's Religious Education Update

Greetings to everyone! As the new year begins, I am very excited about being involved in leading our Religious Education programming. I hope to get to know all of you and your children in the weeks ahead.

Our RE teachers continue to do a wonderful job of working with our children and teaching them about our religious heritage, principles, and ideas. On occasion, we also bring the children together for "Joint RE" —an opportunity for the children to spend time with other age groups.

We had a lot of fun making gingerbread houses in December. The children got a chance to pair up youngers with older and learn a little bit about each other and everyone's favorite Christmas things. They made some wonderfully creative houses and also enjoyed making snowflakes to decorate our Social Hall. A big thank-you goes to Janis and Jim T. for organizing and leading this activity.

The Joint RE on December 30 brings our children together again for an opportunity to look back on the year past and look ahead at making a commitment to adding their light to the world.

## Transitions at LCUUC

We endeavor to recognize the important transitions in our children's lives here at LCUUC. To this end, we offer two "Coming of Age" or "Transitions" programs. Transitions 1 is a 6-week-long program offered to 5th graders during Religious Education time. The purpose of this program is to help our students with their developing self-awareness in the context of time and a religious community. Activities focus on the transitions undergone as the children move from elementary school to middle school

and progress to adolescence. The program culminates with the children planning and presenting a worship service.

Our Transitions 2 program is offered to seniors in high school as they move into adulthood. The youth are asked to examine their faith and consider what it means to be a Unitarian Universalist and a member of LCUUC. They choose an adult mentor from the congregation, and spend some time learning about UUism and LCUUC, participating in service to the church, considering various spiritual disciplines, and participating in social action. This year's seniors will also present a worship service at the end of the year, sharing their personal faith statements with the congregation.




All eleven of our seniors have chosen mentors and will be meeting with Linda Berez, our minister, in February to talk about this Transition process.

Our 5th graders will be starting their Transitions 1 program this month and will be meeting in the Social Hall during Religious Education time.

We look forward to hearing from both of these groups this year!

As always, if you have any questions or concerns about Religious Education, please call or email me. I am in the office on Tuesdays, Wednesdays, and Thursdays from 10:30 a.m. to 3:30 p.m. and can be reached at [dre@lcuuc.org](mailto:dre@lcuuc.org).

Sincerely,  
Kerry Duma  
Acting Director of Religious Education

  
**Canceling Service Policy**  
  
As winter approaches, we offer a reminder of LCUUC's Canceling Service Policy. The president will make the decision to cancel service when necessary. This decision will be made at least one hour prior to the start of service (that is, by 9:00 a.m.). If a decision is made to cancel a church service, a message will be left on the answering machine at the church office at 262-369-1703, and an email will be sent to the memberlist. In addition, the president will contact WTMJ (AM620) regarding the cancellation.  


## Get Involved / Things to Do

### Join a Committee, Make a Suggestion

**Religious Education ...** As our Religious Education program continues to grow and evolve, we are fortunate to have a number of dedicated individuals serving on our Religious Education Committee to help guide this important area of church life. Many thanks go to Lynne S., Ginger G., Joanne N., Helen B., and our newest member, Anna F., for all their involvement with our Religious Education Committee.

If you have ideas and energy that you would like to contribute to our Religious Education program, your involvement on the committee would be welcome. Our next meeting is Sunday evening, January 20 at 6:00 p.m. at LCUUC. Join us as we set an exciting course for Religious Education at LCUUC!

**Social Activities ...** Do you have an idea for a church wide social event? Are you interested in hosting and/or planning a family or adults only game night? picnic? volleyball tournament? or other activity? The Social Activities Committee is planning activities for the remainder of the church year, including summer events, so please let us know what you would like to do for fun. You can talk to anyone on the committee (Phil S., Al H., Joanne N., Kristen S., Kay S., or Sonia W.

**Adult Religious Education ...** The Adult Religious Education Committee would like to hear from anyone who has an area of religious or spiritual study they would like to explore, as well as from anyone who would like to lead a group on any area of religious or spiritual study. Please send your ideas to Greg V.. Ideas of a more social nature will be sent to the social activities chairperson. To start the year, on Jan. 27th our minister, Linda Berez, will be offering a class on UU history.

### The Intra-vaganza: Mindfulness in Everyday Life

A class titled "Mindfulness in Everyday Life" will take place starting on Tuesday, January 8 and running for 11 consecutive Tuesdays, from 6:30 to 8:30 p.m.. The course will be led by Paul Norton, M.D., Order of Interbeing. Topics being covered:

#### ***Beginning***

**Jan. 8** *Informal Practice/ Being Present*

**Jan. 15** *Formal Practice/ Sitting and Walking*

#### ***The Four Foundations of Mindfulness***

**Jan. 22** *Mindfulness of Body*

**Jan 29** *Mindfulness of Feeling*

**Feb. 5** *Mindfulness of Thought*

**Feb. 12** *Mindfulness of Objects of Mind*

**Feb. 19** *Guided Meditation/ Gatha Practice*

#### ***Into the Lap of the Buddha***

**Feb. 26** *Four Noble Truths*

**Mar. 4** *Lovingkindness*

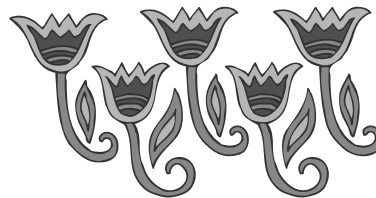
**Mar. 11** *Compassion and Sympathetic Joy*

**Mar. 18** *Equanimity and No-Self*

The fee is \$125 for the entire course, or \$15 for any individual week. The \$125 fee includes the book *Beginning Mindfulness*, by Andrew Weiss, and two CDs of guided meditation.

Register via email at [milwminful@hotmail.com](mailto:milwminful@hotmail.com) or phone 414-962-8678.

All proceeds go to the Mindfulness Community of Milwaukee and LCUUC.



## January Movie that Matters

Join us for a free showing of SiCKO, Michael Moore's documentary look at health care in the United States as provided by profit-oriented health maintenance organizations (HMOs) compared with free, universal care in Canada, the UK, and France.

When/Where: Saturday, January 12 at 7:00 p.m., in the LCUUC Social Hall

Why: Because healthcare reform is a critical issue for Americans

What can you do? We will provide stationery, addresses and "boiler-plate" language to help guide you to write letters to your assembly and/or congressional representatives about your views on the healthcare situation in our country. Educate yourself and take action!

Why else? Because free refreshments will be served!

## Old Befana

We have invited Ken Lonquist and his musical troupe to perform "Old Befana" at LCUUC on Jan 13th at 1p.m. Ken Lonquist is a children's singer and songwriter from Madison. Old Befana is a lovely musical-story based on an ancient holiday tale. The composer has created a recipe for enchantment, stirring in warmth and magic that appeals to audiences of all ages. The story puts an illuminating spin on that familiar night of miracles, its three kings, bright shining star, and a very special child. Charming original songs, talented actor-singers, and sparkling energy provide the ingredients for a unique and unforgettable holiday show.



This is a nice way to bring our community together, but we also hope that members of the greater community will attend giving our church greater exposure. You can find out more at [www.kenland.com/](http://www.kenland.com/). The event is being hosted by LCUUC and Lifeways Child Development Center. Donations accepted at the door. Posters are available in the Social Hall for you to help spread the word in your community.

## Socrates' Café

Join us on the 3rd Saturday of the month (in January, that's the 19th) for a casual, lively philosophical inquiry! Bring a question (if you'd like), such as "What is courage?" or "What is enough?" We will use the Socratic method to explore the question from many angles. You might come to listen, you might want to participate in discussion. Either way, we hope to see you there! We meet at The Milwaukee Street Traders (one block west of Hwy C, on Milwaukee Street, in Delafield), from 7 to 9 p.m.

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## Social Action

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### Food/Needs Collections

The special food/needs collection from our December 2, 2007 service was designated for the Hand to Hold Learning Center in Waukesha. The center is a licensed child care facility assisting parents to enter the workforce by caring for children aged 6 weeks to 5 years (pre-kindergarten), with special emphasis on W-2 participants. The center is located on the south end of the First Baptist Church at 247 Wisconsin Ave., in Waukesha.

Helen B. delivered the donated food and supplies on December 3. The warm reception from Debbie O'Neil, the director, included a warm hug. Helen would like to forward Debbie's warm and genuine thanks to our LCUUC congregation. In addition to the supplies, \$174 in monetary donations was collected from the congregation for Hand to Hold. The monies will be used to fill in the teacher and client needs for December and January.

The **January 6, 2008 special collection** during the service will be designated for the Sussex Emergency Food Pantry, located at N63 W23626 Silver Spring Dr. in Sussex (262 -246-9860). The pantry is open for clients on Mondays from 5:30 to 7:00 p.m., Wednesdays from 1:00 to 2:30 p.m., and Saturdays from 10:00 a.m. to 12:00 p.m.

Please contact the pantry to volunteer or drop off donations at other times during the year. If someone from the congregation would like to volunteer to deliver the January food pantry collection to the Sussex Food Pantry, please contact Helen B., Social Action committee.

### Amnesty's "Global Write-A-Thon"

Thank you to everyone who participated in Amnesty International's "Global Write-A-Thon" on December 2. We mailed 75 letters and holiday greetings to and for prisoners of conscience! Your participation can have a real impact on people's lives. Thank you for your support of human rights.

### Giving Tree

Our donation of over 60 Christmas gifts for clients of Waukesha's Hebron House of Hospitality was greatly appreciated. Thanks to everyone for helping these families in transition have a little nicer Christmas.

### Outreach Meals

Our scheduled dates in 2008 are Fridays Feb. 22, August 29, and November 21. LCUUC would like to thank those individuals who helped out at the November 23, 2007 date.

Some information about the Outreach Meals:

On April 10, 2007 the Outreach Meals celebrated 16 years of feeding the hungry of Waukesha. That is in part due to the continuing commitment to serve the meals on a regularly scheduled basis by member congregations.

Cooperating Congregations of Waukesha County (CCWC) would appreciate 6-8 people from each church to be prepared to

1. Arrive by 5 p.m.
2. Bring 4 gallons of milk (fat free, 1%, 2%, or whole milk, all are acceptable).
3. Bring desserts for 60-70 people.
4. Help to serve the meal to clients.

After the meal, volunteers help with tasks to prepare for the next meal:

Dining room = Carry all dishes to the kitchens for washing, wash tables, sweep floor, and arrange chairs.

Kitchen = Put dishes, etc. through the commercial dishwasher, sweep floor, and carry trash to the dumpster. Dinner is served at 5:30 p.m. Finish time with clean-up is between 6:30 and 7 p.m., depending on the number and needs of clients that evening. If children would like to help they should be 7th grade or older. Please add only 2 or 3 children to the regularly scheduled adult volunteers.

### Reminder: Donation Collection Box

We have a box in the foyer for donations of coats, hats, mittens, toiletries, and non-perishable food items that can be brought in at any time. These items will be donated to area organizations along with our food pantry donations.

## Local Social Justice Effort

The next meeting of the Waukesha County Housing Trust Fund Committee is Thursday, January 17 at 10:30 a.m. at Sussex-area Outreach Services Resource Center and Offices, N63 W23669 Silver Spring Dr. The resource center is in downtown Sussex, just west of Highway F and across from Citgo.

The goal of this committee is the establishment of a local housing trust fund, which is a fund that finances local affordable housing developments and sometimes homeless projects. Such funds receive ongoing dedicated sources of public revenues.

Workforce housing is a growing problem in Waukesha County. Retail and service industries are expected to grow, but many of their workers cannot currently afford to live nearby. In fact, 90% of the Milwaukee metro region's entry-level job openings are in the suburbs, but a lack of affordable suburban housing can prevent Milwaukee's many unemployed people from moving near these available jobs. Inadequate mass transit can also prevent those without cars from commuting. More affordable housing is therefore needed in this area. If you are interested in working on this issue, attend the next meeting or call Betsy F.-C. for more details.

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## Learning and Networking Opportunities

Meadville Lombard Theological School, a Unitarian Universalist seminary located in Chicago, Illinois, announces two learning and networking opportunities for lay leaders, seminarians, and ministers:

### Winter Institute, February 8–10, 2008

#### Can We Build the Beloved Community through Political Action?

Explore the potential and the limitations of democratic processes for creating the beloved community. During two days of lecture and discussion, consider the kinds of political activities effective in building community and how this political work is connected with the institutional life of the church.

This workshop will be led by Dr. Melissa Harris-Lacewell, Associate Professor of Politics and African American Studies at Princeton University and author of "Barbershops, Bibles, and BET: Everyday Talk and Black Political Thought."

Fees for the Institute are \$130 for students, \$190 for all others (not including lodging). For more information, visit our website, [www.meadville.edu/LL\\_WinterInstitute.htm](http://www.meadville.edu/LL_WinterInstitute.htm), or email [winterinstitute@meadville.edu](mailto:winterinstitute@meadville.edu).

Registration closes January 15.

### Civil Rights Bus Tour, March 22–30, 2008

Join Rev. Dr. Gordon and Judy Gibson as they take you on a tour of significant sites of the Southern civil rights movement, offering a journey of experiential learning where you will encounter the sites, sounds, and especially the people who worked to create change during this revolutionary time in our country's history. The course is offered for credit for seminary students, but non-students are encouraged to audit the course, too.

Enrollment to take the course for credit will be limited to 15. An additional 15 seats on the tour will be available to the general public. Registration is due no later than January 18, 2008. Participation for the entire eight days is required for those seeking academic credit and strongly encouraged for all others. See the link on the [www.meadville.edu](http://www.meadville.edu) home page for more information about this course.

This course was offered in 2006 and was a life- and ministry-changing experience for all of the participants. For an account of that trip, please visit our website at [www.meadville.edu/AtML\\_CivilRightsApril06.htm](http://www.meadville.edu/AtML_CivilRightsApril06.htm).

For more information, please contact Tina Porter at [tporter@meadville.edu](mailto:tporter@meadville.edu).

### Allies for Racial Equity Conference

A Racial Equity Conference will be held in Memphis, TN on February 1–3. Join other UUs for a weekend of focused engagement to further our understanding of how to dismantle racism in ourselves, in our congregations, and in our Association. This conference is for UUs who identify as white and share a goal of learning to work to end racism and in doing so, become allies to people of color.

Our multigenerational community includes youth, young adult, and adult Unitarian Universalists committed to anti-racism, anti-oppression and multiculturalism in a covenanted relationship. Everything you need to know is at [www.uuallies.org](http://www.uuallies.org).

### WHO'S WHO AT LCUUC

If you have any questions regarding Lake Country Unitarian Universalist Church, feel free to call 262-369-1703.



Printed on recycled paper.

### OUR MISSION STATEMENT

Lake Country Unitarian Universalist Church is a religious community that encourages spiritual growth in compassion, wisdom and understanding. We draw inspiration from the principles of Unitarian Universalism, diverse religious sources, and the breadth of human experience. We seek to live in accordance with this inspiration, working for positive change in our community, country and the world.

### NEWSLETTER DEADLINE

Submit all articles by the 20th of each month for inclusion in the next month's newsletter.

Mail items to: LCUUC—Newsletter,  
PO Box 437,  
Hartland, WI 53029-0437  
Or email to: [newsletter@lcuuc.org](mailto:newsletter@lcuuc.org)

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