



News for Lake Country UUs

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

OCTOBER 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 WI, 53029

At the intersection of Hwy E and Hwy K

October 5: "Wake-Up Call," by Rev. Linda Berez

As Unitarian Universalists, we draw from many sources including Judaism. With the date of this service falling directly between the Jewish High Holidays of Rosh Hashana and Yom Kippur, we will have an opportunity to celebrate the Jewish New Year together. Worshipping during this season is a time of spiritual re-awakening and reflection. With all that is happening in our world today, a wake-up call may be just what we need.

October 12: "Association Sunday," by Rev. Linda Berez

Plan now to be in church on this Sunday when we join with thousands of Unitarian Universalists across the nation celebrating our shared commitment on Association Sunday. In this service, we will strengthen the bonds of our common purpose and combine our resources to make Unitarian Universalism a stronger voice for liberal religious values in our country. We are better together.

October 19: "What Good Is Intuition in a Rational World?", by Rev. Scott Gerard Prinster

Is there any room in our scientific and reasonable worldview for the hunch, for following our gut? What good is it to speak of such things when we can't put our finger on the source of intuition, or identify the benefits of an irrational way of knowing? Join us as we explore the nature and value of our intuitive side.

October 26: "Yes, in my Back Yard: The Community's Call for Affordable Housing in Waukesha County," by Heather Dummer Combs, Housing Campaign Director, Interfaith Conference of Greater Milwaukee

Interfaith Conference of Greater Milwaukee is leading a community effort in Waukesha County to increase public awareness for the need of affordable housing and to promote the establishment of a housing trust fund. This is an opportunity for you to learn about Interfaith's efforts in this important community outreach, and how you can help. The cash and un-designated checks from the offering will be donated to Interfaith Conference of Greater Milwaukee.



Food/Needs Collection

The Social Action Committee has scheduled a special collection, for the Food Pantry of Waukesha County, on **Sunday, October 5th**. Cash or food donations are appropriate.



A Note From Our Minister

Greetings,

Each of us is faced with transitions in our lives. Maybe we change jobs, go away to school, get married, or experience any of the myriad of transitions that happen to us in our lives. We all face some changes in our lives at some time, and when a change is considered, planned, and desired, the anticipation of what may come will be exciting.

This is the way it is for my partner, the Rev. Marcia Marino, and me. Marcia, as you may know, is currently serving Unitarian Church North in Mequon as their Interim Minister. This means that while the Mequon congregation searches for its next called minister, Marcia will be looking at churches across the Association for a position to which she will move next year. This transition process begins at the end of October and can last until April or May. It starts with an exchange of information and conversations and continues with what is known as pre-candidating and then candidating weekends and weeks. What's important for you all to know is that while Marcia searches I may go away with her on some of those weekends. And, because the process is confidential, I won't be able to talk about it. Also, Marcia's search, as I said, will be with congregations anywhere in the United States, so we just won't know until she goes through the whole process where we will end up going. Once we know and can tell you, we most surely will.

In the meantime I want to assure you that during this next church year I will remain fully present to you and to my work of the congregation. I enjoy immensely the opportunities that being your consulting minister have afforded me. It is a great joy to serve you all.

As for this next month, I hope you will join me for the two worship services I will be leading. The first will be an introspective look at what the Jewish New Year means to us as Unitarian Universalists. The other service will be our second Association Sunday, and it's my hope to bring to you a multimedia presentation of some of the events from the General Assembly I attended in June in Ft. Lauderdale.

In addition, please plan on joining me for "Spirit of Life," which is an adult religious education course that I will begin on Tuesday, October 21st at 6:30 p.m. This course seeks to bring meaning, beauty, inclusivity, and growth to Unitarian Universalist adults as they deepen their spiritual awareness and connections. I hope you can join me. We will decide at the first class how many sessions we will have and when we will meet.

Finally, I have not received any feedback on the Movies with Minister nights so, for now, I am going to postpone hosting one in October. If this is something that interests you for November please let me know.

As the colors of the leaves change, so do our lives. It's my hope for us all that those changes enrich and enliven us. Be well, my friends.

Linda

Additional announcements:

Rev. Linda Berez is available by appointment and has office hours on Tuesdays from 3 to 5 p.m. You may call the church office at 262-369-1703 x500 and leave a message or email her directly at minister@lcuuc.org.

"Spirit of Life," an adult religious education course, begins Tuesday, October 21st at 6:30 p.m. This course seeks to bring meaning, beauty, inclusivity, and growth to Unitarian Universalist adults as they deepen their spiritual awareness and connections.

On Board!

LCUUC has had a great start to the church year. The Board is eager to work with members to make LCUUC the best it can be. Below you will find the highlights of the September Board meeting.

Karen H, Choir Director, spoke to the Board about her experience at the UU Musicians' Network Conference in Boston this summer. Karen has brought back enthusiasm and many ideas to share with the LCUUC choir. The Board is pleased to be able to support Karen in her professional growth.

Phil S, Landscape Committee chair, presented a proposal for a memorial garden at LCUUC. The Board approved his detailed designs and the garden features he incorporated: waterfall, wildflower areas, meditation path, seating, and much more. A majority of the cost will be covered by the Phyllis Martin memorial donation.

LCUUC now has a room rental policy for members and non-members interested in renting space at LCUUC. Members are offered room rentals at a reduced rate. The Board will oversee the rentals and waive fees for special church-sanctioned activities as needed.

The Board has approved the Green Sanctuary Committee's participation in the 1Sky event to promote the increase of green jobs in our nation.

The Board approved the funding to train four more Our Whole Lives, Sexuality Education (OWL) instructors. This will allow LCUUC to offer both the high school and middle school programs in the future.

The Board approved the creation of a long-range planning committee to chart LCUUC's path into the future. The Board knows we have accomplished a lot since the implementation of the Strategic Plan of 2003-2004: an increased membership of nearly 50%, the purchase of a new building, and the strengthening of Religious Education through the hiring of a half-time Director of Religious Education. The Board also feels that LCUUC is at a new juncture in its growth. A long-range plan will help the Board focus its energies as we move forward. The following is the charge the Board has given to this committee:

The Board of Trustees recommends that a Long Range Planning Committee be formed. The purpose of the committee is to create a concrete plan for achieving the four remaining goals from the 2003-2004 Strategic Plan:

- Identify our plan for professional ministry.
- Develop a financial structure to support LCUUC's strategic plan.
- Support the development of current and future leaders in the LCUUC community.
- Offer programming that supports and enriches the purpose (mission) of LCUUC.

The activities of the Long Range Planning Committee will include:

- Review 2003-2004 Strategic Plan with the Roots and Wings Committee.
- Gather necessary information.
- Create an action plan.
- Make recommendations to the Board, with the Board voting on the recommendations.
- Present the recommendations to the congregation for approval.

LCUUC would not be the church it is today without the dedication of its members. We are still in need of volunteers in a variety of areas; please see a Board member to get involved.

Submitted by Rob S

Happy Birthday Wishes to:

October

2 Adia S	14 Jackson K
3 Caleb R	15 Karen H
4 Megan J	18 Baylen W
5 Robert E	20 Theresa K
5 Duncan S	23 Sara S
6 Patty K	24 Bob E
7 Shaun C	24 Patty W
7 Cindy D	25 Grace F
7 John K	25 Jan T
7 Michael S	26 Sue B
7 Sonia W	29 Hal K
9 Rob S	30 Tim F
11 Cal T	



(Please contact Kirsten J if your name is not included in the birthday congratulations.)

☞ October Calendar of Events ☞

(all events at LCUUC unless otherwise noted)

Every Tuesday	SOS	7-8:30 pm
Thursday, 2	Mindfulness Meditation (see p. 6)	7:00-9 p.m.
Sunday, 5	Choir rehearsal	8:30 a.m.
	<i>A New Earth</i> discussion (see p. 6)	After the service
	Seed collection at Lapham Peak State Park (see p. 6)	1:00 p.m.
Thursday, 9	Board meeting	6:30 p.m.
Saturday, 11	Root of All Evil? Movie, Adult RE (see p. 6)	7:00 p.m.
Sunday, 12	Choir rehearsal	8:30 a.m.
	Sing for service	
Thursday, 16	Mindfulness Meditation (see p. 6)	7:00-9 p.m.
Sunday, 19	No choir rehearsal	
	<i>A New Earth</i> discussion (see p. 6)	After the service
Tuesday, 21	Spirit of Life, Adult RE (see p. 6)	6:30 p.m.
Sunday, 26	Choir rehearsal	8:30 a.m.

Didn't Receive Your Newsletter?

Want To Change Your Method of Delivery?

The newsletter database is constantly changing and being updated. Once in a while, your newsletter (via the postal service or email) doesn't arrive as expected. If you haven't received your newsletter by the first week of the month, please contact Kirsten J.

Also, please let Kirsten know if there have been any changes to your postal or email address, or if you would like to switch from the printed copy to the emailed version (or vice versa). Thanks!

Religious Education

Our RE program is off to a great start this year! Our RE teacher group is a fine-tuned machine, working together wonderfully to offer our children the opportunity to learn about issues, ideas, and the inherent worth and dignity of each person. Our children are getting to know each other and their teachers and having fun in their classrooms.

We want LCUUC to be a place where your child feels comfortable and engaged and where meaningful experiences take place. Please ask your child about their time in RE each week. Encourage their participation. If they have questions or suggestions for improvements for the classroom, please encourage them to talk to me and/or let you talk to me about them. If they have ideas about a social justice issue or project that they'd like to get a group involved in, tell them to bring it to their classroom. Let them know that this is *their* church and we are a community – learning together, growing together, and challenging each other to be good citizens of the planet Earth. Amazing things happen when people work together. Let's get excited and involved and make them happen here at LCUUC!

A reminder: The Middle School youth will be cleaning up our stretch of highway on **Sunday, October 12th** during RE time. Be sure to dress for the weather!

In faith and hope,

Kerry Duma, Director of Religious Education
262-369-1703, dre@lcuuc.org



New UU Orientation November 8 & 9

New members, friends, and those interested in knowing more about LCUUC are encouraged to attend this two-part UU Orientation Class. It is a great way to meet others and learn about our church community. The first session will be held on **Saturday, November 8th** from 2:30 to 4:00 p.m. and will focus on our spiritual journeys. The second session will be on **Sunday, November 9th** 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 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 November 2nd if you are interested in attending. There is a sign-up sheet on the bulletin board in the social hall under "Church Life." You can contact Yvonne F or Lynne S if you have questions.

Library Corner

Recent additions to the library include: *What Does Peace Feel Like?* Author Vladimer Radunsky asked this question to children all over the world. He put their answers into a picture book.

A Child's Book of Blessings and Prayers. Eliza Blanchard has collected words of joy, thanksgiving, hope, and sadness from people of many religions and many lands.

Awake at Work: 35 Practical Buddhist Principles for Discovering Clarity and Balance in the Midst of Work's Chaos, by Michael Carroll. An "...adaptation of Buddhist mindfulness to the complexities of modern employment..." (Lewis Richmond, book overleaf).

Healing Conversations: What to Say When You Don't Know What to Say, by Nancy Guilmartin. A helpful guide for ways to express caring and compassion in a range of life situations that often leave us at a loss for words.

From Age-ing to Sage-ing: A Profound New Vision of Growing Older, by Zalman Schachter-Shalomi. A book for those who aspire to age gracefully: mentally, physically, and spiritually.

Reason and Reverence: Religious Humanism for the 21st Century, By William R. Murray. "...an accessible account of humanism's historical development, theological challenges and future directions" (Carol Hepokoski, book jacket).

Get Involved / Things to Do

Mindfulness Meditation: Therapeutic Thursdays

Meditation Tuesdays have become Therapeutic Thursdays as our sessions are now being held on the **first and third Thursday of the month**. On each first Thursday of the month (in October, that's the 2nd and 16th) meditation will be led by Paul Norton of the Order of Interbeing. We meet from 7 to 9 p.m. in the sanctuary. Paul will offer instruction in meditation from 6:30 to 7 p.m. for beginners or those wishing to have a refresher. On the third Thursday of the month we will be offering member-led meditation and meet from 7 to 9 p.m. We are loosely reading *The Places that Scare You* by Pema Chodron. Call Joanne N with any questions.



collection. The weather and the trees should be spectacular for this fun, educational, and helpful outdoor outing. Don't miss it! Feel free to contact Liz K, the organizer, or Mike F, the man behind the curtain, if you have any questions.

Meeting point directions: From I-94 take Hwy C south (the Delafield exit) then turn right into the last driveway before the Lapham Peak State Park property. It's more or less at the bottom of the hill, and there will be a sign. Follow the dirt driveway up and around to the old barn, where the group will meet.

A New Earth Book Club

A *New Earth* book club will be starting up again. If you missed the discussion the last time around, or would like to read and discuss the book again, join us on the **first and third Sunday of the month**, starting in October, after the service.

Seed Gathering

Come for a wonderful, and productive, walk in the park. For those of you who don't know, our own Mike F is largely responsible for the fabulous native prairie restoration project that continues at Lapham Peak State Park. And on **Sunday, October 5th** we're invited to learn about the prairie as we collect seed from various prairie plants. These seeds will later be planted and the native prairie expanded.



We'll meet at 1:00 p.m. at the location described in the next paragraph. Feel free to make casual lunch plans with each other for between the church service and the walk/seed

"Root of All Evil?" Video Showing

The Adult RE Committee will be showing the DVD entitled "Root of All Evil?" by Dr. Richard Dawkins in the LCUUC social hall on **Saturday, October 11th**, at 7 p.m. The program will last about 2 hours.

Dr. Dawkins is a world-renowned evolutionary biologist who has achieved much fame as a best-selling author and spokesman for free thought in a world increasingly dominated by religious fundamentalism and dogma. This DVD is a 2-part series of TV programs shown on BBC.

From the DVD program notes: "In this two-part documentary, Oxford Professor Richard Dawkins examines how religious faith is gaining ground in the face of rational scientific truth. The program takes you to some of the world's religious hot-spots, both in America and in the Middle East. Dawkins meets with religious leaders and their followers, as well as scientists and skeptics to examine the power of religion. Interviews with former Pastor Ted Haggard, the novelist Ian McEwan, the former Bishop of Oxford, and others offer valuable insights into the global impact and consequences of faith in the 21st century."

I do not recommend this program for young children, but it would be good material for middle and high schoolers. Any questions, call Gerry F.

Get Involved / Things to Do (continued)

The Great Story: Humanity's Common Origin Story

Internationally acclaimed author and speaker Michael Dowd will appear at the Schlitz Audubon Nature Center on **Tuesday, October 14th** from 7:00 to 9:00 p.m.

Drawing from his latest book, *Thank God for Evolution!*, which has been endorsed by five Nobel Prize Winners and supported by over 120 other science and religious luminaries, Michael Dowd will share humanity's common origin story known as The Universe Story. This 13.7 billion year evolutionary epic will offer incredible views of the cosmos that embrace science and religion alike. This program is a must for nature lovers, spiritual and non-spiritual seekers, the curious and even those with doubts, as well as those who just enjoy a good story. After this program, there's a good chance you will never see the world the same again! Members, \$10; non-members, \$12.

Dances of Universal Peace

Our friends from the Mukwonago UU Church have again offered to lead us in the Dances of Universal Peace. The gathering will take place on **Friday evening, November 7th** at 7:00 p.m. We hope you can join us for this special opportunity. Here's some information about the Dances:

From the beginning of time, sacred movement, song and story have brought people together. The Dances of Universal Peace are part of this timeless tradition of Sacred Dance.

The Dances use simple music, lyrics, and movements to touch the spiritual essence within ourselves and others. No musical or dance experience of any kind is required and everyone is welcomed to join in. Participation, not presentation, is the focus. No special attire is required, although comfortable, loose-fitting

clothing is best. Participants join hands forming a circle with the Dance leader and other musicians in the center. Throughout the evening, the leader teaches the group the words, melody, and movements for the next Dance and often provides some background history about that particular Dance. The teaching is always done from a compassionate heart in a comfortable, quiet, and often sacred setting.

The movements and songs drawn from over 400 Dances include themes of peace, healing and the celebration of life's great mystery. Dancers focus on peace and harmony creating a sense of solidarity and community while celebrating the underlying unity of all the spiritual traditions of the Earth. Most Dances are only four lines long and repeated many times, so learning is usually quick and easy - within ten minutes people are moving, singing, and sharing together.

The mood of the Dances is infinitely variable, evoking feelings of love, joy, and compassion. Whether invoking the compassion of the Buddhist Qwan Yin, celebrating the playful energy of Krishna, or experiencing the related emotion of any other spiritual figure, dancers take part in a dynamic relationship between the group, individuals, and the self.

The Dances are an experience that all the world should be fortunate enough to enjoy. Hopefully as the Dances of Universal Peace continue to spread, the world will.

So please mark your calendars. Contact Kerry D with any questions.



Fundraising

Time, Talent & Treasure Silent Auction

It's time again for our traditionally most successful fundraiser — the annual Time, Talent & Treasure Silent Auction. Last year this fundraiser earned \$5,300 for LCUUC. This is the time when we donate (as the name implies) our time, talent or treasurers. The possibilities are endless so put your creative thinking to work and have fun. Here are just a few ideas:

- Arts & crafts: pottery, papermaking, knitting & crocheting, photography, basket making, greeting cards, quilting, jewelry
- Antiques, artwork, or collectable items
- Delectable edibles: dessert-a month, Christmas cookies, breads, pies
- Entertainment ideas: dinners of choice in your home, mystery dinner, wine tasting, Milwaukee Rep/Symphony tickets, appetizer evening, moonlight canoe rides
- Flowers & gardening: native plants, perennials, firewood, summer bouquets
- For kids too: Back yard sleepover, babysitting, tutoring, lessons (musical, sports, hobby)
- Learning: meditation instruction, internet introduction, tennis or golf lessons, basic computer class
- Services: vehicle wash/wax, clothing mended/repaired/altered, gift wrapping, handyman service, lawn services, rototill a garden
- Your own creative items.....

This year, it's easier than ever to fill in the donation sheets. You can get donation sheets at the church, next to the drop box in the Social Hall, or you can get them by email. They were attached to the email notice of this Silent Auction (sent to the member list on September 21st). Simply fill in the information and return your sheet(s) via email to Esther F. Or, print them out, fill them in, bring them to church, and put them in the drop box in the social hall. There will be a "Wish List" posted near the drop box so that specific donations of time/talent/treasure may be requested.

Auction timeline

- Sept. 28th: Email completed forms to Esther F, or turn in completed forms at church. Donations will be accepted throughout the auction; however, the longer people have to bid on your items, the better.
- Oct. 5th, 12th, & 19th: Bid on items at LCUUC before and after the service.
- Oct. 19th: Final bids accepted. Auction ends at 11:45 a.m.
- Oct. 26th – Nov. 2nd: Winning bidders' payments due.

If you have any questions, please feel free to ask either Esther F or Terry C.

Thanks!

Esther F, Terry C & Amy S

Don't forget: Equal Exchange fairly traded coffee/tea/chocolate

We started selling Equal Exchange organic products to members and guests of the congregation at cost to build awareness of the fair-trade concept. Since these products were so well received and the prices so reasonable, we raised the prices slightly so LCUUC could gain some funds from the sales as well. For the 2007-2008 church year, almost \$500 was raised for LCUUC.

We continue to sell Equal Exchange coffee, tea, and chocolate. Unfortunately, we have been advised by Equal Exchange that prices have gone up, mostly due to higher world coffee and cocoa prices; as a result, our prices have gone up somewhat too but are still very reasonable. See the table in the social hall after the service to make your purchases. Contact Esther Flakas with any questions.

Green Sanctuary

Home Energy Audits and Insulation and Sealing

As part of last spring's Earth Day service, the Green Sanctuary Committee handed out Environmental Audit and Surveys for adults and youth. We received 12 adult surveys and 4 youth surveys back. One of the responses to each survey question was, "I want to learn more about this." There were a total of 108 "I want to learn more about this" responses to 41 questions on the surveys. The Green Sanctuary Committee will attempt to answer these "I want to learn more about this" questions in order of the number of responses, in the newsletter over the next few months.

The most frequently asked questions (7 responses) were about having a home energy audit, installing passive solar energy improvements, and installing solar photo-voltaic or wind turbines for electric power generation. I will try to answer the first question on home energy audits, along with a related question on home insulation and sealing, in this issue.

Focus on Energy is an excellent source of information on home and business energy savings. They work with eligible Wisconsin residents and businesses to install cost-effective, energy-efficient, and renewable energy projects. Focus information, resources, and financial incentives help to implement projects that otherwise would not be completed, or to complete projects sooner than scheduled. Its efforts help Wisconsin residents and businesses manage rising energy costs, promote in-state economic development, protect our environment and control the state's growing demand for electricity and natural gas. Focus on Energy is funded in part by a small charge on your utility bill. The Focus on Energy web address is <http://www.focusonenergy.com>. Another way to reach them is to telephone 1-800-762-7077.

A Home Energy Assessment includes an initial evaluation, testing, reporting, and a follow-up

visit after improvements are made to make sure what was done was done correctly, and to see what rewards customers may qualify for from Focus on Energy. A Home Energy Assessment takes about 1 to 1-1/2 hours, and includes an inspection, and testing with a blower pulling air out of the house so air leaks can be found, and a search for cold spots with an infrared camera.

You may find a list of Home Energy Assessment consultants on the Focus on Energy web site "Find Products / Services" page. Tim Guillama of Beyond Energy LLC performed an Energy Assessment of our church building free of charge last January, and a number of our members have had energy assessments by him. His currently charges \$300. His phone number is 262-470-3149, and his website is www.beyondenergyllc.com.

Insulation and sealing is a low-cost way to improve the energy efficiency of your home. Please take a pamphlet from WE Energies on this subject from the literature table in front of the Green Sanctuary bulletin board in the Social Hall.

Submitted by Gerry F

Follow-up to new roof

We have completed the paperwork and received approval for a natural gas incentive from WE Energies, based on our added insulation under the new roof. WE Energies has indicated we would be getting a check for \$1,785, and based on their calculations could realize an annual savings of \$1,963. This is based on our existing therm use of 2571 per year going down to 786, given the added R25+ in R-value.

Thanks go to Gerry F for getting this ball rolling last Spring, and John S for all the legwork in getting the right data for the approvals.

Submitted by Greg S

WHO'S WHO AT LCUUC

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

Board Members:

Tim Putra, President	262-968-4986
Liz Kreml	262-567-8515
Erich Moraine	262-246-3604
Chris Peske	262-820-2697
Kay Scherer	262-376-3276
Lynne Smith	262-510-2157
John Staudt, Treasurer	262-646-8286
Rob Suhr	262-968-4052
Patty Walker	262-966-3357



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

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