



News for Lake Country UUs

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

JANUARY 2009

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

January 4: "Borning and Dying," a service created by Lori Gorgas Hlaban and presented by Gerry Flakas

This is our traditional first service of the New Year, where we reflect on the past year, honoring those who have passed away and celebrating births, and set our intentions for the year before us. Special thanks to Olympia Brown UU Church Intern Minister (and LCUUC member) Lori Gorgas Hlaban for her contribution to this service.

January 11: "The Paths Are Many, the Peak Is One," by the LCUUC Pathways Committee

As Unitarian Universalists, we have each chosen to make our own "free and responsible search for truth and meaning." However, by joining LCUUC we have also chosen to do so in community with one another. Please join us for this service as we explore the path thus traveled and begin to consider what lies ahead on our shared journey together.

January 18: "Hope," by Rev. Linda Berez

History will be written on January 20, 2009 when an African-American man is sworn in as the 44th President of the United States. The Martin Luther King, Jr. holiday will be celebrated just the day before. Both men inspire hope in millions of people in this country and around the world. Why is the message of hope so powerful? During times of uncertainty and fear, are you able to find hope? Where? Let's consider these questions together.

January 25: "Treading the Spiritual Path with Feet of Clay," by Vicky Jones, lay minister and former congregational president of First Unitarian Society in Madison

We can react strongly when someone we want to admire tumbles off the pedestal. What if that someone merely stumbles on the church steps? What if nobody sees? What if everybody sees? What if that someone is one's own self? Ms. Jones will explore coming to terms with the role human frailty plays in the spiritual journey and in a spiritual community that sets high standards.

Food/Needs Collection

The first Sunday of the month is our food pantry collection. Please bring your contribution to church with you on Sunday, January 4th.





A Note From Our Minister

Greetings,

Time has always fascinated me. If I lived in a day and age when computers did not exist and I didn't begin my career path as a systems administrator, it's quite possible I would have started out as a watchmaker. Do you remember your first wristwatch? Mine was a good old Timex. I had to wind it up—no batteries back then. I loved my watch, and then everything began to go digital. What a revolution. My first calculator watch could do so many things. Today there's no need for the calculator on the wrist, it's in my phone, and so I've gone back to a good old analog watch, except no more winding it up.

I'm not quite certain where my fascination with time came from. Thinking back, neither of my parents was enamored by time pieces. A good friend's father had a couple of older clocks on the wall. One had a pendulum and the other was a cuckoo clock. I really loved winding them, when given the opportunity.

As 2008 ends and 2009 begins, I've been thinking lately about how the time we have and how we spend it each day can affect us spiritually. As the earth completes one full cycle around the sun, do you feel like you are running around in circles? Does the time from sun up to sun down feel like a race? I wonder if our need to make resolutions each New Year doesn't come out of a desire to find ways to take more time for ourselves.

Consider the typical resolution of diet and exercise. This is a simple example of finding a conscious way to be more mindful of our bodies and of taking time to slow down to eat and keep our bodies in shape. Often people fail in their efforts to maintain their resolutions, whether it is about diet and exercise, spending time with others, taking up a new activity like learning to play a musical instrument, or studying a new language. Maybe it's more altruistic, like helping others or the environment. Are we unable to make them last because we can't find the time to be successful? Or is it just impossible to carve out one extra minute into an already busy day?

Each of us knows what we are able to do and not do to find the time we will need to make our resolutions—if we make them—work this next year. What I offer is this: consider your resolution not just in terms of what it will do for yourself, perhaps physically but also spiritually. Consider this line in the hymn Spirit of Life, "Roots hold me close, wings set me free." Finding ways to feel more connected to the earth, to others, to feel more grounded will in turn help you to soar higher.

Please be sure to check out the rest of the newsletter this month. There are lots of great activities and events happening around the church.

I wish you all a Happy New Year. Stay safe. See you in church!

Linda

Doorbell Reminder. If you are hosting a meeting or event at the church, it is recommended that you keep the door open until people have arrived. Then, you can take the doorbell chime (plugged in below the office window) to your meeting space (and plug it in). In doing so, you will be sure to hear anyone ringing the doorbell. Please remember to put the remote back in the outlet below the office window at the end of your meeting.

Newsletter Delivery. The newsletter database is tied to the directory, and it 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 Johnson at 262-367-8467 or johnsonck@ameritech.net.

On Board!

The LCUUC board met on Dec 11th. This past month LCUUC welcomed 15 new members during the November 23rd service. We have more than doubled in size since moving into our own building.

The Jan 11th Sunday service is being developed in conjunction with the long-range planning committee to share the planning work currently under way. To further develop the long-range plan, there are listening sessions scheduled for February 1 and February 6. See page 5 for more information.

The board was informed by Dori Davenport that although LCUUC was nominated as a breakthrough congregation we were not selected this year but may still be selected in the future.

Kerry Duma shared a wide assortment of RE events being planned, among them a high school trip to Boston this summer.

Rob Suhr has developed and implemented a new board member orientation process, ~~which was presented for the first time to the most recent incoming board members, who~~ liked it very much. It will make transitioning onto the board much easier.

The welcoming congregation committee is working on several activities, the first of which may be a movie presentation to the congregation in the near future.

LCUUC now has a link on the website announcing closings due to bad weather. This will make it easy to know if services are canceled due to snow or any other reason. The decision will be made at least 2 hours prior to the beginning of the service.

We are in the process of hiring sextons and sound personnel to better manage building rentals.

The board has extended an invitation to all committee chairs to attend the January 8th board meeting and help kick off the budget planning process with direct input.

Submitted by Erich M



Policy on Canceling Services

With winter firmly ensconced, we offer a reminder of LCUUC's Canceling Service Policy.

A decision about canceling services will be made at least 2 hours before the service begins (i.e., by 8 a.m. or earlier for the 10 a.m. service). Very soon thereafter:

- 1) A closing announcement will be posted with WTMJ. There is a link to the WTMJ webpage (<http://closings.todaystmj4.com/>) on the LCUUC website at <http://www.lcuuc.org>.
- 2) A closing message will be posted on the LCUUC voicemail at 262-369-1703 ext. 600
- 3) A closing email will be sent to member_list@lcuuc.org

☞ January Calendar of Events ☞
 (all events at LCUUC unless otherwise noted)
 (see page 6 for more details on many of these events)

Every Tuesday	SOS	7–8:30 pm
Sunday, 4	Choir rehearsal	8:30 a.m.
	Food pantry collection	During the service
	<i>A New Earth</i> discussion	After the service
Monday, 5	Social Action Committee	7 p.m.
Wednesday, 7	Writing as Spiritual Practice–Sort Of	6:30–8:30 p.m.
Thursday, 8	Board meeting	6:30 p.m.
Sunday, 11	Choir rehearsal	8:30 a.m.
	OWL orientation (see pg. 5)	12:00–2:00 p.m.
	Old Befana 3 p.m.	
Tuesday, 13	Mindfulness Meditation	7:00–9:00 p.m.
Wednesday, 14	Writing as Spiritual Practice–Sort Of	6:30–8:30 p.m.
Sunday, 18	Choir rehearsal	8:30 a.m.
	Sing for service	
	<i>A New Earth</i> discussion	After the service
	North West Earth Institute course (see pg. 7)	12:00 noon
Wednesday, 21	Writing as Spiritual Practice–Sort Of	6:30–8:30 p.m.
Thursday, 22	Spirit of Life, Adult RE	6:30–8:00 p.m.
Saturday, 24	Saturday rehearsal (at Olympia Brown Church)	10 a.m.–2:30 p.m.
Sunday, 25	No choir rehearsal	
Tuesday, 27	Music Committee	7:00–9:00 p.m.
	Mindfulness Meditation	7:00–9:00 p.m.
Wednesday, 28	Writing as Spiritual Practice–Sort Of	6:30–8:30 p.m.

Hold the date:

February 1, noon to 2:00 p.m. or February 6, 7:00 to 9:00 p.m.: Pathways World Café Listening Session

Feb. 28-March 1: LCUUC Retreat

RE-flections—From Our Director of Religious Education

Holiday Card Action

Many thanks to all who took the time to write cards of encouragement and support to the prisoners of conscience and human rights defenders identified by Amnesty International. In all, we mailed 39 cards. Thanks also for the donations of cards and money for the postage to mail them. Let's hope these cards contribute to improvements for these people and for others in their situations.

Gingerbread Houses

Our older and younger children got a chance to get to know each other better as they spent a Sunday morning making Gingerbread Houses together last month. The children were paired up and shared what's special about Christmas and about themselves. Thanks to Janis and Jim T for another great job of coordinating this fun event.

OWL Orientation January 11

Anyone interested in learning more about the Our Whole Lives Human Sexuality program that will be offered to our 10th to 12th graders this year is welcome to attend the Orientation that will be held on **January 11 from noon to 2:00 p.m.** Lunch will be served, so please RSVP to Kerry Duma if you plan to attend.

Youth Advisors Sought

Our congregation is in need of adults who are willing to get involved as Youth Advisors. If you would be willing to step into this role, there is an opportunity to learn about it this February. The District is hosting a Youth Leadership Development Conference on February 27-28, 2009 in Rockford, Illinois. Here's the info:

Youth who want to learn to be leaders and advisors who want to learn to be empowering should consider attending. Our adult trainer will be Heather Godbout from Unity Temple, Chicago, IL and our youth trainer will be Rose Smith from Bellingham, WA. The cost is only \$30 per person and includes meals and materials. This opportunity only comes around every few years and space is limited, so don't miss your chance to attend. Registration forms and a flyer can be found on our district youth webpage:

<http://www.cmwd-uua.org/content/index.php?option=com_content&task=view&id=24&Itemid=39>

If you have an interest, or if you have a youth who is interested in attending, please contact Kerry Duma, Director of Religious Education, at 262-369-1703 or dre@lcuuc.org.

The Path Ahead

The Pathways Committee is continuing its work of gathering your hopes and dreams for future programming, ministry, finances, and leadership in our church, to prepare a plan for the path ahead. On **January 11th**, 2009 our Sunday service will introduce this planning process. After that, on February 1st at noon and again on **February 6th** at 7:00 p.m. the Pathways Committee will hold World Café listening sessions. Please plan to attend one of these World Café sessions. This will be your chance to share your ideas in small groups with other members of the congregation, and we really need to hear from each one of you. The "World Café" process allows for members to think about and contribute ideas regarding several important issues, in small groups and individually, in a relaxed and fun setting. There will be snacks! The February 1st session will be preceded by a "chili-feed" style lunch. Please mark February 1st at noon or February 6th at 7:00 p.m. on your calendars *now*, and please come help us to plan our future. If you have any questions or thoughts about this process, please contact any of the Pathways Committee members: Eric L, Sonia W, Yvonne F, Chris P, and Meriah J F.

Get Involved / Things to Do

Writing as Spiritual Practice—Sort Of

Like doing yoga or practicing meditation, spending time at the page can help us gain insights into the universe and ourselves. But we need not write about “spiritual” topics in order to receive spiritual outcomes. The simple act of putting pen to paper (or even fingertips to keyboard) has the potential to surprise, delight, and inspire us.

Join this writing-practice group to see what truths your writing can reveal to you. Each session will begin with some words about the art and craft of writing followed by the opportunity to share (if you'd like) your intentions for the evening's writing and an extended period of writing time. We will finish the evening with a guided reflection.

This is a 6-week high school and adult offering. It is not a writing critique or writing therapy group, and participants are not expected to read their writing aloud. There is no fee.

The sessions will be facilitated by Kim S. Please contact her if you plan to participate.

Schedule: All Wednesdays from 6:30 to 8:30 p.m. from January 7 through February 11, 2009.

Old Befana

LCUUC and Lifeways Childcare have invited Ken Lonquist and players to bring back their delightful performance of Old Befana. The performance, on returns **Sunday January 11th at 3 p.m.**, is open to the community, and donations will be accepted at the door. For more information contact Kristin S or Jessy K.

Spirit of Life

The Adult Education class “Sprit of Life” continues this month on **Thursday January 22 from 6:30 to 8:00 p.m.** Please note that the class has moved from Tuesday to Thursday. This month the focus of the class will be on spirituality and compassion. All are welcome to join. Please call or email Rev. Linda Berez for more information or to reserve a space.

Meditation Schedule Changes

We are excited to note that along with the new year comes a new day for meditation. We will be returning to **Terrific Tuesdays starting January 13th**. We will now meet the 2nd and 4th Tuesdays of the month. As has been our tradition, on each second Tuesday of the month meditation 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. On the fourth Tuesday of the month we will be offering member-led meditation and meet from 7 to 9 p.m. On both nights we will loosely be reading and discussing the book *The Places That Scare You* by Pema Chodron. Please call Joanne N with any questions.

LCUUC Retreat

The LCUUC Retreat will take place on **February 28/March 1** at Lutherdale, in Elkhorn. Mark your calendar if you haven't already done so, and join us for a weekend of rest, relaxation, and spiritual renewal. If you have questions, please contact Kristin S or Jeff K.

Volunteer Opportunities

The Publicity Committee is seeking volunteers to help out. The committee's main roles are to

- foster communication among members, by producing the monthly newsletter and preparing and updating information for the LCUUC website
- make the church more visible in the local community, by submitting articles to local newspapers, inserting ads in local papers, etc.

If you can volunteer to write, do computer layout and design, scan photos for the church image archive, maintain contact with local newspapers, assist in ad placement, help get the newsletter sent to members, help out at the church booth at Lake Country Community Fest, or please contact us at newsletter@lcuuc.org.

Social Action / Green Sanctuary

Poverty Is Socked

The LCUUC "Sock it to Poverty" campaign was a big success. The coins, bills, and checks we stuffed into socks and brought to church totaled \$1,091.32! It was almost too heavy to carry to the bank! Added to the amounts collected by other churches, the total contributed to Cooperating Congregations of Waukesha County for its Good Samaritan Fund was about \$18,500, including a \$7,000 match. LCUUC was the second highest donor congregation. Thank you to all who contributed!

Campaign for a Housing Trust Fund Begins

LCUUC endorses the efforts of the Waukesha County Affordable Housing Task Force to create a housing trust fund in Waukesha County. The task force officially started its campaign for a housing trust fund on December 2, with an event that attracted 75 people.

There are various ways to get involved in this issue. Visit the task force web page for information on how to email county officials to encourage them to create a housing trust fund. The web page is at <http://sites.google.com/site/sophiawaukesha/bfosscomp>. The bottom of the web page gives ideas for action to take, which will be updated monthly.

The January monthly action will be to attend a meeting regarding the county's comprehensive community development plan on January 22. Watch the web page for more details. You can also learn more and stay updated by visiting the task force blog at <http://creatingcommunities.blogspot.com>. Contact Betsy F-C if you have questions or would like to learn more.

North West Earth Institute "Voluntary Simplicity" Course

LCUUC's Green Sanctuary Committee will host a 5-session North West Earth Institute (NWEI) course on "Voluntary Simplicity," beginning in January. The first session, which will be led by a member of the Great Lakes Earth Institute, will be held on **Sunday, January 18th, at 12 noon** in the large classroom; this first session should last about an hour. Please attend this session if you are at all interested in this or any other NWEI course. We will decide during this first session when to meet for the remainder of the course sessions.

The Great Lakes Earth Institute exists to support your desire to learn about and connect with the environment, to help you evaluate and fine-tune your environmental impact, and to advocate for the environment based upon your own personal convictions. The GLEI provides support and supplies to the NWEI discussion courses. These courses provide an enjoyable, supportive setting in which to examine personal values and habits, engage in stimulating discussion, and make personal changes if desired. Groups consist of 8 to 15 people who meet for about an hour to discuss readings from a course book. Course books, each about 100 to 150 pages in length, contain a diverse collection of essays, articles, and book excerpts organized around weekly themes to create lively discussion. Discussion questions and a suggested meeting format are included as well.

We will begin with the Voluntary Simplicity course, a five-session course addressing the distractions of modern society that keep us from caring for ourselves, our relationships, and our environment. The course books cost \$20; they will be available at the first (January 18) session.

Please contact Gerry F if you have any questions.

Note, the next installment in the series written by LCUUC Green Sanctuary members as follow-up to last spring's Earth Day Environmental Audit and Survey has been held until the February issue of the newsletter because of space constraints. The topic is, "Wind and Solar Energy for the Home and Business." Look for this informative article in next month's issue.

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



Printed on recycled paper.

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