



News for Lake Country UUs

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

FEBRUARY 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

February 1: "Can You Be Yourself?", by Rev. Linda Berez

As Unitarian Universalists, we affirm the inherent worth and dignity of all people including Gay, Lesbian, Bisexual, and Transgender people. As Lake Country Unitarian Universalist Church begins the process of becoming an official Welcoming Congregation with the Unitarian Universalist Association, you are invited to come and hear the stories of what it means to truly welcome people of all different sexual orientations, and what it means to truly feel welcomed.

February 8: "Who's Right? Who's Wrong?", by Rev. Linda Berez

Recently, The Great American Think-Off released its 2009 essay and debate question: "Is it ever wrong to do the right thing?" Is it? Come ponder this question with Rev. Linda Berez this Sunday and reflect upon how the answers affect us as spiritual beings.

February 15: "Faith & the Blues: Finding Something to Believe In," by LCUUC member Greg Valde

What does "having faith" mean to a UU? And what does the blues have to do with faith? In this service, LCUUC member Greg Valde will use music and text to explore these and other questions ... and perhaps provide a useful lens to look at difficult times and our need for "something to believe in."

February 22: "Insights: A New Earth," a service presented by LCUUC New Earth Book Club

The New Earth Book Club shares insights found in Eckhart Tolle's message of how to transcend our current state of consciousness, which is essential to personal happiness and the key to ending conflict and suffering throughout the world.



Food/Needs Collection

The first Sunday of the month is our food pantry collection. Please bring your contribution to church with you on Sunday, February 1st.



A Note From Our Minister

Greetings,

There has been a lot of talk in recent days about change. Change in our government and change in our world, but what about change for each of us on an individual level? Sometimes, we are faced with changes in our lives that are welcomed, other times unwelcomed. Job changes, moving, meeting a new person, finding a church home, the examples are endless. Yes, change can be good ... and ... change can be bad. No one likes getting "stuck in a rut." But no one likes to be forced to make a change. Studies have shown that whether a change is planned or unplanned, the change can be stressful.

Something I learned and adapted from Buddhist Monk Thich Naht Hahn that helps me when I'm feeling overwhelmed is to take a few moments to follow my breathing. Even a minute of closing my eyes, focusing on my breath in and then my breath out, helps me to become present in the moment. Becoming grounded and centered makes moving forward possible again. I believe that it helps us to reconnect to our spiritual selves. Try it. Close your eyes for a moment. Draw your entire attention to breathing in. Then naturally allow your breath to flow out of you, and follow it as it goes. In breath, out breath, just for even a minute or two. Think of it as a mini meditation break. Once you're done, I hope you'll feel like taking on whatever change may come your way.

Speaking of change, I hope you had an opportunity to attend last month's worship service led by the members of the Pathways Committee. This committee is charged by the Board of Trustees to review the remaining goals of the Strategic Plan and Vision developed five years ago. It will also determine how to achieve them, if indeed this congregation decides it wants to achieve them. So, with questions on the table about the congregation's future, I want to make sure you know that you are invited and encouraged to attend one of two "World Café" conversations coming up on February 1st and 6th. Your input into this process is important, and I hope you will attend one of the two sessions. There's more information about your chance to participate further on in this newsletter.

On February 1st, I will be leading a special worship service that will introduce the congregation to the upcoming events and classes planned by one of Lake Country's newer members, Barbara H, and Wendy R on becoming a Welcoming Congregation to Gay, Lesbian, Bisexual, and Transgender people. Yes, LCUUC is very welcoming already. Barbara and Wendy will share more about a process that the Unitarian Universalist Association encourages every congregation to go through to become an official Welcoming Congregation. Again, there is more information later in this newsletter that I encourage you to read.

I will be gone this month from February 9th to the 18th, on a Unitarian Universalist Civil Rights Pilgrimage of cities and sights in Alabama and Mississippi. I have looked forward to the opportunity to be part of this tour for several years. Because I will be gone the third Tuesday of the month, the Spirit of Life class will be postponed until March 17th.

Finally, I don't think I'm holding anything back by telling you that I hope the groundhog doesn't see its shadow this year and that Spring comes early. Pitchers and catchers are due in Arizona and Florida on February 1st. Can Spring be far away?

May the days of February be healthy, happy, and safe. Take care. See you in church.

Linda

On Board!

The January Board meeting was well attended by Board members and committee chairs for the occasion of our new budgeting process. Each January the Board will convene with committee chairs to review the previous year's budget and plan for the next fiscal year. Our treasurer, John S, reviewed the process and presented a detailed budget from this year as well as last fiscal year. The chairs for each committee were asked to carefully consider their needs for the upcoming year, and provide the basis for those needs. Budget requests are due by January 25th. The Finance Committee will review those requests and prepare a recommendation for the Board on February 3rd. The Board plans to approve a preliminary budget on February 5th, which will be finalized after the stewardship campaign.

Barbara H and Rev. Berez provided the Board with an update on the efforts toward achieving Welcoming Congregation status at LCUUC. A "welcoming congregation" is a designation congregations attain when they seek to become more inclusive toward gay, lesbian, bisexual, or transgender people. For LCUUC the process will involve four sessions, including one session that will involve strategic planning for how our congregation will reach out to the community. A movie that will be presented on March 14th, as part of the Movies that Matter series, will address this issue. Ultimately the congregation will need to vote on becoming a welcoming congregation. This will likely take place at the annual meeting in May.

Welcome new members: The Board officially recognized new members Earle J, Lisa T, and Bill L. Welcome!

Church retreat funds: Kerry D requested the approval of a mini-grant to cover childcare expenses, as well as a facilitator for the upcoming retreat. The Board agreed to allocate funds for this purpose.

Submitted by Chris P

☞ February Calendar of Events ☞
 (all events at LCUUC unless otherwise noted)
 (see pages 7 and 8 for more details on many of these events)

Every Tuesday	SOS	7-8:30 pm
Sunday, 1	No choir rehearsal	
	Food pantry collection	During the service
	World Café Listening Session	12 noon
Wednesday, 4	Writing as Spiritual Practice–Sort Of	6:30–8:30 p.m.
Thursday, 5	Board meeting	6:30 p.m.
Friday, 6	World Café Listening Session	7 p.m.
Saturday, 7	Attend showing of “Milk” at Oriental	See pg. 7
Sunday, 8	Choir rehearsal	8:30 a.m.
	New member gathering	11:30 a.m.–12:30 p.m.
	Voluntary Simplicity course	12 noon
	OWL class	5 p.m.
Tuesday, 10	Mindfulness Meditation	7–9p.m.
	Social Action Committee	7 p.m.
Wednesday, 11	Writing as Spiritual Practice–Sort Of	6:30–8:30 p.m.
Saturday, 14	Curling Party at KM Curling Club	1–6 p.m.
Sunday, 15	Choir rehearsal	8:30 a.m.
	Voluntary Simplicity course	12 noon
	OWL class	5 p.m.
Thursday, 19	Welcoming Congregation Workshop	6:30–8:30 p.m.
Saturday, 21	Socrates Café at Milw. Street Traders	7–9 p.m.
Sunday, 22	Choir rehearsal	8:30 a.m.
	Sing for service	
	Voluntary Simplicity course	12 noon
	OWL class	5 p.m.
Tuesday, 24	Mindfulness Meditation	7–9 p.m.
Thursday, 26	Welcoming Congregation Workshop	6:30–8:30 p.m.
Saturday, 28	LCUUC Retreat	
Sunday, March 1	LCUUC Retreat	

Hold the date:

March 14 and 15, New UU Orientation Class. See also below.

March 5, 19, 26, Welcoming Congregation Workshops continue.

March 8, 15, and 22, Voluntary Simplicity course continues.

UU ORIENTATION CLASS, March 14 and 15

New members, friends, and anyone thinking about joining the church are encouraged to attend a two-part UU Orientation Class led by Rev. Linda Berez. Sessions will be held on Saturday, March 14 from 2:00 to 3:30 p.m. and Sunday, March 15 from 11:45 a.m. to 2:00 p.m. Contact Yvonne F at church for more information.

Help Us Find the Pathway

What lies ahead for LCUUC? You tell us.

The Pathways Committee is continuing to gather the hopes and dreams of our congregation. Two listening sessions are planned in the coming days, the first being **February 1st at noon**. You can stay after the service and help yourself to a chili lunch that we'll provide before the session begins. Or, if you'd rather, you can come to the session on **February 6th at 7:00 p.m.**

At the listening sessions, we will begin with a short presentation from the Pathways Committee before dividing into small groups. In small groups, we will then rotate between four rooms, each of which will focus on one of the issues identified by the Church Board for consideration, namely programming, leadership, finances, and ministry. The general questions you will be asked are, "What would you like to see more of at LCUUC?" and "What would you like to see less of at LCUUC?". The committee will give some framework for these questions. You will be given the opportunity to share your thoughts in written comments and in some small group process. After rotating through the four rooms, we will gather for final thoughts and a closing. It will take only two hours of your time, total.

If you are reading this, we want your input, with no exceptions and no excuses. Please come to one of these sessions! If you do not have strong feelings on these issues, we need your input nonetheless. It is very important that we hear every voice—not only the loudest ones, the most critical, the most favorable, or the ones from the most involved people. Only by hearing every voice will we get a true picture of our hopes and dreams and prepare the best future for our congregation.

Once the Pathways Committee has gathered responses from the congregation, the committee will begin a process of discerning what was said. From that, the Pathways Committee will develop plans for our future together that will be presented to the Church Board. It is anticipated that it will ultimately be presented for congregational consideration and approval at the Annual Meeting.

"Without leaps of imagination, or dreaming, we lose the excitement of possibilities. Dreaming, after all, is a form of planning." (G. Steinem) Help us to chart the path to the most exciting possibilities for LCUUC!

Welcoming Congregation Update

The Sunday, February 1 service will be dedicated to the process of becoming a Welcoming Congregation. On **February 19**, we will have the first of five workshops that will meet from 6:30 to 8:30 p.m. on Thursdays. The others are on February 26 and March 5, 19, and 26. In these workshops, we will participate in self-awareness exercises and challenge ourselves to see what it is like to live life as a Gay, Lesbian, Bisexual, or Transgender (GLB/T) person and to develop empathy and deep understanding with our GLB/T friends and neighbors so that we can continue to grow as a Welcoming Congregation. We will also look closely at our church's outreach to GLB/T people here in our Lake Country community and develop a strategic plan for widening our programs and services to this important group.

After we complete the workshop series and meet the action steps required, the final step will be for us to vote as a congregation to become a Welcoming Congregation. If you have questions you can contact Wendy R, Linda Berez at minister@lcuuc.org, or Barbara H.

For more information about becoming a Welcoming Congregation, you can go to www.uua.org and put in the search box "welcoming congregation 101." At this site, there is a brief outline of the steps we need to take to become listed as a Welcoming Congregation in the national UU database and directory. See also the Movies that Matter later in this newsletter.

RE-flections—From Our Director of Religious Education

Our Religious Education classrooms are brimming with energy and ideas! Last month, our kindergarteners learned about Old Befana and about sharing and waiting. Our 1st and 2nd graders have been learning about how they can express their individuality and the inherent worth and dignity of every person. Our 3rd to 5th graders continue to learn about various religions' holidays and holy days as they learned about the beliefs and ceremonies of the Huichol Indians of Mexico and the Chinese New Year. They also did a lesson focusing on homelessness and put on a skit about Rosa Parks for the Story for All Ages.

Our Middle Schoolers are busily laying plans for their Junior Youth Con, which will be happening at LCUUC on Saturday, April 4 to Sunday morning, April 5. Their theme will be "CReATiON – an ART CON" and will include visual and performing arts-related workshops,

games, and food. Middle school youth from area UU churches are being invited, and our church will be an exciting, colorful, lively place that first weekend in April.

The high schoolers enjoyed a special 3-week class on Spirituality and Art taught by Janica Y that explored the role of spirituality throughout the history of art and also gave the youth an opportunity to explore their own spirituality and to make art.

We hope to engage all our youth as well as the rest of the congregation in participating in our Cardboard City fundraiser to raise awareness and funds for homeless in Waukesha County. Please see page 8 for more details.

Submitted by Kerry Duma, Director of RE. Kerry can be contacted at 262-369-1703 or dre@lcuuc.org.

Welcome New Members

(Removed from web version.)

Get Involved / Things to Do

Movies that Matters and Welcoming Congregation Committee Report



The Movies that Matters Committee is coordinating with the Welcoming Congregation Committee with two film events. The first is on **February 7**, when we will be watching the film "Milk" at the Oriental Theater in Milwaukee. This film is about Harvey Milk, who was elected to the San Francisco Board of Supervisors, becoming the first openly gay man to be voted into major public office in America. His victory was not just a victory for gay rights; he forged coalitions across the political spectrum. From senior citizens to union workers, Harvey Milk changed the very nature of what it means to be a fighter for human rights and became, before his untimely death in 1978, a hero for all Americans.

Details: February 7 at the Oriental Theater in Milwaukee, 4:15 p.m. showing with coffee/talk afterward. Please meet at LCUUC at 3 p.m. to carpool or meet us at the theater by 4:15. We will then go to a coffee shop and talk about the movie using the UU Study Guide for "Milk" (prepared by Rev. Mark Belletini, Senior Minister of the First Unitarian Universalist Church of Columbus, Ohio.)

The second film is on **March 14**, when we will be showing the documentary, "So the Bible Tells Me So" at LCUUC. This film asks the questions, Can the love between two people ever be an abomination? Is the chasm separating gays and lesbians and Christianity too wide to cross? Is the Bible an excuse to hate? Through the experiences of five very normal, very Christian, very American families—including those of former House Majority Leader Richard Gephardt and Episcopal Bishop Gene Robinson—we discover how insightful people of faith handle the realization of having a gay child. Informed by such respected voices as Bishop Desmond Tutu, Harvard's Peter Gomes, Orthodox Rabbi Steve Greenberg, and Rev. Jimmy Creech.

Details: March 14 at LCUUC, 7 p.m. After the movie, we will take time for a group discussion and talk about how this movie relates to the greater community and ourselves.

See also article on page 5.

New Member Gathering

If you have joined LCUUC in the past year, we invite you to gather together with other new members to share your experiences here at church! Come to the New Member Gathering on **Sunday, February 8** from 11:30 a.m. to 12:30 p.m., in the high school classroom.

Please RSVP by February 1st, and let us know if you'll need child care. Contact Lynne S at the church office.

There will also be an opportunity to pledge if you have not already done so.

We hope you can join us!

Meditation: Terrific Tuesdays

The meditation group meets on the 2nd and 4th Tuesdays of the month (February 10 and 24). As has been our tradition, on the first gathering 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 second gathering 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 at the church office with any questions.

Curling at LCUUC Is Back!

There will be an LCUUC Curling Party at the Kettle Moraine Curling Club, 2630 Oakwood Road, Hartland (just west of Highway 83, near the stop-light at the corner with the bank and the pottery shop), on **Saturday February 14**, from 1 to 6 p.m. This is an opportunity for you to experience the indoor winter sport of curling. Bring clean rubber-soled shoes (sneakers, running shoes), warm loose-fitting clothes (sweater, sweatshirt, light jacket), lightweight gloves if your hands tend to get cold, maybe a cap. We supply all other equipment. Adults and children 8 years and older are welcome to curl.

Format will be: how-to-curl instructions, then curling to try your new skills, followed by a pot-luck dinner. We will supply hamburgers on the

grill and beverages, and would like every family to bring a dish to pass. There will be a charge of \$10 per adult and \$5 per child (\$25 per family maximum) to cover the Curling Club's charge for the facility and other expenses.

There is a flier and sign-up sheet in the Social Hall. Please sign up if you're interested. See or call Esther or Gerry F or Helen or Mike B for details.

Submitted by Gerry F

SOCRATES CAFÉ will take place on Saturday, February 21st at Milwaukee Street Traders (one block west of Hwy C on Milwaukee Street in Delafield), from 7 to 9 p.m. Join us for an informal philosophical discussion! Come with a question, come to share thoughts, or come to listen. Contact Phil S at the church office with any questions.

Hope to see you!

Fundraising for LCUUC

Help LCUUC raise money by shopping at any Pick 'n Save. At any Pick 'n Save, register our number, #446880, at the courtesy desk, and LCUUC automatically gets a percentage of the purchase price when you use your Pick 'n Save card. They also have our name and number on file in each store. We spend a lot on groceries in the course of a year, and this is painless money-making. We make about 1%.

Submitted by Esther F

LCUUC Cardboard City

Join LCUUC youth in creating the first annual Cardboard City on the grounds of LCUUC. We hope to raise money and awareness for SE Wisconsin organizations that help the homeless.

What: Homeless supporters camp one night in a temporary dwelling (box or tent).

When: **Saturday, March 21**

Where: Grounds of LCUUC

Set-up and Box Decorating, 4 to 6 p.m.

Dinner, 6 to 7 p.m.

Bonfire and music, 8 to 10 p.m.

Movie in the church, 10 p.m.

Hot breakfast, 6 a.m. Sunday morning!

Take-down right after breakfast.

Participants supply their own dwellings—a box or a tent. If you need a box, some extras are available—call Sally P or Terri F at the church office.

Dwellings can be anything you can carry in; you must take it with you when you leave.

Bring a sleeping bag and pillow, guitars, banjos, harmonicas, card games, warm clothes. No video games.

The event is rain or shine (the homeless don't have a choice). If the weather's bad, we'll move inside the church.

Submitted by Social Action Committee

Green Sanctuary

Green Living—Will a Tankless Water Heater Save Energy?

Tankless water heaters are compact heating units that provide hot water as it is needed, and do not store hot water like traditional tank-type water heaters. When a hot water tap is turned on, water enters the tankless water heater. A sensor detects the water flow, and activates an electric or gas heating device, which quickly raises the water temperature to a preset level. When water flow stops, the heating element shuts off. Thermostatically controlled tankless water heaters vary their output temperature according to water flow rate and inlet water

temperature. Unlike traditional storage tank water heaters, tankless water heaters do not store a reservoir, and as a result, standby heating losses are reduced, which makes them an energy-efficient alternative to traditional water heating. Manufacturers of tankless units claim to reduce water heating costs by 10 to 20 percent.

Gas and electric tankless water heaters are available in a variety of capacities by a number of manufacturers. The maximum flow rate and temperature rise are determined by the capacity of the heater. In general, gas tankless heaters have larger capacities than

their electric counterparts. Some tankless units may not be able to supply a home that has large draws or simultaneous use of hot water (example taking a shower while the dishwasher is running). In addition, units have lower capacity in cold climates where more energy is needed to raise water temperature.

Because tankless heaters do not store water, they are less subject to corrosion than tank-type heaters. As a result, their predicted equipment life is longer compared with traditional heaters. However, in areas with hard water, scaling can build up in the heat exchanger and reduce energy efficiency over time. Periodic servicing requirement by a service tech or plumber can increase the cost of ownership. The tankless system may not deliver hot water as fast as a tank type system, as the tankless system must first sense flow then start to heat the water.

Based on local current energy costs of \$0.10 per kWh for electricity and \$1.15 per therm for natural gas, the following are estimated monthly operating cost for tank-type water heaters: (calculations based on Lawrence Berkeley National Laboratory model)

Family of 4 using an average of 50 gallons of hot water per day: Electric 320 kWh/month, \$32.00/month. Natural Gas 16.6 therms/month, \$20.00/month

For a single person using an average of 15 gallon of hot water per day: Electric 132 kWh/month, \$13.20/month. Natural Gas 8 therms/month, \$9.20/month

With a 20% improvement in efficiency savings could be \$76.00 per year for the family of four. However, Consumers Report suggests that with the higher equipment cost, increased installation cost, and higher maintenance cost, the total cost of ownership for a tankless unit will most likely be greater than the cost of ownership for a conventional tank type heater.

WE Energies offers the following energy efficiency tips for water heating:

- Purchase an energy-efficient model. The initial cost may be more but operating costs can be less in the long run.
- Purchase the correct size. Consider your family's hot water needs and size the heater accordingly. Evaluate a tank type and tankless design.

- Purchase a natural gas water heater. When it comes to heating water, natural gas is less expensive than electricity and has a smaller carbon footprint than electricity created using fossil fuels.
- Install your water heater near the kitchen.
- Insulate water pipes.
- Set the water temperature to 120° F.
- Repair dripping faucets promptly.
- Reduce deposits and build-ups. Drain sediment from the bottom of the water heater once or twice a year.
- Install water saving devices. Use low-flow showerheads on all showers.
- Install a water softener. If you have hard water, install a water softener to prevent mineral deposits from coating the elements.
- Consider using a time of day timer on your conventional water heater.

Will a tankless water heater save energy? Yes, it will save a little but the cost of ownership will be higher. Carefully consider the benefits and drawbacks before purchasing a tankless water heating system.

Benefits: Energy efficiency = 10-20 percent less energy usage than tank-type units; reduced water heating bills for consumers; less floor space required; longer predicted life.

Drawbacks: Initial cost is higher than conventional tank-type water heaters. Additional wiring (larger electric service) or larger gas lines may be needed, increasing installation cost. Recommended annual or semi-annual service on a technically complex system will add to the cost of ownership. No hot water will be available in a power outage.

For additional details check out Consumers Reports and WE Energy resources:

<http://www.consumerreports.org/cro/appliances/heating-cooling-and-air/water-heaters/tankless-water-heaters/overview/tankless-water-heaters-ov.htm>

<http://www.we-energies.com/residential/energyeff/101tips.htm>

Submitted by Ray G, Green Sanctuary Committee

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 P, President
Liz K
Erich M
Chris P
Kay S
Lynne S
John S
Rob S
Patty W



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

Lake Country Unitarian Universalist Church
P.O. Box 437
Hartland, WI 53029-0437
262-369-1703
www.lcuuc.org

News for Lake Country UUs

