



News for Lake Country UUs

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

SEPTEMBER 2009

Rev. Jane Esbensen, 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

September 6: "The Heart of a Buffalo," presented by Dennis Hawk

The Heart of a Buffalo is a musical drama with Dennis Hawk playing the character of Black Elk, a 19th century Lakota Medicine Man who relates his childhood experience hunting buffalo in Canada in the days just after the death of Chief Crazy Horse. Interlaced with the story is both traditional and original music by Dennis (Native American Drum, chanting, flute, guitar, and vocals). This intergenerational service is ideal for young and old alike. Dennis Hawk is a Cherokee/Mesquaki descendent, a pipe carrier, sweat lodge leader, and teacher of Native American spirituality. He is a singer/songwriter/story-teller who plays guitar and Native American flute.

September 13: Water Communion Service, presented by Rev. Jane Esbensen

Come and join us for our traditional opening worship service of the year—the Water Communion Ceremony. In this intergenerational service, everyone is invited and encouraged to bring a small flask of water in memory of a significant place they went to this summer. The water can actually be from the place you traveled to, or it can be a symbol of a place you journeyed to in heart or mind, or it can be a bit of tap water, or hose water, or kiddie pool water from the backyard if you just stayed home. Wherever you "journeyed" this summer, we want to hear from you, as we gather the waters and embark upon this new church year together. Please come!

September 27: "Tables," a sermon authored by Rev. Tony Larsen and presented by member John Kuhn

Over the millennia, many important things have happened around tables. They have been witness to important discussion and great events, countless hopes and doubts. Join us as we use the symbolism of the table to explore our community. Is your table open? This service is available through the Church of the Larger Fellowship on-line resource. Rev. Tony Larsen has been the minister at Olympia Brown Unitarian Universalist Church in Racine, Wisconsin since 1975. He has become well known throughout the country for his deeply moving, spiritual and often humorous sermons.

September 20: "To Live Deliberately," presented by Rev. Jane Esbensen

Being a Unitarian Universalist is no small thing, but a great privilege and responsibility to ourselves, to each other, and to the world. But who are we? In this communal service, our new minister, Jane Esbensen, will speak a bit about her religious background and what she brings to our congregation, and she invites each and every one of you to come prepared to speak briefly about your religious background and what you bring here, as well. We are all in this together, this religious journey, but we can go forward only if we know ourselves, know each other, and know what it means to be a Unitarian Universalist. Let us begin our deliberate way to be in the world, one by one, together.

Food/Needs Collection

On September 6, donations of money and food to support the Hartland Food Pantry will be collected during our church service. Food pantry collections generally take place the first Sunday of each month.



Journeying: Words from Our Minister



This is my first column as your new minister and it will, of necessity, be short: I've only just begun! Mostly, I just want to extend my hand to you all. Part-time ministry comes with its challenges, the greatest of which being that I will not be as present in your congregation as I would like. The second challenge is that I live in Madison, an hour's commute away. The third challenge is that it is going to take some time before we all know each other. However...I am a fairly undaunted person and am ready to find solutions whenever possible! So, to address all three challenges with one blow, I will have regular office hours, two days a week, where you can come in and talk, or give me a call. Those office hours will be: Tuesdays 9 a.m. to 3 p.m. and Thursdays 2 p.m. to 8 p.m. I will be speaking on two Sundays each month, and will be glad to spend time after those services to meet and talk, as well. Also, please do not hesitate to contact me outside those hours for emergency situations, hospital or home visits, and the like. We are a religious community, and that means more than just hearing me give a Sunday morning talk. My heart is with you as well.

Most affectionately,
Jane

On Board!

The Board of Directors of LCUUC is pleased to welcome our new minister, Reverend Jane Esbensen. We would like to formally thank the search committee for the many hours of dedication and hard work that they spent during this process. We are very excited about the arrival of Reverend Esbensen to our congregation, and look forward to working with her this year.

We are also pleased to announce that Mike S has accepted the role of Vice President of the Board for this year. Congratulations, Mike.

The Board will be busy this year, with implementation of the Pathways Committee recommendations. These include:

- ◆ To call a full time minister by 2012.
- ◆ To have a sustainable leadership structure in place at LCUUC.
- ◆ To improve the intentionality and diversity of programming.
- ◆ To increase our revenue to support an administrative assistant within 2 years and a full-time minister within 3 years.

As part of this, the Board members will have a greater presence in committee meetings this year. A Board representative will be attending at least two meetings of each committee to offer assistance in planning and to help ensure consistency from year to year.

The Board will be exploring various strategies to implement the above goals at our annual retreat, which will take place on September 26th.

We are looking forward to a very exciting year.

Submitted by Chris P

☞ September Calendar of Events ☞

(all events at LCUUC unless otherwise noted)

Every Tuesday	Buddhist meditation	8:00–9:00 a.m.
Every Tuesday	SOS *	7:00–8:30 p.m.
Tuesday, 8	Mindfulness mMeditation	7:00–8:30 p.m.
Thursday, 10	Board meeting	6:30 p.m.
Sunday, 13	Choir rehearsal	8:25 a.m.
	GLEI course information meeting	11:45 a.m.
Thursday, 17	Social Action Committee	6:30 p.m.
Sunday, 20	Choir rehearsal	8:25 a.m.
Tuesday, 22	Mindfulness meditation	7:00–8:30 p.m.
Sunday, 27	Choir rehearsal	8:25 a.m.
	Sing for service	

* **Secular Organizations for Sobriety**, also known as Save Our Selves, is dedicated to providing a path to sobriety, an alternative to those paths depending upon supernatural or religious beliefs. SOS respects diversity, welcomes healthy skepticism, and encourages rational thinking as well as the expression of feelings.

September

Happy Birthday
Wishes to:

- | | |
|--------------|---------------|
| 1 Ginger G | 17 Michelle C |
| 2 Paige T | 19 Judy F |
| 2 Olivia T | 19 Kinalya H |
| 4 Linda K | 23 Tracy M |
| 4 Will T | 23 Mary P |
| 5 Chris S | 24 Lori H |
| 9 Joanne L | 24 Daniel Y |
| 10 Terri F | 25 Anoush C |
| 12 Amy S | 26 Jason W |
| 14 Mona C | 28 Eric G |
| 14 Aislynn W | 28 Tammy W |
| 15 Logan W | 29 Rick C |
| 16 Kevin S | 29 Teresa S |

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



A huge thank you to those who were able to come and help with our church cleanup on Sunday, August 23. The building looks fabulous thanks to the hard work of: Our new minister, Jane Esbensen, Lis T, Greg S, Bill L, Jim H, Gerry and Esther F, Lynne and Phil S, Diane M, Chris W, Carlyn W, Karen and Al H, Kerry D, and Yvonne and Mike F.

REflections from our Director of Religious Education

Welcome Back! I hope you all had a wonderful summer with time for fun and relaxation. I am excited to be back and preparing for another great year of Religious Education (RE) for our children and youth. As you know, our congregation is alive with the ideas and energy of children. With our RE programs, we offer a strong community in which children can learn, develop meaningful relationships with peers and adults, and grow spiritually. We strive to offer an opportunity for our children to learn about themselves as they search for truth and meaning in their lives, and we help them grow in compassion and respect for all people. We teach them to respect and care for the earth, and we hope to inspire in them a life-long commitment to peace and justice.

As usual, we are fortunate to have a great group of people who have volunteered their time to learn with our children on Sunday mornings as RE teachers. We have an exciting year ahead with some new curricula for our younger children, along with a favorite curriculum, Neighboring Faiths, that our Middle Schoolers will be exploring.

Our Religious Education classes will begin on Sunday, September 20. Registration will take place starting September 6. Please be sure to register your child for RE classes.

Here is what we'll be studying this year:

Our K-4 to 2nd Graders will develop awareness of the interdependence of living things and each child's place within the web of life, using the curriculum Experiences with the Web of Life. This program nurtures children's enjoyment of nature and encourages their natural sense of wonder and awe, while helping to develop a desire to protect the environment.

Our 3rd to 5th Graders will be using an active Unitarian Universalist Identity curriculum called Spirit of Adventure, using the themes of sports, medicine, food, science, building, exploring and the web of

life as ways to discover the people and values of our Unitarian Universalist faith.

Our Middle Schoolers will be exploring the faith practices of a variety of religious groups in the surrounding community, using the curriculum Neighboring Faiths. Visits to churches and temples are a favorite highlight of the program. Each unit includes learning some basics about the religion, a field trip (or guest), and time to reflect on the experience. The goal of the curriculum is to promote understanding and respect for other cultures while nurturing Unitarian Universalist identity and values. Youth will also participate in social action projects throughout the year.

Our High Schoolers will take time to reconnect with their deeper selves, to reflect on what they believe and what really matters, and to create a credo statement that expresses their most deeply held convictions, using the curriculum Words to Live By: Creating a Personal Credo. They will choose and work on social action initiatives. They will also explore big topics and questions of their choosing in philosophy and religion.

Our Whole Lives (OWL)— Sexuality Education for 7th – 9th Graders

This comprehensive sexuality education curriculum will be offered in early 2010. Young people are encouraged to develop responsible and healthy attitudes about their sexuality and relationships. A religious dimension stresses values clarification and personal ethics. This class is offered outside of regular RE class time by trained instructors. OWL is a holistic program that models and teaches caring, compassion, respect, and justice and moves beyond the intellect to address the attitudes, values, and feelings that youth have about themselves and the world.

Our graduating seniors will be invited to participate in our Senior Transitions program, where they will examine their faith and consider what it means to be a Unitarian Universalist and a member of LCUUC. Seniors

Continued from previous page

choose an adult mentor from the congregation and are encouraged to do a variety of activities to increase their knowledge of UUism and LCUUC, to do service for LCUUC or in their community, and/or to explore a spiritual practice. At the end of the year, they will plan and present a worship service where they will have the opportunity to share their personal faith statements.

If you would like to learn more about our Religious Education programs or have any questions, I would be happy to talk to you. I

am available on most Sundays after the service and am in the church office on Tuesdays, Wednesdays, and Thursdays from 11:00 a.m. to 3:30 p.m. Call or email me with ideas, questions, or concerns. Our goal is to make Unitarian Universalism an important part of your family's life. Please let me know how we can help to make that happen.

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

Alex M Elected to the District Youth Steering Council!

Two of our high school youth, Theresa K and Alex M, attended the Central Midwest District Youth Council this summer. Youth Council is a leadership training event, and a gathering of representatives from congregations within the district, intended to hear the voices of our youth on important issues. Over 40 young people attended the two-day conference. Youth Council sponsors the District Youth Steering Committee (DYSC) elections. DYSC is a board comprised of several members, which allows youth to actively participate in the larger UU community. Along with planning the annual youth council meeting, DYSC connects with churches that wish to hold CONs and helps youth groups wherever need be.

The council meeting included games, workshops, and worship. There were workshops on "How to Plan the Perfect Worship," leadership, how to run a mini-con, how to understand the wonder of plenary and consensus, and more. At the DYSC elections, our own Alex M was elected to be one of the ten youth on the steering committee! Congratulations Alex) — we look forward to learning more about youth leadership in our greater UU community.

Get Involved / Things to Do

“Music is an outburst of the soul.”

-Frederick Delius

Do you like to sing? Move your heart and soul and lift the spirit of all by singing in the LCUUC Choir. You'll find joy in singing with others in our multi-generational choir. So as the UU hymn goes, "Come, Come, Whoever you are...."

We welcome singers from age 11 through ... much older. There are no auditions, and reading music is not required. Rehearsals are Sunday mornings at 8:25 a.m. and start Sept. 13th. It's a great way to begin a day ... with some deep breathing, singing, and smiling. Contact Karen H if you are interested.

Tibetan Buddhist Meditation

Every Tuesday morning at 8 a.m., LCUUC offers Buddhist meditation. The group meets in the sanctuary, and all church members and friends are welcome to participate. You may join the group at any time.

Each one-hour weekly session will include a short discussion of basic Buddhist principles followed by a guided Green Wisdom Light meditation. Green Wisdom Light meditation emphasizes the compassion practices of Mahayana Buddhism. This form of meditation slowly facilitates self



healing to transform one to become "the one who can save all living beings." "When we sit in meditation, we stand for what we believe in," says Domo Geshe Rinpoche, Buddhist high lama of the Tibetan Geluk Tradition (www.white-conch.org). Geluk is the same school of Tibetan Buddhism as HH Dalai Lama.

The group is led by Kathy L, RN MS, whom some of you may know from classes she has taught for the Village of Hartland. Contact Kathie G with any questions.

Donations are welcomed.

Terrific Tuesdays

Tuesday evening meditation continues with Dr. Paul Norton of the Order of Interbeing. We are slowly reading through the book *Wherever You Go There You Are*, by Jon Kabat-Zinn. Paul will meet with us the fourth week of each month. We will also have a lay-led meditation session on the second Tuesday of the month. All sessions will be from 7 to 9 p.m. On the fourth Tuesday, Paul will offer instruction in meditation from 6:30 to 7:00 p.m. for those interested. In September the dates are the 8th and the 22nd. Terrific Tuesdays are free and open to all members, friends, and community members. Please call Joanne N with any questions.



Social Action Committee

The Social Action Committee coordinates outreach activities to support our local community and beyond. This year we will continue collections for local food pantries, raise money and awareness for specific causes through "designated collections," provide holiday gifts for the poor, show "Movies that Matter," have a voice in the Affordable Housing Task Force, coordinate volunteers for outreach meals, and provide a link for our church members to get involved in many other worthwhile causes and events. If you are interested in getting involved in Social Action, please contact Blake M or join us at our next meeting, on **Thursday, September 17 at 6:30 p.m.**

Food Pantry

On September 6, donations of money and food to support the Hartland Food Pantry will be collected during our church service. Normally, food pantry collections will take place the first Sunday of each month.

Designated Collections

The designated collection on September 20 will be donated to the CROP Walk. CROP WALK works to raise awareness and funds for international relief and development, as well as local hunger-fighting agencies. Area CROP walks include Milwaukee on October 11, Oconomowoc on October 12, and Waukesha on October 17.

Waukesha INTERFAITH Senior Services is sponsoring a Holiday Basket program to provide low-income, isolated seniors with baskets filled with donated goods including gift cards for pharmacies and grocery stores, toiletries, linens, calendars, stationary, and gift items. These baskets will be delivered to recipients in December. If you are aware of eligible recipients, please let us know.

Community Outreach Meals

On August 28, members of the church will volunteer time and food for the outreach meal of the Cooperating Congregations of Waukesha County. The United Church of Christ in Hartland is starting a meal program in Hartland providing another way for us to participate in helping the local community.

Mukwonago Harvest Walk for Hunger

Mukwonago Food Pantry is having their Harvest Walk Sept. 26 from 8:30 a.m. to 4:30 p.m. Details will be posted at church.

Update on the Waukesha Co. Affordable Housing Task Force

As you may know, LCUUC is an endorser of the creation of a housing trust fund in Waukesha County to support more affordable housing in the county. The Affordable Housing Task Force is a grassroots coalition campaigning for a housing trust fund in the county. The task force is looking for volunteers who are interested in e-mailing and/or mailing their county board supervisors later this year in support of a housing trust fund.

If you are interested, the Monthly Action for September is to let the task force know who your county board supervisor is. That way, they can find out if they will have input to all 25 county board supervisors, when the time comes. To find out who your county board supervisor is, go to <https://vpa.wi.gov/AddressSearchScreen.aspx?Language=en-us>. You type in your address, and it gives you all your governmental representatives. Then let Betsy F-C know you're interested in helping and who your County Board Supervisor is. (Betsy represents LCUUC on the task force.)

Green Sanctuary

North West Earth Institute Courses This Fall

The LCUUC Green Sanctuary Committee hosted a five-session North West Earth Institute course on Voluntary Simplicity last spring, and is planning to host some of these courses at LCUUC again this fall. There will be an informational meeting after coffee on **Sunday, September 13**, where we will explain how these courses work, and leave it up to the participants in the informational meeting to decide which course(s) to hold, and when to hold them.

These NWEI courses provide an enjoyable, supportive setting in which to examine personal values and habits, engage in stimulating discussion, and make personal changes if desired. Since 1993, tens of thousands of individuals and hundreds of organizations have been involved in NWEI courses. Groups consist of 8 to 15 people who typically meet weekly for about an hour to discuss readings from a course book. Course books, 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. There is a nominal charge for the course books.

The NWEI courses available from the Great Lakes Earth Institute are:

Voluntary Simplicity, a five-session course addressing the distractions of modern society that keep us from caring for ourselves, our relationships, and our environment.

Exploring Deep Ecology, a nine-session course addressing core values and how they affect the way we view and treat the earth.

Discovering a Sense of Place, formerly called Bioregional Perspectives, a nine-session course focusing on knowing and protecting our place.

Choices for Sustainable Living, a nine-session course exploring the meaning of sustainable living and the ties between lifestyle choices and their impact on the earth.

Globalization and Its Critics, a nine-session course designed to look at globalization and its impact on society and culture.

Healthy Children - Healthy Planet, a nine-session course designed to create healthy environments for children by developing a child's connection to nature and by recognizing the pervasive effects of advertising.

See the Great Lakes Earth Institute web site at <http://www.glei.org/gleicourses.htm> for more information on these courses. All are welcome to stop in and learn about these stimulating and informative courses.

Submitted by Gerry F

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

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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