



News for Lake Country UUs

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

JANUARY 2010

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

At the intersection of Hwy E and Hwy K

Jan. 3: "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 and celebrate births, honor those who have passed away, and set our intentions for the year before us. Special thanks to soon-to-be-ordained UU minister (and LCUUC member) Lori Gorgas Hlaban for her contribution to this service.

Jan. 10: "Who's In and Who's Out?", by Rev. Jane Esbensen

It is part of the human condition to feel as though we're the only ones who feel the way that we do; that we are the only ones going through what we're going through; that we feel isolated and alone and misunderstood. "No man is an island," we are told, but sometimes it feels that way. In this service I would like to lift up our commonalities, speak about the visible and invisible lines which divide, and consider ways to do this thing called Life better.

Jan. 17: "O Flame, Burning Bright: Heretics Remembered," by Rev. Jane Esbensen

Fire. A comfort, and a source of pain, anguish, and death. The history of the world is filled with punishment and torture, fear and reprisal. How common it is to react to change or difference with acts of rage, threats, and violence. How uncommon to respond with courage and openness. What do the heretics of the world have to teach us about truth and wisdom? What does our call to integrity ask us to do?

Jan. 24: "War and the Soul," by Rev. Dr. Bobbie Groth

In honor of the peacemaker Martin Luther King Jr., this service will be an examination of the experience of active duty troops and a reflection on Rev. Groth's military family members and those she has counseled.

Jan. 31: "If At First You Don't Succeed," by Rev. Dr. Linda Hansen

On the edge of February, we'll use the 1993 film Groundhog Day to consider what Jung called the "shadow side" of our personalities. What does it take (and how long!) to become the fuller, deeper selves we're capable of becoming? (You needn't have seen the movie to follow the sermon, but it's a fun and thoughtful movie if you have the time.) Linda Hansen is in her 16th year of ministry, and is currently the Consulting Minister of the United Unitarian & Universalist Society of Mukwonago.

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 3.





Journeying: One Minister's Thoughts

January. Flat and open. An endless horizon meeting the open sky. No big holidays. No meaningful expectations. Just January. As I sit here today reflecting on the last few months at LCUUC, I find myself happy but exhausted. The learning curve has been high, on all of our parts, and the journey forward-moving, if not exactly straight. But what journey is ever straight, despite the best laid plans?

It is often easy to think of January and February and March as being one long, endless landscape of sheer survival in these northern climates. But what if we see these months, instead, as one long, endless landscape of days for us to fill with love and meaning? What if we see that we are being given a pure white landscape where anything we write upon it will be seen, and kept in place: our hopes and dreams for a life well-spent writ large upon untrammelled snow; kept fresh in the crystalline air and held in place with shards of frozen, prisms of light? What if we turn our faces to the sun on those bright blue, cold days of winter, and breathe in the fresh air and push out our sadness and despair? What if we use the gray days of winter for getting together with friends, and eating hot soup and listening to "A Chapter A Day" on the radio?

What if we light the dark ground with vases made of ice, where candles are placed and lit, or where colorful luminaria create warm rainbows to light our way?

What if? What if? What if?

As long as we are alive, as long as we breathe in and we breathe out, as long as we can rise and sit and rise again – alone or with the help of others – endless possibilities of making beauty out of harshness exist.

There are at least 90 days until Spring. If God created the world in seven days and could look upon it after the flurry of creation was over and say, "And it was good," just think what we might be able to create of equal endurance in these 90 days ahead. After all, there are lots of us creating this time, not just one, and we have the advantage of seeing what didn't work so well the first time through and coming up with ways to make it better; ways to make it how we think it should look....

A stark, white landscape upon which to think and create. How lucky is that!

I look forward to seeing what might transpire.

Affectionately,

Jane



Canceling Service Policy

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 at <http://closings.todaystmj4.com>.
- 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.

Happy Birthday Wishes to:

January 3 Kaz S
4 Angel T
5 Paul J
5 Coral S
8 Ben O-S
10 Christi E
10 Laura L
10 Christina W
15 Dennis U
16 Bo S
17 Ben J
19 Thomas Y
26 Michael F
26 Kirsten J
26 Derek L
26 Evan S
30 Samantha N-Z

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



On Board!

We look forward to our new website, going live early this month. Bruce F and Kathie G have been busy creating the new site for LCUUC. We are so fortunate to have such dedicated members in our congregation. Thank you, Bruce and Kathie.

Mike S has put his talent and time into creating our church organizational chart. Thank you, Mike.

Our exciting topic at our last board meeting was Lori Hlaban's ordination. We, as LCUUC board members, were pleased with Lori's accomplishments and voted to sponsor her ordination. She will let us know what is involved and the estimated cost of her ordination. We look forward to her ordination here at LCUUC.

Congratulation, Lori.

Submitted by Kaz S

New Member Welcome

Removed from web version for privacy.

☯ January Calendar of Events ☯

(all events at LCUUC unless otherwise noted)

Every Tuesday	SOS*	7–8:30 p.m.
Sunday, Jan. 3	No choir rehearsal Food pantry collection	During the service
Thursday, Jan. 7	Writing as a Spiritual Practice	6:30–8:30 p.m.
Saturday, Jan. 9	Socrates Café	7–9 p.m.
Sunday, Jan. 10	Choir rehearsal	8:25am
	Treble Choir	9:20 a.m.
	OWL orientation	Noon to 2:00 p.m.
Monday, Jan. 11	Mindfulness class, Intra-vaganza	6:30–8:30 p.m.
Tuesday, Jan. 12	Lay-led Mindfulness Meditation	7–9 p.m.
	Worship Committee	7 p.m.
Thursday, Jan. 14	Board meeting	6:30 p.m.
Friday, Jan. 15	Women’s Social Gathering	7 p.m.
Sunday, Jan. 17	Choir rehearsal	8:25 a.m.
	Green Sanctuary	11:45 a.m.
Monday, Jan. 18	Mindfulness class, Intra-vaganza	6:30–8:30 p.m.
Thursday, Jan. 21	Writing as a Spiritual Practice	6:30–8:30 p.m.
Friday, Jan. 22	World Religions Group	7–8:30 p.m.
Sunday, Jan. 24	Choir rehearsal	8:25 a.m.
	Sing for service	
Monday, Jan. 25	Mindfulness class, Intra-vaganza	6:30–8:30 p.m.
Tuesday, Jan. 26	Lay-led Mindfulness Meditation	7–9 p.m.
Sunday, Jan. 31	Choir rehearsal	8:25 a.m.

* **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.

Hold the date:

Saturday, March 13: Day-long, In-House Multigenerational Retreat

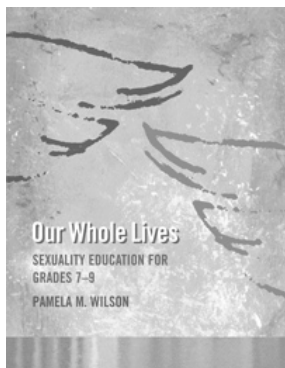
Tuesday Morning Buddhist Meditation On Hold

The Tuesday morning Buddhist dharma talk and meditation that have been taking place at LCUUC over the autumn and early winter is being put on hold for now. The group may reconvene in March, probably on Monday mornings and probably at another location. In the meantime, if you are interested in a daytime meditation class, you might want to look into a class being offered by the Hartland Community Center. The class is called Beginning Meditation; it will meet Mondays from 8:15 to 9:15 a.m. from February 1 through the 22nd, at the Community Center. For more information, go to villageofhartland.com or call 262-367-2714. The class is being taught by Kathy Levac, who led our Tuesday morning sessions as well. There is a free “Try It” class on Monday, January 11 (8:15 to 9:15 a.m.).

Children's RE News

Thanks from our Christmas Clearing Council Family

Many thanks to all the children who contributed toward buying gifts for the family that we sponsored through the Christmas Clearing Council, and to the kind, generous people who did the shopping for the gifts. The gifts were delivered to the young family in Waukesha on December 13, and the family was most appreciative. Thanks for making their Christmas a little warmer and brighter!



Our Whole Lives (OWL) Sexuality Education for Grades 7-9

This year, LCUUC will be offering the Our Whole Lives (OWL) Sexuality Education for Grades 7-9, for the first time, starting in late January through March of 2010. This excellent program is a progressive approach

to sexuality education that addresses the totality of human sexuality in an age-appropriate manner. It is based firmly on the values of self-worth, sexual health, responsibility, justice, and inclusivity.

An orientation session will be offered to members of the congregation who are interested in learning more about the program. Attendance at the orientation session is required of parents who have children that are interested in participating in the program. The orientation will be held on **January 10th**, from noon to 2:00 p.m. at the church. Please contact Kerry Duma with any questions or if you would like to register to attend the orientation. She can be reached at the church or at dre@lcuuc.org.



Middle Schoolers to Visit Buddhist Center

The Middle School RE class will be visiting the Buddhist Center in Deer Park (south of Madison) on Sunday

morning, January 24. Details will be handed out in class. Those participating in the World Religions Study Group are welcome to come along. Please contact Kerry Duma if you are interested in joining the group.

Global Challenge at the Heifer Ranch



Thinking ahead to summer? Attention families with middle schoolers and high schoolers:

This summer we will be offering an opportunity for our middle and high school youth to experience the Global Challenge at the Heifer Ranch in Arkansas. For many of the world's people, cooking a meal is fairly simple. But for the world's poor, everyday conveniences, like water from a sink, ingredients from a refrigerator, and a stove, are unavailable. This program at the Heifer Ranch challenges participants to experience what it is like to have little. Participants are given little to eat and must find a way to build a fire and cook their meal. The challenge continues on into the night as they sleep in simple housing, such as a Zambian hut. By living the lessons of poverty first-hand, participants will better understand the complications of hunger and poverty and see they can create change that brings possibility and hope to millions around the world.

We have reserved a spot for our group on Thursday, July 22 starting at 5 p.m. to Sunday, July 25, leaving in the morning. There will be an organizational meeting in late February/early March to plan the trip down and back, with the possibility of taking one or two days on either side of the trip to drive there and back. For now, we just wanted to get the dates out to you. The cost of the program is \$155/person. There will be other expenses related to travel there and back.

Warmly in faith,
Kerry Duma
Director of Religious Education

Get Involved / Things to Do

Writing as a Spiritual Exercise

We welcome all writers or wanna-be writers to drop in on the first and third Thursday of the month (in January that's **the 7th and the 21st**) for 2 hours of writing time, from 6:30 to 8:30 p.m. No need to reserve a spot or show up on a regular schedule, just drop by if you can. We start with a brief exercise to warm up the writing muscles and then enjoy quiet time to write in the fellowship of others. Call Joanne N with questions.

Socrates Café

Socrates Café will take place on the second Saturday of the month, **January 9**, from 7 to 9 p.m., at Milwaukee Street Traders (523 Milwaukee St) in Delafield.

If you're not familiar with Socrates Café, it consists of a casual, lively philosophical discussion! Bring a question (if you'd like), such as "What is courage?" or "What is enough?" Using the Socratic method, in which the meanings of the words and the underlying assumptions in the question are examined, we will perhaps not answer the question, but it will be explored from many angles. You might come to listen, you might want to participate in discussion. Either way, we hope to see you there! Contact Greg V with any questions.

Treble Choir



The Treble Choir will be starting rehearsals on **January 10th!** This choir is the perfect place for any child 9 and older who is interested in singing, learning about music, and having some fun along the way. No prior experience is required, and everyone is welcome! We will be singing easy to intermediate two-part harmony songs, and will perform when the choir feels ready. We rehearse from 9:20 a.m. to 9:55 a.m. in the large classroom every Sunday before service (starting on the 10th). Please feel free to contact Morgen M if you're interested in participating or have any questions. Hope to see you all there!

Submitted by Morgen M

Tuesday Evening Meditation

Tuesday evening meditation will continue on the second and fourth Tuesday of the month, from 7 to 9 p.m. This month, that means the **12th and the 26th**. The group will continue to read "Wherever You Go, There You Are," by Jon Kabat-Zinn. Note, because of the Monday classes Paul Norton, M.D. will be teaching starting this month, he will not be joining us for Tuesday meditation.

Mindfulness In Everyday Life

Winter 2010 The Intra-vaganza

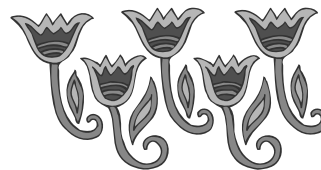
Led by Paul Norton, M.D., Order of Interbeing
Eleven Mondays, 6:30 to 8:30 p.m.

- Jan 11 Beginning Mindfulness Practice
- Jan 18 Sitting and Walking Meditation
- Jan 25 Mindfulness of Body
- Feb 1 Mindfulness of Feelings
- Feb 8 Mindfulness of Thought
- Feb 15 Mindfulness of the World
- Feb 22 Gatha Practice/ Guided Meditation
- Mar 1 Four Noble Truths
- Mar 8 Lovingkindness
- Mar 15 Compassion and Joy
- Mar 22 Equanimity / Graduation

\$140 for entire course, \$15 for any individual week. Includes reading materials and two CDs of guided meditation.

To register, email milwmindful@hotmail.com, phone 414-962-8678, or mail LCUUC.

All proceeds go the Mindfulness Community of Milwaukee and LCUUC.



Women's Social Night at LCUUC

The next Women's Social Night will take place on **Friday, January 15th** at 7p.m. Bring snacks/drinks to share.

For more information, contact Wendy R.

Get Involved / Things to Do (*continued*)

World Religions Adult Study Group

The first 2010 meeting of the World Religions Adult Study Group will take place on **Friday, January 22nd** (note – this is different from the date originally announced), from 7 to 8:30 p.m.. The group will discuss Buddhism. Please read Chapter 3 in “The World’s Religions” by Huston Smith prior to the class.

Also, please note that the middle schoolers will be touring the Buddhist Center in Deer Park (south of Madison) on Sunday morning, January 24th, and those participating in the World Religions Study Group are welcome to go along.

Please contact Kathie G or Patty W if you plan to attend the Friday evening discussion and Kerry Duma (dre@lcuuc.org) if you are interested in joining the Sunday morning tour.

Building Your Own Theology Course Offering

A new Adult Enrichment course, “Building Your Own Theology,” will begin in February, led by Rev. Jane Esbensen.

Beginning: **Wednesday, February 3, 2010**
From 6 to 8 p.m.

Duration: 8 weeks

Class size: limited to 15 participants

Please sign up by January 10!

Course book: \$16.00 per person (to be ordered in advance, so please sign up early!)

Beyond an “elevator speech,” this course invites each person to write his or her spiritual odyssey and examines a structure for a liberal theological model, varieties of religious experience, human nature, ultimate reality, history, ethics, and religious meaning.

The goal for participants is:

- ◆ To determine your values and beliefs about God or ultimate reality, human nature, ethics, and the meaning and purpose of life.
- ◆ To discover what other UUs believe about the great religious questions.
- ◆ To articulate your beliefs in a credo statement.

- ◆ To meet the challenge of building your own theology and being able to articulate who you are as a UU, for yourself.

Winter WomanSpirit 2010

Registration is underway now for Winter WomanSpirit 2010, titled “Nurturing Ourselves – Sustaining Our World,” which will be held at First Unitarian Society of Milwaukee **February 26-28, 2010**. The keynote speaker will be Starhawk, whose keynote address is titled “Earth Spirit, Earth Justice,” and the excitement for this fabulous woman’s conference is high! Register early. As an added bonus, you save money when you register by January 10, 2010. Register online at <http://www.regonline.com/WWS2010> today!

Library Spiff-Up Project

The Library Committee met in early December and decided on a new project: “Operation Library Spiff-Up.” The goal: To create an inviting, comfortable, book-filled space that will draw people in to sit, peruse a wealth of literary holdings, read, discuss, and enjoy.

Action Plan:

Clean house/Organize: Remove cardboard storage boxes and outdated material.

Add some new shelving for both aesthetic and practical purposes. Procure a mobile, rolling, low bookcase that can act as a room divider or “third wall” of the library. (donations/ideas welcome)

Paint the wall (January workday – watch for announcement).

Add a nice area rug. (donation welcome)

Add a pair of comfortable armchairs and reading lamp. (donations welcome)

Improve signage and wall art; hang a colorful mobile. (Thanks, Anna F!)

Create a computer/internet station in the corner, if possible. (helpers/ideas needed)

For member enjoyment and general use, create three new well-stocked bookshelves, separate and apart from (but, of course, complementing) our permanent holdings: (and we need everyone’s donations for this):

“Take a book, Leave a book: FICTION”

Get Involved / Things to Do (*continued*)

"Take a book, Leave a book: NONFICTION"

"Take a book, leave a book, CHILDRENS:"

Encourage growth of our UU-related permanent holdings by perhaps implementing a more formal Donorship Program.

If this idea of a warm, inviting, well-stocked Library Corner appeals to you, please contact Library Committee member Sally P with your ideas, suggestions, donations. We want the "UU Library Corner" to be loved, enjoyed, and used by ALL! Thanks!

Denominational Doings

SEWUUC Fruit and Nut Sale. The Southeast Wisconsin UU Congregations (SEWUUC) "Fruit and Nut Sale" is an annual event for the 9 UU congregations in southeast Wisconsin. 90% of the net proceeds from this sale pay for advertising for UUism on local Public Radio stations WUWM, WHAD, and WGTD, and 10% is returned to the participating congregations. You may have heard our ads this fall.

The total net proceeds from this year's sale were about \$3000, with \$2700 set aside for radio ads, and \$300 to be returned to the congregations. Our LCUUC members and friends purchased \$1026.75 worth of goodies, which generated \$310.46 for the radio ads and \$34.50 to be returned to LCUUC. Thanks to all who purchased items from the sale, and special thanks to Mary P and John K for handling the sale at LCUUC.

Unsung UU Award. The Unsung UU Award is presented each spring at Choralfest by SEWUUC (Southeast Wisconsin Unitarian Universalist Congregations). A candidate for the Unsung UU Award is a person who has over a long period of time performed service to the local congregation or fellowship, to the District, and/or to the community – mirroring the qualities of Unitarian Universalism as exemplified in our principles – all without expectation of award or acknowledgment. Generally, this is a person who has not been formally recognized by their congregation or fellowship in the past. No person may be "unsung" more than one time. Each congregation or fellowship may submit one candidate annually. Accompanying letters from congregation or

fellowship officials, ministers, community leaders and others who are aware of one or more of the attributes of the candidate should be included in the submission.

Do you know a member of LCUUC who is deserving of an Unsung UU Award? If so please give your nomination suggestion to me as soon as you can.

Nominations with supporting letters of recommendation are to be submitted at the next SEWUUC meeting on February 1. Last year Yvonne F received this award.

This year's **Choralfest** will be held on **April 25**.

Submitted by Gerry F, LCUUC Representative to SEWUUC

Social Action Update

Welcoming Congregation

In December, the congregation voted to complete the last step to become a "Welcoming Congregation." Official recognition by the Unitarian Universalist Association (UUA) as a Welcoming Congregation publicly acknowledges our openness as a safe space for bisexual, gay, lesbian, and transgender persons, and allows us to take positions on oppression in our larger communities and to accomplish outreach. We will now submit a request to the UUA's Office of GLBT Concerns to be added to the list of certified Welcoming Congregations in the US and Canada. For more information, visit the UUA web site at www.uua.org or see Barbara H.

Food Pantry Collections

The Social Action Committee collects food and money for area food pantries the first Sunday of each month. The December collection went to the North Lake Food Pantry. The January collection will be on **January 3**. Donations will go to the Food Pantry of Waukesha County. Checks can be made out to LCUUC, with the amount for the food pantry noted on the memo line.

(Social Action Update continued)

Take Action for Affordable Housing

It is time to take action on an initiative to create more affordable homes in Waukesha County. If you live in the county, the Waukesha County Affordable Housing Task Force needs your (quick) help in urging County officials to start a housing trust fund. LCUUC endorses the creation of a housing trust fund, which would provide annual funding for developers to build and preserve more homes for low-income individuals and families in our county.

To sign a petition to high-level County officials, go to www.change.org. Click on View All Petitions in the lower right portion of the screen. Type in housing trust fund under Search Actions, then click on the petition about Waukesha County. It will take you less than 30 seconds to support this effort for ongoing help for those in need in our county. For more information, please contact Betsy Foss-Campbell.

Designated Collections

Typically on the third Sunday of the month, the SAC has a designated collection for area social causes. In lieu of a designated collection in December, we participated in the Giving Tree to provide clients from the Hebron House of Hospitality with Christmas gifts. This year our congregation provided gifts for 60 people who otherwise would have little hope of being remembered this holiday season. Your generosity is greatly appreciated. Thank you to all who participated and to Patty W for coordinating this effort. The designated collection on January 17 will go to the Hebron House which, among other programs, coordinates an overflow homeless shelter in the winter at St. Matthias Episcopal Church in Waukesha.

Next Social Action Committee Meeting: Watch the Order of Service and your email for notice of the date of the January Social Action Committee meeting later in the month.

Submitted by Betsy F-C

Green Sanctuary Committee

The Green Sanctuary Committee will meet on Sunday January 17 at 11:45. Anyone who is interested in learning about or participating in Earth-friendly activities at LCUUC is encouraged to attend this informational meeting. Any and all ideas are welcome!

The Green Sanctuary Committee of LCUUC is guided by the wisdom of the 7th Principle of the UUA – to “respect the interdependent web of all existence of which we are a part.” We strive to be consistent with the mission of the Green Sanctuary Program of the UU Ministry for Earth (UUMFE-UUA). We seek to stimulate dialog on the theological, spiritual, and ethical aspects of human activities that affect the health and sustainability of the living earth, and to promote and support practices and activities consistent with these ideals – at LCUUC in our congregation, worship, and facilities; with the lifestyle choices of our members, friends, and families; and as a member of the Lake Country community.

Any LCUUC member or friend is eligible to participate in the Green Sanctuary Committee. It is expected that members of this committee will be in agreement with the committee mission statement (see above). Expectation of Committee members are:

- ◆ Attend committee meetings.
- ◆ Familiarity with Green Sanctuary / UU Ministry For Earth principles; a good source for this information is the UUMFE Green Sanctuary manual.
- ◆ Contribute ideas on how to actualize our mission.
- ◆ Contribute time and effort to realizing the goals of the committee.

Submitted by Gerry F, Green Sanctuary Committee chair

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.



Printed on recycled paper.

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

