



LCUUC NEWSLETTER

APRIL 2025

Lake Country Unitarian Universalist Church
W299N5595 Grace Drive Hartland, WI 53029

Phone: (262) 369-1703
www.lcuuc.org

Join us in the Lake Country Unitarian Universalist Church sanctuary for in-person services. For an order of service, go to [OOS](#). Sunday services are at 10am. Email joys and sorrows that you want shared aloud during worship to candles@lcuuc.org by 4pm on Fridays. Masks are welcome but not required. Contributions in the Sunday basket collections will be used to support LCUUC except for the 2nd Sunday of the month contributions which go to the designated charity/social justice program.

WORSHIP SERVICES

Sunday, April 6 “Cultivating Joy,” with Rev. Matt Aspin, LCUUC Minister

Joy is a natural state of being, but, too often, the demands of daily life stifle our access to the wonders that spark joy in our souls. Join us as we consider creating more pathways for joy to emerge in our lives.

Sunday, April 13 “Joyful Resistance,” with Rev. Matt Aspin, LCUUC Minister

There is an important lesson to be learned from communities that have survived oppression for centuries. Experiencing joy can be a revolutionary act.

[SOCIAL ACTION COMMITTEE SPECIAL COLLECTION FOR FEEDING AMERICA EASTERN WISCONSIN](#)

Sunday, April 20 “To Life,” with Rev. Erich Moraine, LCUUC Affiliate Minister

Many faith traditions have a Spring celebration. In our western mainstream culture, Easter is perhaps the best known but certainly not the only one. Join us as we find reasons to remain hopeful, strengthen our resilience, plant seeds for the future, and celebrate life.

[BRING IN SOME NON-PERISHABLE FOOD ITEMS FOR THE HARTLAND FOOD PANTRY TO PARTICIPATE IN AN EASTER EGG HUNT IMMEDIATELY AFTER THE SERVICE SPECIAL TREATS FOR ADULTS WHO PARTICIPATE!](#)

Sunday, April 27 “Nature’s Ways: Emotional Healing and Spiritual Growth through Nature Interaction,” with Philip Chard, Guest Speaker

The power of nature to heal and grow the human spirit, long embraced by the ancients and indigenous peoples, is substantiated through a growing body of behavioral science research. In this presentation, Philip Chard, a thought leader in the emerging field of eco-psychology, illustrates how nature interaction overcomes debilitating feelings, heals emotional wounds, promotes self-understanding, nurtures creativity and furthers spiritual growth.

REVEREND MATT'S MUSINGS

Joy. Seems like such a frivolous little word. Who can justify joy when it seems like the house is on fire?

Well, truthfully, in that situation, maybe you can't. But most of the stress we face in the world today doesn't have *exactly* the same level of urgency as a house on fire. And yet...there IS some sense that even if we're not exactly running away from flames, we can undoubtedly see some pretty intense storm clouds gathering on the horizon.



Given this...how can we possibly focus any attention on trying to experience more joy?

Because joy is a crucial element in our lives. It acts as a balancing force for our souls.

If all we focus on is fires and rainclouds...if that is ALL that we allow ourselves to see...our world can become pretty dour, fairly quickly. And a dour life seems hardly worth sacrificing for.

But a life grounded in joy...that feels more like a life energized by the spark of the divine.

April is the season of re-emergence in this part of the world, the season that harkens the rebirth of life after the long, cold, grey of winter. It's what many of us dream of during the endlessly dark nights. It's what gets us through to the other side.

Yes. There is a lot of work to do in this world. But while you're doing the work, remember to stop and notice the buds beginning to poke up from the ground. Listen to the birds excitedly chirping while buzzing around bushes looking for the perfect spot to nest. Stop and really feel the warmth of the afternoon sun shining on your cheek.

The next winter will surely come, as it always has. As will the next, and the next. And because we know this to be true, we also know that we need to need grab ahold of the moments that hold potential for joy as tightly as we can, relishing each moment as rejuvenation to our weary souls.

To everything, there is a season. If all you can see looks bad right now, don't be afraid to turn, even just for a moment or two, to consider a different perspective.

It might be just the boost you need to re-engage with a struggling world so desperately in need of all the positive energy we can collectively muster.

You are a miracle, as is everything around you. Try to never forget this fact.

And no matter what struggles may befall you, remember to replenish your spirit from the unlimited well of joy whose water is always available within your very next breath.

so that your soul begins to trust that all of your needs are attended to. It is only from this place that it becomes truly possible to care for those around us. Anything less leads to actions based on fear. This is what got us here.

A new tomorrow requires new ways of being today.

It is up to us to be the change we want to see.

We need you in this work. I need you. We need one another.

Rev. Matt



MEET KARA STONE, OUR NEW LEAD EDUCATOR FOR FAMILY MINISTRY

Kara has a background in environmental and public health and spent most of her professional experience working for the State of Colorado as a program and training coordinator for regulatory programs including retail food, schools, and childcare. Although she considers herself a food safety nerd and a foodie. She left her position after almost 15 years to stay home after she and her wife had their first child. They later decided to move back to Wisconsin where Kara grew up, to be near Kara's parents with their two boys, Will and Otto, and two dogs, Francis and Murphy. Kara recently started to work part time again doing some food safety contracting as well as in the Lead Educator role here at LCUUC. She is looking forward to getting to know you all, learning more about LCUUC, and support and grow the Family Ministry program.



WELCOME, KARA!



Cheers to every single person who shares their time, talents, and energy to make Lake Country Unitarian Universalist Church a joyful, inclusive, growing, and transformational community.

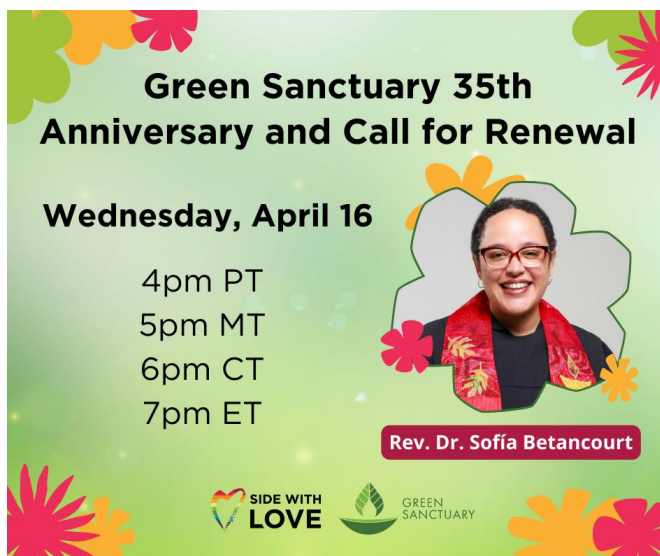


INTRODUCING PHILIP CHARD, Our Guest Speaker on Sunday, April 27

Philip is a psychotherapist in private practice specializing in health psychology and trauma treatment. He writes an award-winning weekly column titled *Out of My Mind*, previously in the *Milwaukee Journal Sentinel* and now the *Shepherd Express*, and authored three books, including *The Healing Earth*, which won the Midwest Publishers Award. Philip's next book, *A Slow Backpacker*, will be available later in 2025. Previously, he was President and CEO of Empathia, a firm providing behavioral health solutions on an international basis. Prior to that, he was Director of Behavioral Science Education at Michigan State University's College of Human Medicine, where he was an associate professor and received the Outstanding Faculty Award.

EARTH DAY 2025

The first Earth Day was celebrated in 1970, thanks to Senator Gaylord Nelson of Wisconsin. 20 million Americans participated in various efforts to bring awareness to environmental causes, such as fighting pollution, oil spills, and pesticides. It sparked further conversation in politics, leading to the creation of the U.S. Environmental Protection Agency and the passage of first-of-their-kind environmental laws, such as the National Environmental Education Act and the Clean Air Act. In 2025, we need some renewal!



At this anniversary event, we'll hear from UUA President Rev. Dr. Sofia Betancourt, celebrate our collective legacy, and recommit to the transformative work ahead. Because climate justice *is* racial justice. It *is* economic justice.

For more than 35 years, the Green Sanctuary Program has been a faithful commitment to climate action and environmental justice. Now, under the leadership of Rachel Myslivi, Side With Love's Climate Justice Strategist, the program has become a vibrant, evolving movement that centers on transformation—not just checklists. Green Sanctuary 2030 now focuses on:

- **Community Resilience:** Preparing for climate disaster and equipping congregations to be hubs of care
- **Mitigation:** Advancing democratic, community-led energy solutions that shift power from extraction to self-determination.
- **Justice:** Building deep partnerships with those most impacted by climate disruption and systems of harm.
- **Congregational Transformation:** Reimagining how we relate to one another, grounded in mutual aid, organizing power, and faith

REGISTER HERE

MOVIE & POTLUCK AT UUCW: The Need to Grow – April 11 at 6pm: We have been invited to join the Unitarian Universalist Church West (UUCW) Earth Ministry Team on Friday, April 11, for a potluck, movie, and discussion. The potluck starts at 6 pm, and the movie “The Need to Grow” starts at 6:45, followed by a short discussion.

The Need to Grow highlights the importance of healthy soil – revealing not only the potential of localized food production working with nature but also our opportunity as individuals to help regenerate our planet's dying soils and participate in the restoration of the Earth.

It's FREE! Sign up today at <https://www.signupgenius.com/.../10C0D48ACAF28A2F94...> Watch a preview at <https://www.youtube.com/watch?v=6WHj5M4CBUk>. UUCW is in Brookfield at 13001 W. North Ave. or visit uucw.org

MUSICALLY SPEAKING

Happy Spring, it's time to sing!

Join us for the Spring Choir. We'll sing on June 8th for the Flower Communion Service and we'd love to have you join us. Middle and High School students with some choir experience are welcome to join. Rehearsals will be on Sunday mornings from 8:15 – 9:30am on May 4, 11, 18, and June 1 and 8 with Karen Haskell conducting. The more the merrier, but don't worry if you can't make all the rehearsals.

If you haven't sung in a choir before (or it's been a while) we're offering sessions on April 13 and 27 from 8:45 to 9:30am to help you feel a bit more confident about joining the choir. You'll get a sneak peek at the music to help you find and follow your part, we'll do some vocal warmups, practice some basic rhythms, and answer any questions you might have about finding your part in the choir.

If you are interested or if you have any questions, please talk to me at church or send an email to music@lcuuc.org. We need to decide on music and get enough copies for everyone so the deadline to sign up for the choir or the April sessions is April 6.

Submitted by Tracy Moraine, Music Coordinator

[Editor's Note: The newsletter publication was delayed, so the deadline date for joining the Spring Choir has passed. But, please go ahead and contact Tracy if you are interested or have questions.]



GOOD COOKIE AWARD

Rob Suhr

Rob stepped in voluntarily to serve on the board due to the vacant seat mid-year. He is our Secretary and this is his second time taking part in Board of Trustees relations. Rob is a dedicated, long-time member of LCUUC and his efforts to help should be recognized! We very much appreciate him.



ANNUAL CONGREGATIONAL MEETING – JUNE 8, 2025

The date for our annual congregational business meeting has been set for June 8, 2025 at 11:30am – right after the Sunday service. Your voice is important. Please come and help us celebrate the past year and plan for the upcoming year. Watch for future emails with more details about committee annual reports, the agenda, and meeting format. Nursery care will be provided.

BOARD OF TRUSTEES REPORT

The Board of Trustees met on March 18.

According to the latest numbers, we are averaging 68 adults and 8 children at Sunday services during 2025, which represents an increase over the past few years. Another favorable sign is that, for the fiscal year beginning July 2024, our income and expenses have been tracking favorably.

The bulk of the meeting involved discussion of the church's vision, mission, and goals. For now, this all remains a work-in-progress, but the Board's consensus is that key matters include increasing spiritual, personal growth, and family ministry offerings; exploring means by which we continue to develop a vibrant, supportive, safe, diverse community; expanding opportunities for the congregation to engage in social action; and steps to take in reaching long-term financial stability.

We also had some great double-chocolate cake to celebrate Reverend Matt's birthday!

Respectfully submitted,
Mike Campbell

BOARD MEMBERS

Mike McNett, President
Stephanie Tisoris, Vice-President
Rob Suhr, Secretary
Mike Campbell, Member
Claire Johnson, Member
Kristin Sanden, Member
Karl Timm, Member
Tim Fuller, Treasure (ex-officio)
Rev. Matt Aspin (ex-officio)
Rev. Erich Moraine (ex-officio)



COMMITTEE CHAIRPERSONS

Family Ministry: Megan Fedders
Facilities: Mike Jury
Finance: Gail Ostler
Leadership: Lois Remeikis
Marketing: Tom Shearman
Membership: Betsy Foss-Campbell
Social Action:
Cathy Wendorf Peterson
Stewardship: John Kuhn
Worship Arts: Claire Johnson

WE'RE ZOOMING! VOLUNTEER HOSTS NEEDED!

Our Sunday services are viewable live via a Zoom call during the service. To keep this option available, we need a group of people to help host the Zoom sessions, follow the service script and operate the camera during the service. If you are comfortable operating a computer and would enjoy making connections with those who are coming to our services online, we could use your help. Please stop at the Zoom table in the back of the sanctuary after the service and talk with us. Training and support will be provided.

By the way, be sure to check out the [Lake Country Unitarian Universalist Church YouTube](#) channel for recordings of each Sunday's sermons. While you're there, like and subscribe!

MEET CALEB SEAY: OUR NEW MEMBER

We are excited to welcome Caleb as an official member of our church community! Although Caleb has been attending LCUUC since the age of three and is proud to have participated in both our middle and high school transition ceremonies, he only recently signed our membership book and joined us as an adult.

Caleb grew up in Sussex and continues to live there. He works at Konkol's Service and Repair as a shop assistant, where he helps maintain heavy equipment such as forklifts and semi-trucks. Outside of work, Caleb enjoys woodworking, creating useful items like tables and coasters, as well as fun projects like games.

Caleb has a great love for the outdoors and enjoys hiking in the summer and cross-country skiing in the winter. He has climbed a 14 in Colorado and competes in distance cross-country ski races. Notably, he has participated in both the Birkebeiner and the Kortelopet races.

Recently, Caleb volunteered to serve as an usher during our services. We are grateful to have him as part of our community and look forward to the positive contributions he will continue to make. Please join us in welcoming him as a full adult member of our community.



APRIL 13 SPECIAL COLLECTION

The Social Action Committee has selected Feeding America Eastern Wisconsin for Special Collection in April. Feeding America is the largest charity working to end hunger in the United States. They partner with food banks, food pantries, and local food programs to bring food to people facing hunger. They also advocate for policies that create long-term solutions to hunger. Your generosity will be appreciated.

THE GATHERING – APRIL 14 at 7pm

The Gathering is a new monthly virtual event from the UUA Side With Love, created to ground, inform, and mobilize UUs and partners in this critical moment. Each month, we come together for:

- Spiritual Grounding – Strengthening our hearts and spirits for the work ahead
- Political Analysis – Understanding the threats to democracy and justice
- Collective Action – Organizing with others to counter anti-democratic forces and build a just and loving world

[!\[\]\(fe3aebe81acea8d45108cd2768939da7_img.jpg\) Register now and be part of the movement here.](#)



MEMBERSHIP

NEW ORIENTATION SESSIONS COMING UP IN APRIL

New to UU Orientation – Sunday, April 13, 2025, 11:15am

If you are new to Unitarian Universalism, join us after the service for this second hour session to:

- Discover Unitarian Universalism's core values that unite us as a beloved community.
- Explore how the history of Unitarian Universalism affects who we are today.

All are welcome to attend. You can also join us if you're not new to Unitarian Universalism but would like a refresher. You do not need to RSVP for this session; just show up!

New to LCUUC Orientation – Sunday, April 27, 2025, 11:15am- 1:15pm

If you are newish to LCUUC and/or interested in learning more, join us after the service to learn more about our community!

In addition to eating a light lunch together, we will discuss what brings you here so we can continue to welcome you in the best possible ways to meet your needs.

What to Expect

- Learn about the vibrant and welcoming community that makes LCUUC special.
- Connect with fellow seekers on our spiritual journeys.
- Hear about the various ways you can become involved in our community, from worship services to social justice initiatives.
- Find your niche and discover how your unique gifts can contribute to our collective well-being.
- Get information on what it means to be a member and the pathway to do so, if you become interested.

For more information, contact Betsy Foss-Campbell, Membership Committee Chair, at bfosscamp@gmail.com.

How to RSVP

Sign up at the Welcome Table in the church foyer, or sign up online at: <https://lcuuc.weebly.com/lcuuc-orientation-registration.html>

**Learn about Unitarian Universalism
and about the Lake Country Unitarian
Universalist Community!**



Caring Circle



The Caring Circle supports church members who are experiencing personal difficulties. If you find yourself in need of a helping hand, please contact Paula Hillmann at: paulahillmann@gmail.com or call 262-366-5991 (cell).

CRAFT & CHAT May 1 from 5-7pm

CRAFT & CHAT meets the first Thursday of every month. Bring your craft projects to work on and bring some topics to chat about! If you want to come and enjoy the space/time but don't have your own projects, there will be adult coloring books provided for anyone to use. There will also be some delicious tea provided. If you have questions, please contact Chris Rollins at crollinscareer@gmail.com.



LCUUC GAME NIGHT – APRIL 18 at 6:30pm

The Adult Enrichment Committee is sponsoring LCUUC Game Nights! - an opportunity to enjoy casual fun & fellowship on a monthly basis. Please come enjoy these evenings on the following Friday nights this fall in the church social hall. Remaining Game Night dates for this year are March 21, April 18, and May 16. Contact Chris at crollinscareer@gmail.com or cell phone 262-269-9787 with questions.



**A BIG THANK
YOU TO OUR
HOLY HUMOR
CAST OF
CHARACTERS**





KINTSUGI SANGHA

We meet every week to meditate together and share our interest in the philosophy of Zen as a way of life. While different from Unitarian Universalism in some ways, Zen is very similar in other ways. These two traditions make great roommates. Drop in and visit sometime. Mondays from 6:30pm sharp to 8:30pm.

Please check the sangha page on the LCUUC website for current information. It is located under the Community drop down tab on the homepage. You can also use the link: <https://lcuuc.weebly.com/kintsugi-sangha.html> to get to it directly.

SATURDAY, APRIL 19 NATURE MEDITATION

We're back to our regular third Saturday schedule and will meet on **April 19, at 9:00 AM at the Retzer Nature Center**. We'll gather at the picnic tables near the Southeast section of the main parking lot. Here is a link to a map of the location: <https://maps.app.goo.gl/FXzH1uDkWjAP9wA26>



Everyone is invited - no prior meditation experience needed! If you'd like a reason to enjoy some quiet time outdoors, this is for you.

What to expect: The meditation will happen no matter the weather, so dress for the outdoors. We will start at 9:00 AM with an introduction and short reading, then spend twenty-five to thirty minutes quietly experiencing the environment by walking or finding a space to sit and observe the sounds, smells, sights and feel of the space. We'll gather again to share the experience and another short reading before returning to our individual routines.

Since this is a meditative experience, we ask that you do not bring things that may be distracting to yourself or others (e.g. pets) and that you silence communication devices before the meditation starts.

Questions, or for **more information** contact Tracy at tracywren@yahoo.com.

We'll be at Dickten Park in Nashotah on May 17.

MIDWEEK MEDITATION MOMENT

Come join us at 12 noon on Wednesdays for an hour of antidote to all the shopping, work deadlines, and political anxiety. An hour of gentle silence spent sitting and walking. No prior experience necessary, first timers are most welcome. The bell rings promptly at noon, please arrive 5-10 minutes early to settle in. In the spirit of reflective calm, when you arrive, take off your hat/jacket and shoes in the hallway and enter the sanctuary in silence.





LCUUC has joined with Soul Matters – a network of Unitarian Universalist congregations who follow the same monthly themes. These themes will be woven through all aspects of LCUUC life, from weekly services & religious education, to small groups & individual learning opportunities. Explore what may be a good fit for you – organic growth into sharing and discussion is welcome and encouraged! Please visit the LCUUC website for individual opportunities revolving around this month's theme. These include podcasts, movies, articles, books and weekly exercises to promote more in-depth thought and conversation with family and friends.

APRIL 2025 – WELCOME TO THE PRACTICE OF JOY

It's easy to get tricked,
taken for a ride,
convinced that joy is a possession.

Something to be caught,
contained and controlled just by us.
As if it's a birthday present,
waiting for us to unwrap it and keep forever and ever.

And who can blame us,
with pain seeming so powerfully prevalent and permanent.

If sadness can stay for so long, why can't joy?

But maybe it's elusive for a reason.
Maybe it's slippery in order to help us understand that it was put here to fly.
Or better yet: To be flung!
To be passed, not possessed.
To be spread between you and me,
between the ones who receive its gift
and the ones that have been looking for its treasure for a very long time.

Maybe it's a beautiful and elegant contagion,
over which we just might have more control than we think.
If only we share it.
If only we notice that joy is not ours to keep,
but ours to give.

Maybe joy is a gift that opens us as much as we open to it.

Maybe that's the way light leaks into our weary world.

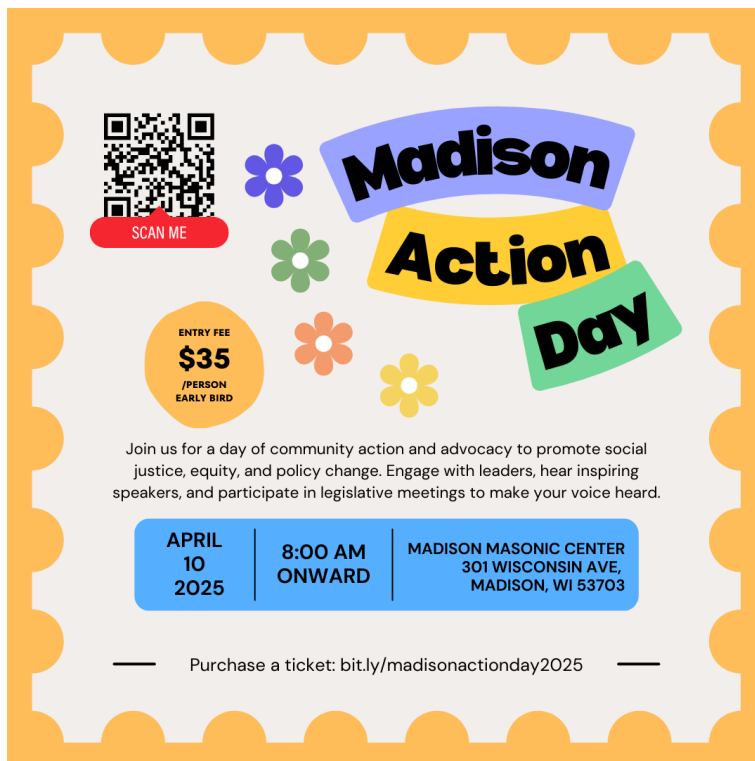
From www.soulmatterssharingcircle.com



A coalition of
diverse faith
communities in
Waukesha County
dedicated to
building &
deepening
relationships

We empower
people to work
together on
issues of justice
& the common
good

SOPHIA EVENTS – An Invitation from the Social Action Committee.
Please contact our SOPHIA representative John Prestby for more information!



MADISON ACTION DAY: A powerful day of community action and advocacy for social justice, equity, and policy change! Join us on April 10, 2025, at 9:00am at the Madison Masonic Center (301 Wisconsin Ave, Madison, WI). For tickets, go to [Action Day 2025](https://bit.ly/madisonactionday2025)

SOPHIA's 2025 ANNUAL COMMUNITY BREAKFAST: Celebrate SOPHIA's accomplishments along with our fellow Waukesha Faith Communities supporting the rights of all migrants and the power of the Latino Community. The Breakfast will be held on **SATURDAY, MAY 3, 8:30am** at La Casa de Esperanza, 410 Arcadian Ave, Waukesha, WI.

SOPHIA's ANNUAL ONLINE AUCTION: The Online Silent Auction will be available to shop **APRIL 27 – MAY 2**. Please see John Prestby if you have donations for their auction (items due by April 18.)

THANKS TO OUR LCUUC PARTICIPANTS IN SOPHIA:

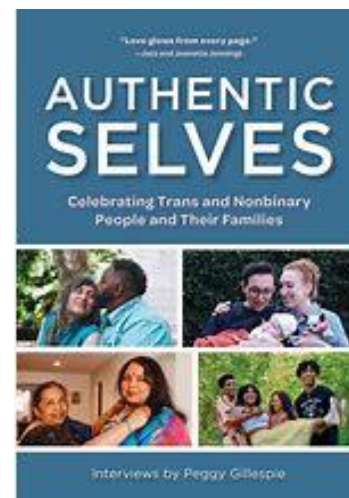
John Prestby – LCUUC Representative, Lynne Smith – LCUUC Alternate Representative, Kerry Duma – Housing Task Force, Rose Presser & John Prestby – Immigration Task Force

UUA COMMON READ BOOK DISCUSSION GROUP

The LCUUC Welcoming Congregation Renewal Work Group invites you to read and discuss the UUA's "Common Read" title for 2025, ***AUTHENTIC SELVES: Celebrating Trans and Nonbinary People and Their Families, Interviews by Peggy Gillespie.***

The UUA website describes the book as "a sweeping compilation of life stories and portraits of trans and nonbinary people, as well as their partners, parents, children, siblings, and chosen family members. Through interviews and photo portraits, the subjects of *Authentic Selves* invite readers into their real lives--their revelations, challenges, joys, and networks of support."

HERE'S HOW TO GET INVOLVED:



To register for the class, please email cathymarie7755@hotmail.com or text or call 715-347-4793.

Get a copy of the book. Please reach out to Cathy if the cost of the book would preclude your participation. We have several donated copies available. If you would like to buy your own copy, Books and Company in Oconomowoc has copies available on their shelves for book clubs near the front of the store. It is also available as an audible book.

Before reading, please jot down a few questions you have about trans and/or nonbinary folks. This is a list for your eyes only, to help give your reading focus and meaning.

We had our first session on Saturday, April 5 with a potluck brunch and a thoughtful discussion of the first half of the book.

Discussion Session 2: Friday, May 2 at 6:30 at LCUUC – with a potluck supper

We will cover the second half of the book. It is not necessary to have read all of the book. If you don't have time, please read the stories of at least three people. Also, if you have a friend who would like to learn more about our "TQ+" friends, family, and neighbors, please bring them along.

Facilitated by Kim Suhr. Questions? Please email kimsuhr@mac.com

We welcome you to join us!

Welcoming Congregation Renewal Work Group Members:

Jane Johnson

Jim & Linda Kishline

Cathy Wendorf Peterson

John Prestby

Kristin Sanden

Kim Suhr

Mark Ubbesen

Ires Watson





OUR MISSION

LCUUC is a diverse religious community supporting one another in our spiritual searches for truth, meaning and compassionate connection. Based on the Unitarian Universalist Principles and the transforming power of love, we strive for positive change in the world.

OUR VISION

2020 LCUUC is an inclusive spiritual community that is diverse, growing, vibrant, and economically sustainable. We provide enriching lifespan education and a strong public presence supporting social justice.

The online LCUUC Church Calendar can be found [HERE](#)

LCUUC STAFF: All staff have mailboxes in the church office

Minister: Rev. Matt Aspin minister@lcuuc.org

Music Coordinator: Tracy Moraine music@lcuuc.org

Lead Educator: Kara Stone cfm@lcuuc.org

Congregational Administrator: Leann Rigoli admin@lcuuc.org

Church Office Phone: (262) 369-1703

Administrative Hours: Tuesday, Wednesday, Friday from 8am to 4pm

Newsletter Editor:

Cathy Wendorf Peterson newsletter@lcuuc.org

Please submit articles by the 20th of each month.

VISIT LCUUC AT: [WEBSITE](#), [INSTAGRAM](#), [FACEBOOK](#)