



Lake Country Unitarian Universalist Church W299 N5595 Grace Drive, Hartland, WI 53029, (262) 369-1703 www.lcuuc.org

NEWS for Lake Country UUs

LCUUC is a Welcoming Congregation, meaning that the congregation believes in being inclusive of bisexual, gay, lesbian, and/or transgender people.



June & July 2019

WORSHIP SERVICES

Services begin at 10am

(There will be services in July and August. Below are services currently planned.)

June 2

New Berlin Food Pantry

Flower Communion –Rev. Amy Shaw

We are one church and together we grow, through joy and sadness.. We bring ourselves freely to this community, and we take away those things which help us on our life journey. Flower Communion is a symbol of that relationship and covenant, and we invite all to join us in celebrating our free church. We encourage each person to bring a small live potted plant (herbs, vegetables, flowers or anything else growing which represents what you bring to our community) to add to the communion- at the end of the service everyone can choose a plant to take home with them. If you can't bring a plant please come and join in anyway- there will be enough for everyone to participate!

June 9

Hope You Dance –Rev. Amy Shaw

Please join us for Rev. Amy Shaw's final service at LCUUC. No matter what happens, I hope you dance.

June 16

Hebron House

Living a Life of Integrity: Remembering Fathers, Mentors and Other Heroes –Chris Prange-Morgan

What is likely considered a "hallmark holiday", Father's Day offers us a chance to reflect on the attribute of "paternity" in its optimal sense. The qualities of responsiveness, adaptability and empathy are those which we often see depicted in the character of the "Super Hero". Join us as we celebrate the dads, mentors and other "ordinary heroes" in our midst.

June 23

The Three Attributes: A Way to Live in Beloved Community –Lois Remeikis

Discover the three attributes and consider how they can guide you to create beloved community.

June 30

Stranger in a Strange Land –Rev. Tony Larsen

No, Tony's sermon is not about the Robert Heinlein novel by that title, but about what it feels like to come to Earth from a different planet. (Haven't we all felt that way at times?)

July 9

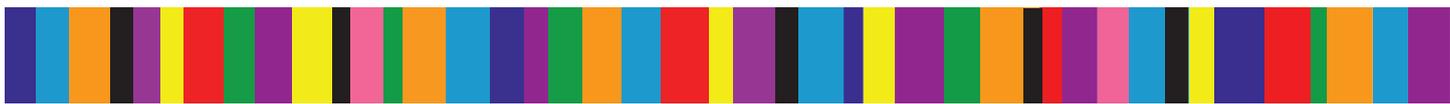
Does "All" Mean All? –Sue Andrews

This country was founded on a covenant: We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. Keeping the inclusiveness part of the promise has been and continues to be a challenge. The issue of citizenship raises the question of if and how we will abide by this covenant. Come and let us consider this together.

July 21

Bottomless –Gus Santo

Unitarian Universalists seek transcendence outside of present space and time...or better. UU's seek spiritual meaning by thinking outside the box of packaged doctrines, beyond the bottom line of virtues and vices, and outside the totalities of being. The Infinite has no bottom.



EMERGENCY PREPAREDNESS AT LCUUC

LCUUC has policies related to firearms and storms, fire, and carbon monoxide. Here is a summary of what plans are in place, and what to do in case of these emergencies.

Firearms

It is the policy of LCUUC that no firearms are permitted on church premises, both inside and outside. Signs have been posted at the entrances to the parking lots and on both doors to that effect.

- Anyone who is on LCUUC property or at a church function has the responsibility to help insure compliance with our policy of no firearms allowed on church property.
- The doors should be locked at all times, except the front door may be kept unlocked during Sunday services. Visitors can use the doorbells to alert those inside when there are visitors.
- The Greeters and Ushers in particular should be trained to be observant for people bringing firearms onto LCUUC property, before, during, and after a service or event.
- In the event that somebody is found to have a firearm, a Greeter, Usher, the Minister, the President of the Congregation, any Board member, any staff member, or the person in charge of the event should:
 - Immediately approach and *politely* inform the person of our church's NO FIREARMS policy, and ask her/him to please remove the firearm(s) from the premises.
 - If the person refuses, the person should be informed that she/he does not have permission to be on LCUUC property, and directed to please leave the property.
 - If the person refuses, then *call 911 and inform the operator that somebody has an unauthorized firearm on our property, and immediate police assistance is required to remove the person from the church property.*

In the event of an active shooter, we are advised by police:

- If the shooter targets the congregation, direct confrontation is essential. This is dangerous, but you can improve your chances by distracting the shooter, yelling from multiple directions, and tackling him from behind.
- **Call 911 as soon as possible.** Police will want to know the number of shooters, location of suspects, types of weapons, possible traps or explosives, and location of sensitive areas such as Sunday schools or nurseries. Stay on the line in order to provide real-time information to police on the scene.
- When police arrive, stay on the ground until you are told to move. People have a built-in urge to run for safety. But movement creates confusion and complicates the situation for police. When you do get up, avoid sudden movements or any object in your hand that could be construed as a threat.

Tornado/high wind

- here is a Public Alert Certified Weather Radio with Specific Area Message Encoding in the church office.
- In the event of a tornado/high wind watch, go to the shelter areas: kitchen (close the counter windows), restrooms, interior offices (stay away from the glass window) and choir room (doors shut). **Stay away from the windows and outside doors!**
- Wait for all-clear to leave the shelter areas

Fire

- If the building is on fire, (a) **everyone should leave the building**, (b) call 911 to report the fire, and (c) congregate on the east parking lot in front of the solar panels (be sure to leave room for emergency vehicles to pass).
- One person should be responsible to ensure that everyone has left the building:
 - During Sunday services, the Board Representative should have this responsibility
 - For other events, the event organizer should have this responsibility
- Instructions, including escape routes, will be posted.
- There are fire/smoke/carbon monoxide detectors in the front and rear foyers, social hall, and office. **If a smoke/fire alarm sounds, NEVER ignore the alarm.** Take appropriate action to extinguish the fire if possible, or evacuate the building and call 911.
- There are red fire extinguishers rated for all kinds of fires located throughout the building.

Carbon Monoxide

- There are carbon monoxide alarms located in the front and rear foyers, social hall, and office.
- **If a carbon monoxide (CO) alarm sounds NEVER ignore the alarm.** Immediately move everybody to fresh air (CO is lighter than air, so keep low), either outdoors or near an open window (sanctuary, nursery, or classroom 2).
- V262-646-3880 for water heater
- Do not re-enter the premises or move away from the open door or window until the emergency services responder has arrived, the premises have been aired out, and the CO alarm remains in its normal condition.

(continued on page 5)



(continued from previous page - *Emergency Preparedness*)

Cardiac Arrest Emergency

LCUUC purchased an Automated Emergency Defibrillator (AED) this spring. It is in a cabinet in the front foyer, on the wall between the nursery and the closet, to be used in case of a cardiac emergency. Rob Suhr and nurse Brynn Vukelich have offered training to LCUUC people on how to use this device.

See steps on how to use this device [HERE](#). Better yet, see Rob or Brynn about getting the training.

Instruction from the Red Cross website:

These AED steps should be used when caring for a non-breathing child aged 8 or older who weighs more than 55 pounds, or an adult. After checking the scene and ensuring that the person needs help, you should *ask a bystander to call 911 for help*, then:

1. Turn on the AED and follow the visual and/or audio prompt. Open the person's shirt and wipe his or her bare chest dry. If the person is wearing any medication patches, you should use a gloved (if possible) hand to remove the patches before wiping the person's chest.
2. Attach the AED pads, and plug in the connector (if necessary).
3. Make sure no one, including you, is touching the person. Tell everyone to "stand clear."
4. Push the "analyze" button (if necessary) and allow the AED to analyze the person's heart rhythm.
5. If the AED recommends that you deliver a shock to the person, make sure that no one, including you, is touching the person – and tell everyone to "stand clear." Once clear, press the "shock" button.
6. Begin CPR after delivering the shock. Or, if no shock is advised, begin CPR. Perform 2 minutes (about 5 cycles) of CPR and continue to follow the AED's prompts. If you notice obvious signs of life, discontinue CPR and monitor breathing for any changes in condition.



Grace Notes

"The river between the spark and the flame and beginning and new beginning is long. The music is loudest between chapters, yet hardest to hear. So listen and swim, swim through the not knowing like it's a symphony, spilling in."

—Victoria Erickson, author



The 2018-2019 church year has been one of continued collaboration and deepening of our music ministry program. We have worked closely with our minister, the worship arts committee, the RE program and our volunteer choir, instrumentalists, vocalists and special musicians to provide meaningful worship and exciting community wide events.

Highlights from the past year include: "Mini Wichoni" for Water Communion, "My Church" with soloist Brynn, "making a loud noise" during the entire Bonfires service for all to join in, the "Thanksgiving Song", the "Taize" meditation service, the "Celebration of Light" pageant with RE youth and children, "Remember When God Was a Woman," "Ella's Song" for the social justice service, and "Alleluia" followed by the Easter Bonnet parade.

Twenty-three services included special music, such as "Heart" by Will Esty, "Hurt" from Doug Esty, Linda Campbell on Uke for "All God's Critters", "Unpack Your Heart" and "Raise Hell" from Brynn Vukelich and band, multiple numbers from Greg Valde & his band, Kenn Fox & the Midwest Guitar Trio, Kenn Fox & Mare Edstrom on "Bird on a Wire," Karen Haskell on "Ella's Song."

Multiple talents within our congregation shared their music: Dan Krill drumming, Claudette Hamm on piano, Tracy Moraine & Nancy Bratt on piano/organ duets, and our wonderful youth Olivia & Isabella, Lorena, Zachary, Rhiannon & Caleb. Special thanks to Dave Cicero, George Ehrhardt, & John Prestby for doing the heavy lifting on the band numbers, and to our sound team who supports it all!

Community events included our annual all church music party and sing along around the fire pit in September. We were joined by Waukesha UU church members for great fun and community building. We sang Halloween Carols at Hartland's Trick or Treat in October, held our warm and fun Open Mic Night in November, and sang carols while decorating gingerbread houses in December.

As you can see, the MMC (chair Gus Santo, Nancy Bratt, Doug Esty, Tracy Moraine, Karl Timm, George & Sarah Ehrhardt, Cathy Marrari, and Mary Fran Potts) stayed busy this past year.

Doug and Nancy will be retiring this spring. Their last day will be Sunday June 30, and we hope everyone will come to sing and play with them! As noted by Nancy in her last report, "It has been a pleasure and a joy to serve the LCUUC community." *Bon Voyage Friends*



SOCIAL JUSTICE

Support Our Monthly Designated Collection

Every third Sunday of the month, LCUUC donates our collection to an organization doing social justice work in our community. In June our collection will go to Hebron House. For over 30 years Hebron House of Hospitality has been the largest nonprofit provider of services to the homeless men, women and children of Waukesha. Hebron House's mission is to provide shelter and services to help individuals and families overcome homelessness regardless of their circumstances. Hebron House of Hospitality supports, guides, and advocates in ways that promote greater self-sufficiency.

Implicit Bias Workshop

LCUUC is a member congregation of SOPHIA— a coalition of diverse faith communities in Waukesha County dedicated to working together on issues of justice and the common good. SOPHIA is hosting an Implicit Bias Workshop in June. We encourage you to attend! It is open to all and is FREE – no cost to attend or for meals. Free childcare is available.

Friday, June 14 – 6pm dinner, 6:30-9pm workshop

Saturday, June 15 – 8:30am breakfast, 9-noon workshop

Held at Church of the Resurrection in Pewaukee

Questions? Contact Kayla Larson at klarson@sophiawaukesha.org and see the flyer for more details.



LCUUC BOARD MEMBERS

President—Paul Fackler (262) 744-4165
Vice President—Megan Fedders (262) 510-9814
Secretary—Susan Lewis (262) 446-2131
Treasurer (ex-officio)—Tim Fuller (262) 490-4836

Helen Bera (262) 424-1658
Dave Cicero (262) 746-9766
Greg Hillman (262) 366-4020
Craig Howard (480) 392-7781
Cathy Marrari (262) 510-5401
Laura Nyquist (920) 650-4267



Recognizing and understanding

Implicit Bias

to build stronger communities.



Two-Part Workshop:

Friday, June 14

6:00pm Dinner

6:30-9:00pm Workshop

Saturday, June 15

8:30am Breakfast

9:00am-12:00pm Workshop

No cost to attend.

Free childcare available.

Church of the Resurrection
Pewaukee, Wisconsin

Register & learn more: www.sophiawaukesha.org

What is implicit bias?

Also sometimes called “unconscious bias,” implicit bias refers to the attitudes or stereotypes that affect our understanding, actions, and decisions in an unconscious manner.

Why does it matter?

Implicit bias can lead to prejudice and discrimination. It is imperative to name and address our own biases (implicit and explicit) in order to build the just, strong, beloved communities we are called to create.

What can I expect in this workshop?

Instruction, videos, and discussion will help us dig into implicit bias and why it is an important topic. We’ll also engage in group and independent activities, allowing for deeper self-reflection. In closing, we will discuss the way forward, personally and for our communities.





Youth Religious Education (RE)

Greetings!

The countdown to summer is upon us! As this will be the last newsletter until Fall, I wanted to say thank you one more time to all the wonderful children/youth/volunteers that make our Religious Education programming so right for our little community! I am very proud of our work and the impact it has on our youth. This was very evident during the R.E. Sunday service on May 19th!

During the months of June, July, & August we will not be having any formal R.E. classes. Jamie & Madison (our paid nursery workers) will be available for childcare during select services for ages 4 and under in the nursery. Children 5 and older will be asked to stay in service with their family during summer services. The youth will not be able to wander the building or grounds without adult supervision during summer services.

I will be taking some rejuvenative time off during the month of July. Please look for the return of the R.E. program next September when we begin classes and continue exploring our exciting curriculums! We will begin registration in August. I hope many amazing memories are created over the summer with family and friends!

In Peace, *Chris Rollins, Director of Religious Education*



This is Klaudia Rixmann's original reading Orange that she shared during the bridging ceremony on Sunday, May 19th service

Orange

Klaudia Rixmann

Send the applications, collect the rejection. Packets and letters built a torturous maze in my home - so many paths, but only very few of which I could follow. It's easy to lose one's sense of self in a maze like that, so I resolved to take a path I knew well and had traveled over and over.

My dog, Bear, and I got into the car. When I started the engine, Regina Spektor's song came on. The one that she sings about light. But I remained an iron statue. Tension ran through every tendon. White knuckles gripped the wheel.

The snow-tucked countryside rolled past like fresh sheets drawn over my eyes. Blue light filtered through its threads. I clenched my teeth and tensed my shoulders, but I could feel my humanity inching back with each passing meter closer to the forest.

We arrived at the woods and twisted our ankles on the surprise stones hidden under the crunchy glaze of snow. The sky already held the dark blue tinge of nightfall. Against it, tree branches stretched like charred hands of the drowning. The blue grew deeper as a chill found a home in my bones. It was the kind of blue that hangs on your cheeks and pools in your eyes.

Bear knew the trail better than I. She walked a bit ahead, anticipating a hill. I tugged on the leash, but she kept pulling, and I walked faster to keep up with her around the bend. Suddenly, over the crest of the hill, the light of day's end burst through like the flames.

Weathered and cold, Bear and I sailed up the hill on a wave of orange so intense it tingled on our tongues like Fanta.

It was as if Bear and I had floated into calmer, warmer waters and laid our backs down on the silt, gazing upwards at the mosaic of light dancing on the water's tortoise-shell surface. The light flitted and fluttered like an aerial dancer's silks - pink, orange, and yellow - ascending from cloud catwalks.

I saw the stained glass choreography behind the blood-red veined glow of my eyelids. The light licked like a flame at dark, frozen memories warming to life.

Papa's Saturday morning crepes with apricot marmalade steamed hot as the voice of George Stephanopoulos serenaded the kitchen.

I walked in the glory of the afternoon's full golden light, through stalks of milkweed grown up to my nose, its soft fluff stuck between my fingers.

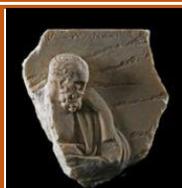
Mama's patchouli weaved its way in from somewhere distant. I watched her layer it on to thicken her skin and keep the spirits away.

I felt myself lying in the bed on my Grandma's third floor, letting the fuzzy smell of llama wool wrap around me as the scuttle of ladybugs on the window sill lulls me to sleep.

I woke gently to the sound of my brother's Buddha laugh, which sets everything right again. Bear and I were levitating in orange.

We floated there until we floated no more. The cold reached us again and the fire behind my eyelids extinguished. The mosaic of dancers in orange silks retreated to the wings, replaced by purple curtains. Bear and I made our way back down the path. We slipped through trees and fled down tracks of ice and snow. Back at the car, I turned on the engine and the words of Regina came back like the tide, originating from darkness and lapping onto the sunny shore. I staggered on new legs, dancing down a new path, with the glow of orange in my hands.

INTRODUCTION TO PHILOSOPHY: AN HISTORICAL SURVEY



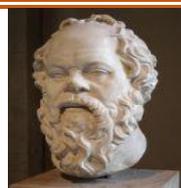
Anaximander



Heraclitus



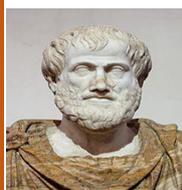
Parmenides



Socrates



Plato



Aristotle



Plotinus



Augustine



Aquinas



Ockam



Descartes



Spinoza



Locke



Berkeley



Hume



Leibniz



Kant



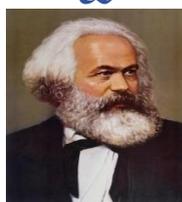
Jacobi



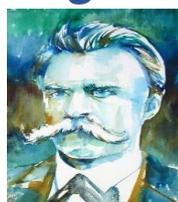
Fichte



Hegel



Marx



Nietzsche



Husserl

Come and join us here at the **Lake Country Unitarian Universalist Church**, at the corner of County Roads K & E in Hartland, Wisconsin, classroom #3, from **5:30pm–7:00pm, EVERY OTHER WEDNESDAY: September 11th through November 20th, 2019**, to discover our historical roots of the way we think in western culture. Thirty dollars is suggested as a donation to the LCUUC. The instructor receives no compensation. All are welcome. Purchase of a textbook is **not** required.

Gus Santo is the Instructor.

Interested? Register for this class with the LCUUC's office by calling 262-369-1703 or by e-mail at admin@lcuuc.org. LCUUC members can also donate their registration fee by going on-line to the church's pledge and donation website.

Φιλοσοφία βίου κυβερνετεες: "Philosophy is the guide of life."



LCUUC Staff & Hours

Church office phone: (262) 369-1703
* All staff have mailboxes in church office

Senior Minister: Rev. Amy Shaw
minister@lcuuc.org (513) 709-7058
Office Hours: Tue, Wed, Fri 11am-5 pm
(Also available by appointment— please contact her directly)

Religious Education Director: Christine Rollins
dre@lcuuc.org (262) 369-1703
Office Hours: Tuesdays 8:30am-4:30pm
(Also available by appointment—please contact her directly)

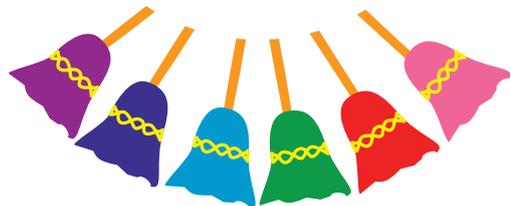
Office Manager: Leann Rigoli
admin@lcuuc.org (262) 369-1703
Office Hours: Tues, Wed, Fri 8am-4pm

Music Director: Nancy Bratt
music@lcuuc.org
Office Hours: By appointment only

Choir Director: Doug Esty
choir@lcuuc.org
Office Hours: By appointment only

Accompanist/Organist: Tracy Moraine

Cleaning: Jiana Greene



CHURCH CLEAN-UP SCHEDULE

Each LCUUC family unit has been assigned one Sunday to clean up the kitchen after social hour. If you are unable to clean on your assigned date, arrange to switch with another family. Clean-up instructions are posted in the kitchen.

JUNE

- June 2 John Marrari, Cathy Marrari
- June 9 Pam Prestby, John Prestby
- June 16 Brem, Rankin
- June 23 Jim Tyler, Janis Tyler
- June 30 Cicero, Real

JULY

- July 7 Walker, Jury
- July 14 Ubbesen, Heidi Peterson
- July 21 Schuette, Nyquist
- July 28 Mike Fort, Yvonne Fort

AUGUST

- August 4 Rob Suhr, Kim Suhr
- August 11 Chris Peske, Beth Peske
- August 18 Erich Moraine, Tracy Moraine
- August 25 Matt Peterson, Martin

SEPTEMBER

September 1 Dorn, Staudt

PLEASE NOTE

The next issue of *NEWS for Lake Country UUs* will be September 2019 with articles due on August 20. Have a great summer!

Ginger Goral, newsletter editor



LCUUC
Lake Country
Unitarian Universalist
Church

**The LCUUC CHURCH CALENDAR
can be found
HERE**

Our Mission

LCUUC is a diverse religious community supporting one another in our spiritual search 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.