

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

# NEWS for Lake Country UUs

**Black Lives Matter** LCUUC is a Welcoming Congregation for bisexual, gay, lesbian, queer, non-binary and/or transgender people



## October 2021

### Worship services

**You are invited to join in Sunday worship services in one of two ways!**

Option 1) Watch worship online via live stream. If you have a joy or sorrow to be shared aloud during worship, please email it to [candles@lcuuc.org](mailto:candles@lcuuc.org) by 8am on Sunday. Immediately after service, join us for **Virtual Coffee Hour** on Zoom [HERE](#). (ID: 934 2920 7467)

Option 2) Join us in the LCUUC sanctuary for in-person worship. If you have a joy or sorrow to be shared aloud during worship, please write it on an index card when you arrive. We will be wearing masks, recommending social distancing, and following LCUUC Covid safety precautions.

**Sunday, October 3, 2021**

**Cultivating a Meaningful Relationship with Oneself & Others Through Meditation**

–Larry Hopwood, guest speaker

Our lives are full of relationships: family, friends, foes, pets, nature, and ourselves. Some are pleasant; some are unpleasant, and some are neutral or unnoticeable. Different levels of mindfulness meditation offer ways to make these relationships as meaningful and rewarding as possible. Since these relationships are all connected, starting with the relationship with ourselves can help us understand and appreciate our relationships with others.

**Sunday, October 10, 2021**

**Cultivating Relationship through Music –Davey Harrison, LCUUC Music Director**

Music has an amazing empathic power. Through music we are able to transcend our own experiences and learn to come together as a loving community ready to raise our voices, clap our hands, and support each other.

**Sunday, October 17, 2021**

**Cultivating Relationship through Action –Rev. Carin Bringelson, LCUUC Minister**

If relationships require us to be open to the possibility of being changed, what happens when we ground ourselves in relationships over the course of engaging in social action?

**Sunday, October 24, 2021**

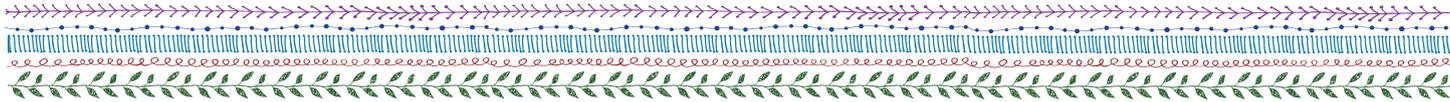
**Relationships between Unitarians and Universalists –Rev. Carin Bringelson, LCUUC Minister**

Sixty-two years ago, Unitarians and Universalists voted to consolidate into a single denomination. Today we'll explore the relationships between our religious forebears that brought us to this point.

**Sunday, October 31, 2021**

**The Divided Self: Finding Peace in a Fractious Mind –Philip Chard, guest speaker**

Inner conflict assumes many forms — guilt, shame, self-criticism, low self-esteem, indecisiveness, even self-harm. The self is not a monolithic psychological entity, but one characterized by multiple “personas” that sometimes harbor competing agendas, attitudes and opinions. Inner conflict and division challenge us to transform the most constant and, arguably, important relationship we have — that with one’s self. We will examine the origins and workings of the divided self, how to negotiate a psychological truce, and paths toward reconciliation, healing and, eventually, inner peace.



## Covid Safety Precautions

The Covid Work Group met in September to confirm the plan to offer in-person worship services while also offering online worship. Plans for the children and youth involved in Religious Education are still under discussion as there is not yet an R.E. coordinator or director.

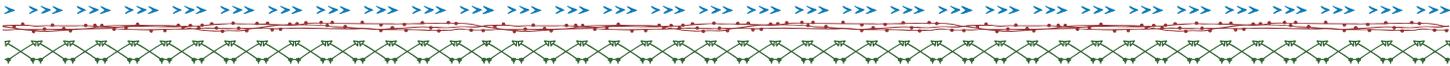
LCUUC continues to be guided by the Centers for Disease Control and Prevention (CDC) and the overall risk level of Waukesha county per Covid ActNow.

For people entering the building when others are also present, please note the following expectations:

- Wear a mask if you are over 2 years old
- People outside of family units are recommended to stay physically distant from one another
- We recommend sanitizing your hands
- Post-worship social time will occur outside the building
- We recommend downloading the app “WI exposure notification app” for the purpose of contact tracing should the need arise
- We recommend that all eligible people get a vaccination (unless medically contraindicated)
- All LCUUC staff and volunteers who have contact with numerous people (i.e. worship leaders, musicians, ushers, greeters, religious education teachers and assistants) are fully vaccinated
- Stay home if you aren't feeling well or if you know you have been exposed to Covid-19 recently



The Covid Working Group will meet again on October 14, 2021. Contact Rev. Carin or Mieke Craven with questions.



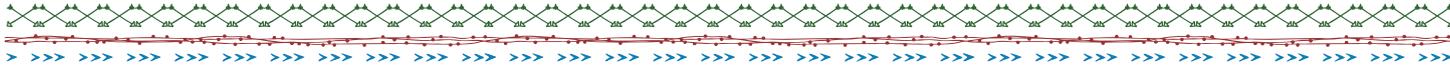
## Carin's Corner

As we settle into my 2<sup>nd</sup> year of ministry amongst you all, October’s theme of “Cultivating Relationships” seems especially appropriate. While I got to know some of you through your work on the Board or other small groups, that’s not the case with many of you. It is good to see some of you in the sanctuary for our in-person worship services. What a treat to get to know each other in whole new ways this year!

Please be in touch.

In Growing Faith,

Rev. Carin, [revcarin@lcuuc.org](mailto:revcarin@lcuuc.org)

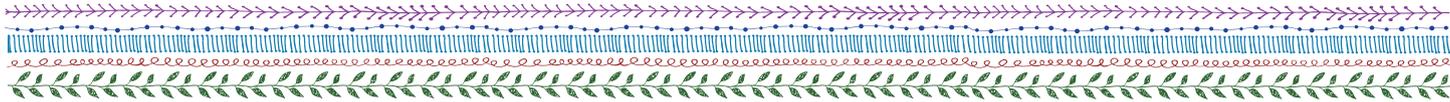


## Meeting with the Minister

Rev. Carin would love to meet with you during this month of “Cultivating Relationships.” Here are some ideas for how:

- eat on the grounds with her at a Bring Your Own Lunch (or at another time!)
- Zoom with her at your convenience
- schedule time for a phone call
- Take a walk

In whatever way you would like to connect, she is happy to accommodate. Make arrangements by emailing her at [revcarin@lcuuc.org](mailto:revcarin@lcuuc.org). Rev. Carin’s ¾-time schedule includes a Sabbath on Mondays as well as one “Off Week” every four weeks. Please check the Master Calendar for her upcoming availability. If you need to reach Rev. Carin with a pastoral care emergency while she is away, please contact chair of the Caring Circle, Yvonne Fort at: [myfort2@wi.rr.com](mailto:myfort2@wi.rr.com).



## Adopt A Highway Saturday October 16

Please join in with our fall Adopt a Highway cleanup from 9:30 -11:00 am on Saturday October 16 (weather permitting, of course). Meet at the front door of the LCUUC church.

LCUUC has participated in Waukesha County's "Adopt A Highway" program since 2001. We joined the program while we were still meeting Sunday evenings at the Jerusalem Presbyterian Church in Wales. We wanted to join the UU Ministry for Earth's "Green Sanctuary" program but didn't have a sanctuary of our own, so we did the next best thing by "adopting" Capitol Drive east of Hartland for the required 3 cleanups a year. This program offered an opportunity for us to take care of a small section of Earth and have a good time getting together doing it; and also, we got our church's name on the roadside signs! Then after we moved into our own building, we found that the stretch of Highway E just north of our church was available, so we "adopted" it instead. So we have been doing these highway cleanups for 20 years!

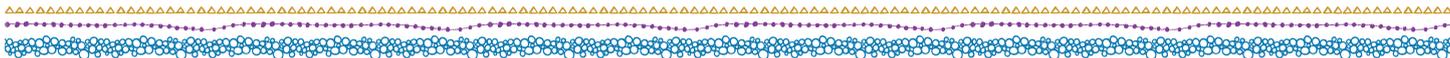


Adopt a Highway relies on organizations such as ours to pick up and bag trash along our assigned County Highway to get rid of the litter and make our roadways more attractive, and we get publicity in the form of signs along our designated stretch of highway. Each participating organization commits to 3 cleanups per year. Our stretch of road is Highway E, from the intersection with K (northwest corner of LCUUC property) north to highway EF.

If you have never done this, give it a try! Wear good walking shoes and gloves. We supply the bags, yellow vests (compliments of the County), and bottled water. Takes about 1-1/2 hours and is a nice sociable walk, in addition to doing something to help our environment and publicize our church. **Because of the coronavirus, social distancing will be observed! Bring a face mask for our group photo.**

We especially welcome Youth participation, although anybody is welcome. Per Waukesha County rules, children participating must be at least 11 years old or in 6<sup>th</sup> grade.

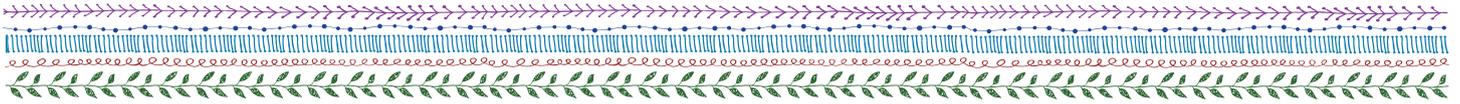
Contact Gerry Flakas for more information



## BYO LUNCH GATHERINGS

The membership committee is going to extend the "Bring Your Own Lunch Wednesdays" into October. We will be meeting at the firepit area the first and third Wednesday. All are welcome. If you have any questions please call Mark Ubbesen at 262-751-7180.

- October 6
- October 20

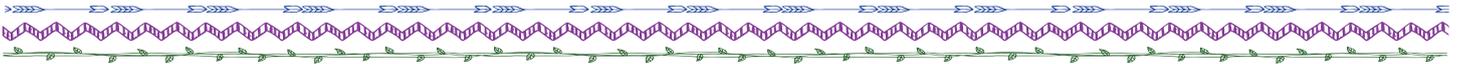


## Teaching the Truth about CRT and How it Affects our Teachers and Students

Zoom event - Sunday, October 10th at 7pm

Outrageous things are being said about "Critical Race Theory" and lots of things are being given that label. Attempts are being made to censor school libraries and even to control what teachers can learn in their professional development. Forces are trying to have us believe that there isn't a problem with racial inequities that needs to be addressed. Laws are being proposed at the state level that would ban the teaching of any history that acknowledges systemic oppression of people of color or women in the past or present.

Join us for a Zoom event where we will learn about what CRT actually is, what's going on in our local schools, and how it's affecting teachers and students.



LCUUC has joined up 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!



### October: Cultivating Relationship

Pandemic time is teaching us so many things about relationships. It's undone our assumptions about work, calling into question the worth of "going into the office" and exposing how we pass most of the economic pain down to those on the so-called lowest rungs of the ladder. It's clarifying that there is no real replacement for in-person connection, and certainly reminding us how precious human touch really is.

Our friendships were weeded out and realigned, inviting us to now prioritize those that are essential over those that are instrumental. We noticed how much costuming is required of us, not just making it clear how sweats are so much more comfortable than suits and fashionable heels, but also helping us notice how insidiously our "required gear" ranks us and separates us from each other.

Routines once forsaken were welcomed back in and suddenly the sacredness of unhurried habits like sit-down dinners, dog walks and making our own bread reasserted themselves. The promise and precariousness of the common good has been placed center stage, reminding us that when people aren't willing to make small sacrifices for the larger whole, pandemics don't end.

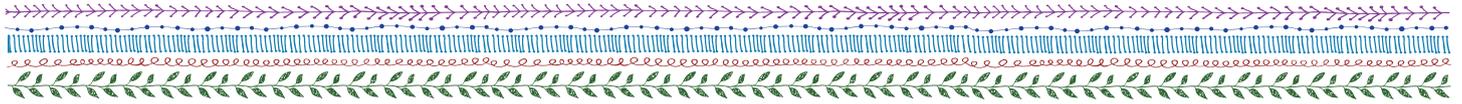
We've learned and are learning all this because Covid brought so much to a halt. It put on the brakes and made us pause. We've had time to look around. To notice. And maybe that's the most important thing we've learned about cultivating relationships, the central thing we need to remember when we are finally able to move on: To go slow.

How long has it been friends since we carefully considered our relationship to speed? A slower pace. A quieter way of moving. A more careful way of dancing with each other. It's the secret so rarely mentioned, and so often overlooked. Simply put, relationships are really hard to build and care for when we are running.

May this month help us hold on to that. May it be one of the lessons we remember most. May we all be blessed by the sacredness of moving at a snail's pace.

**Please visit the LCUUC website for individual and/or small group 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.**

To learn more about Soul Matters small groups, go [HERE](#). Groups begin the 3rd week of October!



### ON BOARD - October 2021

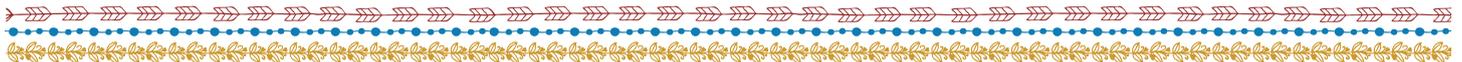
The opportunity to set foot in church again, even with masks and social distancing, is pretty cool. Sitting in your usual pew? Amazing. Listening to live music? Soul-filling. However, there is more than one way to return to our church. Stepping through the doors is only one of them.

The Board is hoping everyone will find a way to return to the work of the church, too ... the mindful and physical work that sustains us and keeps us moving forward. We are in need of more participation in many areas. They include: caring for our building and grounds, finding and welcoming new members, dreaming up new ways to socialize with each other, teaching and celebrating our children, sharing new ideas for worship, offering your musical talents, taking action and supporting causes important to us, diving in to new technologies, keeping the “fun” in fundraising, and more.

Please take some time to consider where your knowledge, talents and/or skills can help support our church. You are always welcome to reach out to Rev. Carin, a Board member, or a committee member with any questions or ideas you may have. We need you and would love to hear about what you can offer. Thank you!

Respectfully submitted by:  
Amy Seay, on behalf of the LCUUC 2020–21 Board of Trustees

LCUUC Board Members	
Lisa Alvarado, President	George Ehrhardt
Brynn Vukelich, Vice President	Dave Harker
Amy Seay, Secretary	Harry Nichols
Tim Fuller, Treasurer (ex-officio)	Gail Ostler
Mieke Craven	Quentin Watson

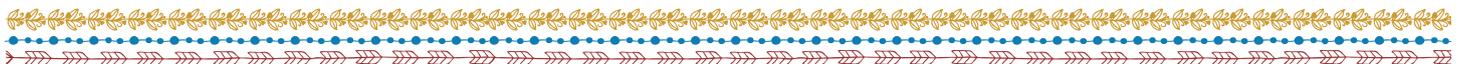


### BLM2WUUS REPARATIONS WORKSHOP

Rescheduled for  
SATURDAY, NOVEMBER 13, 10 AM - 1 PM

**SAVE THE DATE!!!**

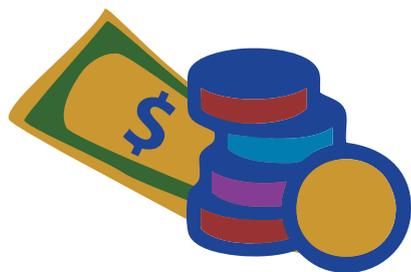
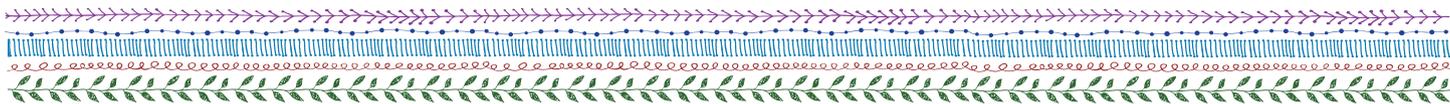
More details will be forthcoming. Sara/Bud Hudson [sbhudson@hotmail.com](mailto:sbhudson@hotmail.com)



### Designated Collection - Month of October

In honor of this month's Indigenous People's Day, our Designated Organization for donations in October is *Honor the Earth*.

*Honor the Earth* is an advocacy group that campaigns for Native American and environmental issues. It has supported environmentalist protests against oil pipelines and promoted divestment campaigns against conventional fuel interests.



## Finance Report

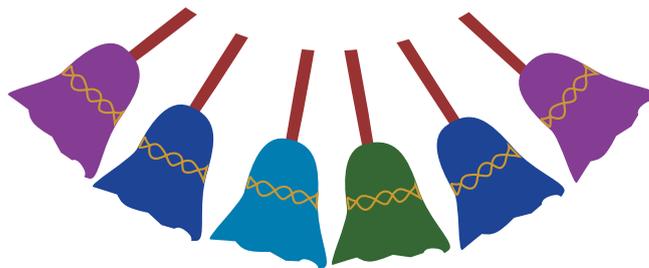
The LCCUC commercial loan comes due on November 20<sup>th</sup>. We will be refinancing an estimated \$256,000 plus an additional \$80,000 to redo our parking lot and provide landscaping for a total of \$336,000. The Committee has three goals for the new loan: a reduction in our monthly required payments providing more flexibility in our annual budget, no pre-payment penalties and pay-off of the loan as soon as possible.

The Finance Committee has been busy the past several weeks researching lenders. We began with a survey of 18 lenders which was subsequently narrowed down 4. Within the next week or so, we should have a list of one or two lenders with whom we would like to proceed. Based on our research, it looks like our interest rate on a 3-year term will be anywhere from 2.75% to 3.5% with slightly higher rates for a 5-year. Our current loan is 4.95% so this will be a significant improvement.



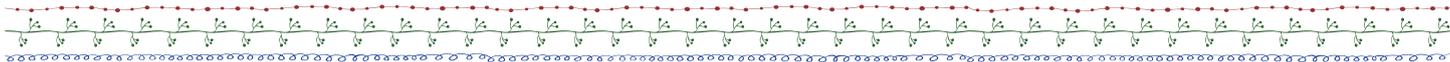
## CHURCH CLEAN-UP SCHEDULE

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.



### October

- October 3                    **Nora Harker & David Harker**
- October 10                **Mark Ubbesen / Beverly Braasch**
- October 17                **Linda Franzblau / Bev Buhr**
- October 24                **Greg Sanden & Kristin Sanden**
- October 31                **Mike Campbell & Betsy Foss-Campbell**



## 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.*

### LCUUC Staff & Hours

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

**Minister:** Rev. Carin Bringelson, she/her  
[revcarin@lcuuc.org](mailto:revcarin@lcuuc.org)                    (262) 369-1703

Rev. Carin's ¾-time schedule includes a Sabbath on Mondays as well as one "Off Week" every four weeks.

**Music Director**  
Davey Harrison

**Congregational Administrator:** Leann Rigoli  
[admin@lcuuc.org](mailto:admin@lcuuc.org) (262) 369-1703  
Office Hours: Tues, Wed, Fri 8am-4pm

**Cleaning:** Kaya Rollins

