



LAKE SHORE UNITARIAN UNIVERSALIST FELLOWSHIP

A welcoming and accepting, diverse and inquiring spiritual fellowship

JANUARY 2023 NEWSLETTER



SERVICES: SUNDAY 10:00 A.M

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MANITOWOC, WI 54220
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Facebook: Lakeshore Unitarian
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LUUF LAY MINISTERS

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Erica Strauss
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Jim Hollahan
jim.hollahan@gmail.com

Ginny Fimmel
amanuensis_vlf@yahoo.com

LUUF BOARD

President: Kathleen Bernhart
V. President: Dick Urban
Treasurer: Kathie Fishbeck
Secretary: Melody Hanson

Members at Large:
Sandy Bast
Mary Dean
Linda Wenzel

JANUARY 1

"To Whom Shall We Go?"
Karl Bjornerud

Karl will be talking about the meaning of spiritual authenticity in a commodified world. He will dissect the roles counter-culture, exclusivism, and personal experience play.

Karl is a second-year student at United Seminary in Minnesota. He is from Appleton originally.

JANUARY 8

"Wellness in the Woods--centering in nature for healing of self and planet"

Dr. Rebecca Abler

In our busy lives, it is all too easy to forget about nature--we spend more time behind the wheel of a car or on a computer screen some days than we do in the outdoors. Research shows that spending time in nature has multiple benefits for us--including improved mental clarity and wellness, lower blood pressure, and an overall sense of connection. Adults and children who spend time outside also report a greater awareness of sustainability issues. This Sunday, Rebecca Abler will share her own experiences with finding her center in nature during difficult times, as well as some of the research that supports the benefits of going outside.

Becky is a Professor of Biological Sciences at the University of Wisconsin Green Bay, Manitowoc campus.

JANUARY 15

"Using Your Trauma Responses as a Road Map to Healing"

Pastor Pat Hanson

Emotional and relational difficulty is ubiquitous. In many cases, that difficulty is energized by a history of psychological trauma caused by betrayal, abandonment or abuse. In this talk we will explore the legacy impact of psychogenic trauma on our relational and emotional capacity and our reactivity to emotional and relational distress. We will identify key developmental tasks to engage on our healing journey and will conclude the talk with practical next steps to guide the healing process.

Pat is a Pastoral Counseling, Emotional Wellness Coach at New Day Resources in Manitowoc



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Email Kim Everett at kimeverett60@gmail.com

LUUF Chalice Google group subscription

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JANUARY 22

“The Way of this Journey”

Rev. Tony Larsen

In the early days of Christianity, followers of Jesus were not called Christians--they were called "People of the Way." Buddhism, too, is usually referred to as "The Middle Way," while Islam is known as "The Straight Way." Shinto (from Japan) literally means "The Way of the Gods." And the Chinese philosophy/religion called Daoism is based on the Chinese word "dao," which means--you guessed it--"way."

In keeping with this month's theme of "Finding our Center," Tony's sermon this Sunday will explore the larger "Way" that all human beings must travel to find fulfillment--along with the smaller "way" which each of us must discover for our personal journey.

Tony is a retired UU minister from Olympia Brown church in Racine, Wi, and he's a regular speaker for us.

JANUARY 29

“The Practice of Patience”

Rev. Karon Sandberg

I've been thinking a lot about patience lately. The dictionary tells us that patience is the ability to wait or to continue to do something, despite difficulties or to suffer without complaining or becoming angry. All these words feel like our lives these days. Waiting, difficulties, anger. How do we center ourselves in this impatient world? Buddhist Pema Chodron says patience is the antidote to aggression, of our sticky desire to jump up and move, to push against our lives. Can practicing patience be a tool for centering ourselves in our daily lives?

Rev. Karon Sandberg is an ordained UU minister who her spent her ministry as a hospice chaplain. She marveled at the sacred lessons her dying patients taught her about how to live. Now in retirement she's working on a book about these lessons and speaking monthly at various UU congregations. She and her husband, Joel, are having fun hiking state and county parks, listening to live music in their community and marveling at how their adult children's lives are unfolding.

ZOOMING AGAIN

Beginning this month we will begin making Lakeshore UU Fellowship services available by Zoom and upload to our YouTube channel. Members and friends who are traveling, home because of illness or who just can't make it to our regular face-t-face service are welcome to join the service on Zoom: Zoom link remains the same for each Sunday service.

Join Zoom service at:

<https://zoom.us/j/98248790184>



I share my greetings with you as we begin this new year. 2023 offers us a new slate and a lot of activities to fill and fulfill our lives. Many of you gathered for a Christmas dinner and I hear it was a huge success. THANK YOU Bev for suggesting and coordinating the event. The Activities Committee has a lot planned for this year also. Feel free to join in.

Last month, after discussion, the board decided we are not ready to join the Open Circle Consortium. Several factors played into the decision including, our level of satisfaction with the way the Fellowship is operating now, our extremely active Service Planning Committee's success in planning services, the cost to the Fellowship to pay part of a minister's salary, and our lack of children and young families at this point. We may look at it again should circumstances change.

In January we will holding an Orientation Session for some of the new people who have been attending services since we have been meeting in person post COVID. On Thursday, January 19, at 2 p.m. we will meet at the Fellowship for introductions and an hour and a half orientation. Ginny Finnel, who is a Lay Minister, and who was one of the founding members will present information on Unitarian Universalism in general and relate how LUUF got started. I will spend time on how we operate and what they can expect if they chose to join as a member or friend. An induction ceremony will be held in February to make it official. If anyone who is already involved wishes to attend for a refresher, WELCOME. Just let me know for planning purposes.

In January the Board will be discussing planning for the next year's finances and annual May meeting as well as a slate of officers for the following board positions: President, Secretary, Member at large 2 year term. Some people have expressed interest so if you are wondering if that's for you, let a board member know. They are: Kathie Fishbeck, Melody Hanson, Linda Wenzel, Dick Urban, Sandy Bast and me.

Stay warm!

LAKESHORE UNITARIAN UNIVERSALIST (LUUF) LAY MINISTRY

Theologically, LUUF Lay Ministers are as diverse as Unitarian Universalist among our Lay Ministry you will find a variety of spiritual perspectives and beliefs about the sacred.

LUUF Lay Ministers are committed to serving all Fellowship members and friends, with the utmost of compassion and discretion. If you're in need of a good listener, connection, support and/or resources inside, or outside our Fellowship, in times of illness, or another of life's challenges, or to officiate at dedications, weddings, or funerals, please don't hesitate to contact any of the following LUUF Lay Ministers:

Linda Hunter huntel@comcast.net Erica Strauss erica.h.strauss@gmail.com Jim Hollahan-



Love is the doctrine of this congregation, the quest for truth is our sacrament, and service is our prayer. To dwell together in peace, to seek knowledge in freedom, and to share our strength in fellowship, thus do we covenant.

As Members and Friends of the Lakeshore Unitarian Universalist Fellowship, we affirm this covenant and promote the Seven Principles of the Unitarian Universalist Association.

As an expression of these commitments:

We show love and respect by

- Creating a community where all are welcome
- Celebrating individuality and ensuring that everyone's voice is heard
- Addressing issues with one another directly, assuming good intentions
- Accepting responsibility for what we say and do
- Supporting our Fellowship with our time, talent, and treasure
- Supporting each other's spiritual journey

We use the democratic process in our congregation by

- Hearing and valuing the opinions of all
- Ensuring transparency in our decision making
- Developing consensus when possible and appropriate
- Resolving differences respectfully, using our fellowship's mediation process when necessary

We work for social justice by

- Striving to become a more diverse and inclusive community
- Educating ourselves and collaborating with others on issues of social justice
- Working to change cultures of injustice.
- Protecting and preserving our planet

We welcome into our Fellowship those who may differ in beliefs but are in general agreement with our commitment.



LUUF continues to support our 5 outreach community organizations.

- **Hope House (Homeless Shelter)**
- **InCourage (Domestic Violence Center)**
- **The Haven (Mens shelter)**
- **TREP (Two Rivers Economical Pantry)**
- **Painting Pathways (Clubhouse International)**
- **LUV—Lakeshore United Visionaries**

We can't do that without your help! Thank you for your support

Hope House Volunteer weeks for 2023—Mark your calendar.

If you'd like to volunteer, training is provided, ask Kim Everett or contact Nancy Slattery at: slatterynancy927@gmail.com

Jan 8– Jan 14

Feb 26—March 4

April 16—April 22

June 4– June 10

July 23—July 29

Sept 10—Sept 16

Oct 29—Nov 4

Dec 17—Dec 23

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From our friends at First Presbyterian



The Manitowoc Warming Shelter at First Presbyterian is open and always in need of volunteers.

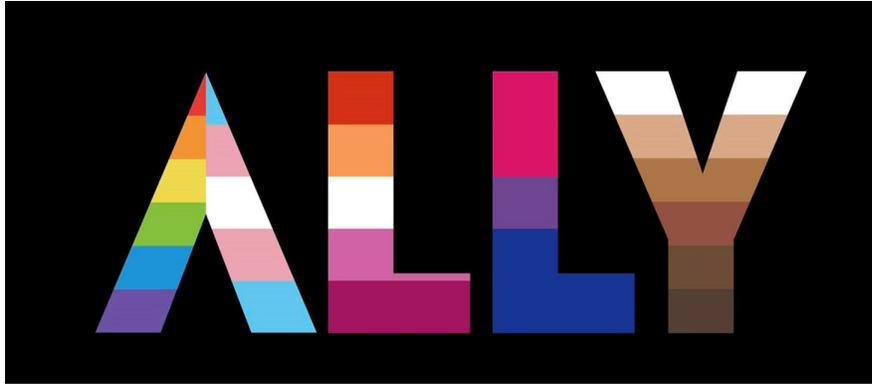
SIGN UP ON LINE AT: WWW.manitowocwarmingshelter.org/

First Presbyterian also continues with their weekly community meal

Some LUUF members enjoy volunteering at these weekly meals. If you're interested in assisting First Presbyterian Contact Pastor Matt Sauer for question about volunteering and warming shelter or community meals.

matt@mcmunited.com 920.860.6880 (cell/text)





ALLY is pleased to announce a collaborative effort with Prevent Suicide Manitowoc county to promote suicide prevention in our community and schools. Mental healthcare is a serious crisis in our country and the more informed we can become on ways to recognize where and how we can help the better. Young people in our community are especially vulnerable to depression and suicidal ideology. Rates in the LGBTQ and minority communities are even higher. There are ways we can help

Donna Firman, president of Prevent Suicide Manitowoc County will be offering a special presentation on suicide awareness and prevention to our community that ALLY is pleased to sponsor. The short presentation will focus on sharing of statistics in our area, the effects of suicide on the community, how micro aggressions affect suicidal ideology and statistical rates particularly among LGBTQ and minority youth, who is affected as survivors of suicide, and conversation and sharing. The presentation is 20-30 min with time planned for Q & A and sharing from community members (you).

Prevent Suicide Manitowoc County will also be partnering with ALLY to offer QPR training in the future. There will be a sign up sheet at the meeting for those interested in becoming certified to help prevent suicide in our community. QPR stands for question, persuade, and refer - the 3 steps anyone can learn to help save a life from suicide. Prevent Suicide Manitowoc County has offered to train interested members of ALLY for free. What a great opportunity for us to help our community and lead our youth. Please join us for this important event.

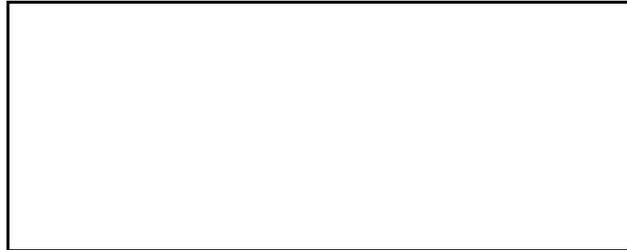
ALLY would like to thank the Lakeshore Unitarian Universalist Fellowship for generously offering their building for us to have this community gathering.

**Please join ALLY for this most informative and life saving presentation on
Wednesday January 4th at LUUF 620 Park Street at 6pm—7:30**

Learn how you can truly make a difference in our community.



Lakeshore Unitarian Universalist Fellowship
620 Park Street
Manitowoc, Wisconsin 54220



LAKE SHORE UNITARIAN UNIVERSALIST MISSION

*As a welcoming and accepting, diverse and inquiring spiritual fellowship,
We unite to create a community which stimulates a free exchange and
Exploration of ideas, foster spiritual and intellectual growth, and
serves as a base for active outreach to benefit the world around us.*

AS UNITARIAN UNIVERSALISTS, WE AFFIRM AND PROMOTE THESE PRINCIPLES

*The inherent worth and dignity of every person
Justice, equality and compassion in human relationships
Acceptance of one another and encouragement to spiritual growth in our congregations
A free and responsible search for truth and meaning
The right of conscience and the use of the democratic process
The goal of world community with peace, liberty and justice for all
Respect for the interdependent web of all existence of which we are a part*



**SIDE WITH
LOVE**