



LAKESHORE UNITARIAN UNIVERSALIST FELLOWSHIP

A welcoming and accepting, diverse and inquiring spiritual fellowship

JANUARY 2019



SERVICES: SUNDAY 10:00 A.M

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MANITOWOC, WI 54220,
PHONE: (920) 686-0643

Email: luuf.parkstreet@gmail.com

Website: www.lakeshoreuufellowship.org

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LUUF LAY MINISTERS

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LUUF BOARD

President: Erica Strauss

V. President: Cecilia Held

Treasurer: Kathleen Bernhart

Secretary: Nancy Lodl

Members at Large:

Jim Everett
Jim Hollahan
Ginny Finnel

JANUARY 6

“From Thoreau to King” James Jaeger

Seeking Justice Non-violently” with guest speaker, Rev. James Jaeger. Soon we will remember the legacy of Rev. Dr. Martin Luther King, Jr. Our Sources of Faith, include words and deeds of Prophetic Women and Men, including modern day prophets like Dr. King. Rev. Jaeger will examine the link between Unitarian Universalism and the work of Dr. King and others. He will look at the connection of Dr. King, Mahatma Gandhi, Nelson Mandela and Henry David Thoreau. Given our present political and social turmoil, this is a good time to remind ourselves that there are better and more effective ways to seek justice.

James A. Jaeger, M.Div. serves as a contract consulting minister with Open Circle. He also ministers to Prairie Lakes UU Fellowship in Ripon, and Fellowship of Rock County in Janesville. He is a part-time chaplain with Heartland Hospice in Madison, and a night chaplain at Meriter Hospital there. Prior to entering seminary, Jim practiced law for over 35 years. He is married to Karen Jaeger, with two sons, two daughters-in-law, and five grandchildren.

JANUARY 13

“Our Sisters and Brothers” Dick Smythe

To whom are we related? Do we think that only humans can enjoy beauty, can solicit help, can grief, can display thankfulness? We are beginning to understand that many creatures with whom we share this earth also share many of our most cherished attributes. And why not? They share many of our genes.

Dick is an entomologist retired from the research division of the U.S. Forest Service. He is also a part of the Climate Coalition of Door County. Throughout his life he has two cominant interests: his fascination with the natural world and his interest in religion/theology.

JANUARY 20

“The Making of an Idolator” Kerry Trask The Spirit of the River

“In a personal, public confession, Kerry Trask will admit to being idolatrous, and will describe how a spell was cast upon his imagination while still a very young boy growing up in a small community in Canada. That spell exerted a lifelong influence and accounts, at least in part, for why he was so irresistibly drawn, like a moth to a streetlight, to participate in the Spirit of the Rivers project and how the sculpture had a particularly powerful meaning and significance for him. He even theorizes that the monument may make idolaters of us all.”

Kerry Trask is a retired faculty member from the University of Wisconsin, Manitowoc.

DECEMBER 23

“A Walk That Tells A Sacred Story” Richie Plass

The Menominee language for this would be: “Ateqno”. He is also hkew Pemohneaw.

In 2010 members of Wisconsin’s Menominee Tribe recreated the historical removal of their people from the “Poygan Payrounds” to the current site of their reservation.

Continued page 2

Email Kim Everett at kimeverett60@gmail.com

LUUF Chalice Yahoo group subscription

<https://groups.yahoo.com/neo/groups/LUUFChalice/info> To unsubscribe luufchalice-unsubscribe@yahoogroups.com

Continued from page 1

Mr. Plass will talk about the signing of the treaty that created Menominee removal, a brief history of those events, and the 2010 80-mile walk that commemorated that history. He will also share some of a series of nine poems that he wrote about the historical events.

Richie Plass is Menominee and Stockbridge/Munsee from the Menominee Indian Reservation in Wisconsin. His Menominee name is, "Powekonnay", which translates to, "One who changes his feathers".

Richie has been writing poetry since the mid 1960's and has been published in various publications around Wisconsin and the United States. He is also a musician, songwriter, public speaker, former radio host, curator of the traveling exhibit on Native American imagery called, "Bittersweet Winds", educator, and traditional dancer. Richie was the recipient of the first ever, "Lifetime Achievement Award" from the "Indian Summer Music Awards" in September of 2013 presented in Milwaukee, Wisconsin.

Happy New Year!

For me, as for many, 2017 has been a challenging year, full of ups and downs. Like many of you, I have struggled to determine how best to respond to policies and actions at odds with my values and many, if not all, of our seven UU principles.

The Women's March in January, which I attended with my daughter and her friend, Joanie, reminded me that we are very far from alone in our efforts to resist the assaults on democratic and moral standards that now seem to come at us almost daily. The formation of the UUA's Love Resists movement, Indivisible, and our more local efforts with the statewide Voces de La Frontera and the Manitowoc Human Rights Coalition have reinforced that early reminder that many others are with us in this struggle.

Most recently, I've been encouraged to see the development of WUUSAN, the Wisconsin UU State Action Network, a vehicle for united social justice action by congregations across the state. Three of us from the board will attend the next meeting in Stevens Point later in January and will report back on what transpires. The November meeting was organizational—with questions about how to determine what issues to address or how many should attend from each congregation. More to come.

On the home front, we have developed a covenant of right relations for the board, which I will print off and share with the Fellowship on the back table. After we have worked with it for a while, we'd like to begin the process of leading our congregation in developing, through a process of study and consensus, a covenant for the whole Fellowship.

We are still looking for one more willing soul to train as a lay minister, probably in April. Give a call (769-5034) if you are interested.

Erica

The next Board Meeting will be held on **Wednesday, January 4, at 1pm, in the Fellowship.** As always, if you have any issues you would like addressed or would like to attend a meeting, please let a member of the board know. All are welcome to attend board meetings. In the spirit of transparency— Minutes of past board meetings are filed in the library.

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 or Erica Strauss erica.h.strauss@gmail.com

Report from Wisconsin Unitarian Universalist Social Action Network meeting in Stevens Point on November 10.

Six congregations were represented; Door County, Stevens Point, Milwaukee, Mequon, Appleton and Manitowoc.

Scott AAseng, a minister from IL lead the session.

Topics addressed were:

Means of communication: Suggested personal calls and discussions with various congregations. We each took a congregation to call and partner. LUUF took Fond du Lac. There are a few (7) not selected yet, but we will start with these. Listening to concerns of various congregations is a big part of selecting topics to be focused on.

The IL group does not have paid staff, but Scott has the time and skill to perform most of the functions. We need to secure who is in the group and what they can offer before we make any moves toward paid staff.

Scott had several suggestions for resources.

Jim said our 501(c)3 is ready to go. We will contact our assigned congregations once the next step is prepared. Suggestions and concerns to Kathy and Erica.



Multigenerational worship is designed to engage all ages, from babies to elders, in a shared experience of spiritual growth.

Please join us in service, all ages, all welcome.

For our youngest activity bags, full of fun and entertaining things to do during service will be provided.

Rocking chairs to sooth, or quiet space to calm, your children are welcome into our beloved community



If you missed Skip Wallen at LUUF in December, or you want to listen again

Here's your chance!

Skip will present My life in Alaska Artic

January 22—1:00pm

R.T. "Skip" Wallen, creator of the Spirit of the Rivers monument, is best known for his art, but his career began as a wildlife biologist with the Alaska Department of Fish and Game. Join us as Skip talks about his time with the Inupiat people on Little Diomed Island located in the Bering Strait. Registration necessary by Friday, January 18th.

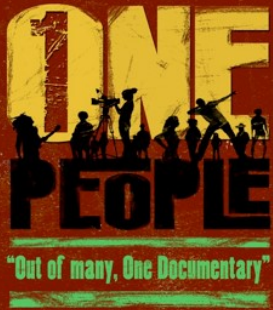
Sponsored by Next Era Point Beach Nuclear Plant.



More than tea & toast

Don't forget!
Saturday, Breakfast Club,
January 5 ~ Dali's Café 9:30 am.

First Saturday of every month.
 Join us for breakfast and conversation.
 No need to sign up, just show up!



Movie Night at the Everett's
January 16 — 6:30 pm

Through the lens of five immigrants who are on their journey to U.S. citizenship, this film depicts some of the many threads that continue to weave the tapestry that is America. It is a reminder national motto, "E Pluribus Unum," Out of Many, One.

Bring a movie snack

Sunday Evening
Meditation
6:30pm



Sources
of Our
Faith

INSPIRATIONAL READINGS

KATHLEEN BOKING, EDITOR

Unitarian Universalist
Sources of Faith
Sharing/reflection group will
meet 1st Sunday of each
month, after coffee, see you;

January 6

Ceil will lead the group
in the 3rd source
Some preparation for each
session is expected.

The living tradition we share draws from many sources. This collection of inspirational readings from many cultures and times provides a felt sense of the six Sources of Unitarian Universalism. Organized by Source, and introduced with thoughtful essays from the editor, these readings are ideal for use in worship or for personal reflection.



Don't Forget!
Circle Suppers, breakfast,
brunch or Lunch!

We're seeking HOSTS for the Fellowship's Circle Supper, breakfast, brunch, or Lunch in March, April, or May!

First Saturday of each month, join the Breakfast Club, at Dali's Café, at 8th & York. Informal, no need to reserve your space, just show up and enjoy breakfast with friends.

These suppers are simple and fun!
 A potluck at a host's home, or a gathering at a restaurant. Host choice, lunch, or dinner, weekend, or weekday! Home, or favorite restaurant.

Circle Suppers are a great way to get to know Fellowship friends. For the potluck meals, in guests homes, participants coordinate with their host on what to bring. For a restaurant dinner, hosts choice, participants pay for their own meals. It is recommended that a Circle Supper include 6-10 people, to contribute to good conversation over a shared meal. It does not have to be an even number, 7 works too!

We're organizing it a little different—you'll find Circle Supper sign up sheets in the vestibule of the Fellowship. Anyone interested in hosting, fill in the host section of the sign up sheet, date time and pot-luck or restaurant, feel free to announce you're hosting during the service announcements, and guests will sign up. **Super Simple, Circle Suppers!**

Contact Kim Everett, or adult activities committee, for questions, or to include your Circle Supper in the newsletter.

Friendly Fellowship
around Good Food!

GLOBE

Green Living On Behalf of the Earth

Weekly Green Tips



JANUARY 6 — DID YOU KNOW? DID YOU KNOW? A LEAKY FAUCET THAT FILLS A COFFEE CUP IN 10 MINUTES WILL WASTE AN ESTIMATED 3,000 GALLONS OF WATER PER YEAR.

JANUARY 13 — DID YOU KNOW? GENERATING ENOUGH ELECTRICITY TO COOK FOR AN HOUR IN A STANDARD ELECTRIC OVEN CREATES 2.7 POUNDS OF CO₂. A TOASTER OVEN CREATES 1.3 POUNDS OVER 50 MINUTES; A MICROWAVE CREATES 0.5 POUNDS OVER 15 MINUTES . IF POSSIBLE, USE A MICROWAVE INSTEAD OF THE STOVE TO SAVE ENERGY. MICROWAVE OVENS USE AROUND **50% LESS ENERGY** THAN CONVENTIONAL OVENS DO.

JANUARY 20 — DID YOU KNOW? THE AVERAGE DISHWASHER IN US HOMES TODAY USES 8.7 GALLONS OF WATER PER LOAD. WASHING BY HAND FOR 10 MINUTES WITH WATER RUNNING CAN USE 20 GALLONS. TODAY'S DISHWASHERS ARE ABOUT **95% MORE ENERGY-EFFICIENT** THAN THOSE BOUGHT IN 1972—YOUR OLD DISHWASHER MAY BE COSTING YOU MORE IN ENERGY BILLS THAN IT WOULD TAKE TO BUY A NEW ONE.

JANUARY 27 — DID YOU KNOW? If your toilet is from 1992 or earlier, you probably have an inefficient model that uses between 3.5 to 7 gallons per flush. Newer, high-efficiency toilets use less than 1.3 gallons per flush.

5 Spiritual New Year's Resolutions

By Rabbi Davi Wolpe, Senior Rabbi of Sinai Temple in Los Angeles.

Time magazine <http://time.com/4605044/5-spiritual-new-years-resolutions/>

The best resolutions are elastic—they cannot be broken with a single act. If you swear never to touch red meat, one burger ruins the resolution. If, on the other hand, you pledge to eat healthier food, each day you have a chance to fulfill the resolution anew. Below are five elastic spiritual resolutions that can carry you throughout the year.

1. Engage with people more than pixels.

Looking at a phone is quick and undemanding. Texting is easier than talking—it gives you intimacy without danger. This year, resolve to spend more time looking into someone's eyes when you communicate with them. Replace an extended exchange on text with a meeting for coffee. Make a promise of presence.

2. Take your soul seriously.

It is easy to pretend that what we watch and how we speak have no effects on us. But the constant pounding of hatreds and dehumanization that marks so much of our media have consequences for our character. Part of who you are is the sum of the influences you choose: what you watch, who you associate with, how you speak about others both publicly and privately. Life is a continuous journey of soul shaping, and this year, resolve to keep your deep journey in mind. Turn away from something seductive but corrosive—Twitter rants full of bile, or people who continually insult those around them, or depictions of violence that take savage delight in suffering. You only get one soul; don't squander it in things unworthy of its majesty.

3. Increase your kindness.

If you wish to feel kind, do something good. The great secret of moral growth is that it often begins from the outside. Rather than your joy leading you to smile, your smile can lead you to joy. Behave generously even when you do not feel like it and the habit will grow as will your innate quality of kindness. The act can be small or large; it can be a charitable contribution or a gentle word or help with a heavy bag on an airplane. Do it.

4. Choose Someone to forgive.

All of us have legitimate grievances in our lives. Some people are very hard to forgive but you need not begin with the toughest cases. Small acts of grace will grow. Forgive the guy who cut you off in the street; after all, you have cut people off as well, on purpose or inadvertently. Forgive the person who made an unkind remark about you. Choose a place to begin. The more you forgive, the less the world can injure you; forgiveness is a soft shield for your soul.

5. In forgiving, include yourself.

Fight against perfectionism. Leave a dropped stitch in the knitting of your life. There will always be more possibilities to get something wrong than to get it right. Allow yourself the latitude of mistakes, without self-punishing. God is supposed to be perfect, not human beings. Have expectations of yourself, but don't enforce them with a hammer.

The New Year is coming. You have not wasted a single day of the future. So here is your chance to live purposefully. Will you achieve this every day? Of course not (see #5 above). The key resolution is not to triumph or to always succeed. Resolutions of the spirit come down to one thing: in this New Year, grow.



Ribbon Cutting Ceremony and Open House!

January 17 ~ 4:00—6:00pm

**1501 Marshall Street, Manitowoc
(St.John's UCC)**

We invite you to meet Team Grow It Forward at our Ribbon Cutting Ceremony and Open House. Come for the great conversations, tours of our shared-use commercial kitchen facility, and more!

Enjoy local products produced by GIF's commercial kitchen renters and community partners, such as a special craft brew from Sabbatical Brewing Co., eggrolls from Vue's Family Food Stand, and Bearcatts, LLC's pickled asparagus, Brussels sprouts, and mushrooms, available on the Bloody Mary minibar.

We can't wait for you to meet our newly elected Board of Directors, which includes Kristin Odell (Chamber Member and Future 15 Awardee), Mike Salutz (CFO/COO Muth Mirror), Jason Prigge (Vagabond Creative Studio/Cooler Coast), Elizabeth Wergin (Juniper Physical Therapy, LLC), Tim Gadzinski (Manitowoc Public Library), Meredith Sauer (Lakeshore Technical College), Kris Remiker (Aspire Real Estate Group), and Brandi Bohlman (Nourish Farms)!

Our Board is excited to share our 2018 successes, and provide 2019 updates on the Manitowoc Farmers Market, Night Market 920, and our Community Gardens.

See you there!



If you'd like to participate in Hope House Volunteer opportunities, please

Call Volunteer coordinator at Hope House **(920) 686-1436**

To schedule a time to become familiar with Hope House and learn what's involved in becoming a volunteer

Hope house wish list

Paper Towels, Toilet Paper
Laundry Detergent, Dryer Sheets
Cleaning Supplies, and wipes
Pillows, Blankets, Sheets

For additional items, visit their website at:

<http://hopehousemc.org/wish-list/>

Lakeshore UU Volunteer weeks

January 27—February 2

March 10—March 16

Contact Nancy Slatterly at:
nancy_slattery@hotmail.com
If you are available to volunteer.

Check out Hope House facebook page for more information about upcoming events and happenings.

<https://www.facebook.com/hopehousemc/>



Painting Pathways Club House Inc.
Club House international registered.

Painting Pathways Clubhouse empowers adults with diagnosed mental illness by building community, supporting recovery and changing lives.

<http://paintingpathways.org/>

<https://www.facebook.com/Painting-Pathways-Clubhouse-Inc-1612913832257735/>



Two Rivers Mishicot Ecumenical Pantry

Don't forget our food basket in the vestibule of the Fellowship



Please drop off your non-perishables and they will be taken to TREP.

Pantry needs:

Meals in a can, cereal, chili beans, baked beans, chicken noodle soup, soda crackers, tuna, macaroni and cheese, ramen noodles, jelly, peanut butter, packaged rice, or noodle meals, pasta and rice. Toilet paper, tooth paste, shampoo deodorant, bar soap, cleaning supplies and diapers.

Please drop your contributions in the coat room and they will be delivered to TREP.

Volunteers needed:

People to take clients around for food on Monday mornings from 8:00—noon. Or, Wednesday morning from 8:30—noon

Volunteers to drive the cube truck on Monday or Wednesday mornings. Heavy lifting involved, bring muscles.

Call TREP at: 793-5364 if interested.

Coats for kids

If you have a gently used coat, please take it to Cool City Cleaners to be cleaned free of charge, just tell them it's for TREP Coats for kids. Gently used snowpants or boots can be dropped off at TREP, or left with food collection bags in the coat room of the Fellowship



The Manitowoc County
Domestic Violence Center (DVC)

new name is... in courage
still SUPPORTING VICTIMS of DOMESTIC ABUSE and SEXUAL ASSAULT

24/7 CRISIS LINE (920) 684-5770

EMAIL: INCOURAGE@INCOURAGEWI.ORG



SHELTER ASSISTANT/CRISIS LINE:

Answer the DV & SA crisis lines (training provided)
Assist residents as needed in shelter with daily living skills
Other volunteer opportunities:
Restocking kitchen cupboards
Organizing/cleaning
Processing donations

RECEPTIONIST/OFFICE WORK:

Greet visitors (during daytime hours)
Assist with clerical duties such as:
Data entry
Making copies
Filing
Preparing mailings
Familiarity with Word and Excel a plus

SPECIAL EVENTS/FUNDRAISING:

Lend a hand at special events.
Fundraisers.
Mailings

TRANSPORTATION:

Assist in the transportation of clients to appointments
in the
community and other various destinations.
Can use agency van or your insured vehicle

MAINTENANCE/YARD WORK:

Help with regular maintenance or yard work.
Summer lawn mowing is always needed.

For additional information about volunteering at inCourage, visit their website at:

<https://incouragewi.org/volunteer-page/> Or call 1-920-684-4661

Follow InCourage on <https://www.facebook.com/InCourage-113065508711585/>





of Manitowoc County, Men's Homeless Shelter

www.thehavenofmanitowoc.org



<https://www.facebook.com/The-Haven-of-Manitowoc-County-119607058158558/>

Things We Need

Personal Items

- Bath Towels and Wash Cloths
- Body Wash
- Ear Swabs
- Jeans size 29-32 waist
- Lotion
- Nail Clippers
- rain ponchos w/ hoods
- steel toed boots all sizes
- sunscreen
- Underwear (no briefs) socks all sizes

Food Items

- bottled water
- Butter
- charcoal and fluid for grilling
- cheese
- coffee creamer
- Coffee regular grind
- fruit juices
- Milk
- salad dressings
- Sugar

Shelter Supplies

- 45-49 gallon black garbage bags
- air fresheners (glade, febreze)
- alcohol pads
- aluminum foil
- Batteries (all sizes)
- fans--prefer box style
- kitchen dishes, plates, cups, silverware
- Laundry Detergent
- light bulbs
- lysol disinfectant spray
- non latex gloves
- Paper Towel
- pots/pans,cooking utensils
- power strips
- Toilet Paper
- Y/Z vaccum bags
- Ziplock Freezer Bags

Office Needs

- clear document protectors
- legal pads
- manila folders
- packaging tape
- post it notes
- printer paper 8 1/2 X 11
- Resume Paper
- used laptops

The Haven Beauty Brigade, E-Waste Brigade, and Drink Pouch Brigade Recycling Fundraisers

Beauty Brigade Recycling Info -

The Haven now collects used personal care packaging to send in for reimbursement.

Accepted waste includes:

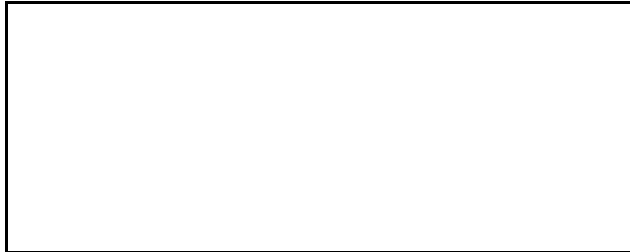
1. Hair care packaging such as shampoo bottles and caps, conditioner bottles and caps, hair gel tubes and caps, hair spray bottles and triggers, and hair paste plastic jars and caps.
2. Skin care packaging such as lip balm tubes, face soap dispensers and tubes, face lotion bottles, tubes, and plastic jars, body wash containers, soap tubes and dispensers, body lotion dispensers and bottles, shaving foam tubes (no cans), and hand lotion bottles and tubes.
3. Cosmetics packaging such as lipstick cases, lip gloss tubes, mascara tubes, eye shadow cases, bronzer cases, foundation packaging and bottles, powder cases, eyeliner cases, eyeliner pencils, eye shadow tubes, concealer tubes, concealer sticks, and lip liner pencils.

Watch for a collection box in the coat room, coming soon.

For E-Waste visit weblink and drop off at the Haven

https://s3.amazonaws.com/tc-us-prod/download_resource/downloads/1898/E-Waste_Brigade_Accepted_Waste_Guide.pdf

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

PEACE TO ALL

