



LAKESHORE UNITARIAN UNIVERSALIST FELLOWSHIP

A welcoming and accepting, diverse and inquiring spiritual fellowship

SEPTEMBER 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

Facebook: Lakeshore Unitarian
Universalist Fellowship

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LUUF BOARD

President: Erica Strauss
V. President: Cecilia Held
Treasurer: Kathleen Bernhart
Secretary: Ginny Fimmel
Members at Large:
Nancy Lodl
Jim Hollahan
Tod Geimer

SEPTEMBER 8

"Water Communion" Mary Jo Urban Members and Friends

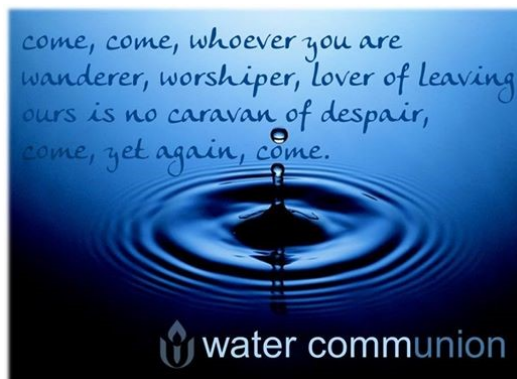
Join us for our annual Water Ceremony, a Unitarian Universalist tradition. At the LUUF, we celebrate this traditional service marking the end of the summer season. Whether your summer took you across the world or for a walk in the rain, we hope you will bring water to share in the communal font during the Water Ceremony.

Please bring to the service a small amount of water from your summer travels or from a place that is special to you ("symbolic" water from your own kitchen sink or ours will do as well!)

As the water is added, the person who brought it tells why this water is special to them. The combined water is symbolic of our shared faith coming from many different sources, as well as our fellowship coming from many different experiences.

The Water Ceremony/ Communion Service is an excellent opportunity for Unitarian Universalists to express their commitment to our Sixth Principle:

We covenant to affirm and promote the goal of world community with peace, liberty and justice for all.



The First Water Ceremony

In 1980, two Unitarian Universalist women—Carolyn McDade and Lucile Schuck Longview—were asked to create a worship service for the Women and Religion Continental Convocation of Unitarian Universalists.

As they shaped that service, McDade and Longview wanted to create a new ritual **"that spoke to our connectedness to one another, to the totality of life, and to our place on this planet."** They included a new, inclusive symbol of women's spirituality: water.

They write,

"Water is more than simply a metaphor. It is elemental and primary, calling forth feelings of awe and reverence. Acknowledging that the ocean is considered by many to be the place from which all life on our planet came—it is the womb of life—and that amniotic waters surround each of us prenatally, we now realize that [this worship service] was for us a new story of creation... We choose water as our symbol of our empowerment."

The November service, held in East Lansing, Michigan, was called "Coming Home Like Rivers to the Sea." As its creators, McDade and Longview enacted their ritual in the liberating space of a semicircle around a large earthenware bowl. They asked eight different women—each coming from distant places—to bring water, and they did: water from the Rio Grande and Assiniboine Rivers, rain water from Maryland, water from the Pacific and Atlantic oceans, and others were poured into the earthenware bowl as each bearer described its significance.

"As the ritual is continued," says Carolyn McDade, **"water deepens in meaning for us, just as water deepens during its long and winding journey to the sea."**

For more on the 1980 water ritual and the women who created it, please read Rev. Dr. Susan Ritchie's detailed history at:

<https://www.harvardsquarelibrary.org/featured-new/water-rituals-and-ingatherings-revitalized/>

Continues on Page 2

Save a tree, save paper, save money Sign up to receive your LUUF newsletter electronically

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

SEPTEMBER 15

"My favorite fears"
Erika Jensen

Journey with shamanic practitioner Erika Jensen, from Open Circle Unitarian, as she learns about how to take on her fears with a traditional practice called the "Cherokee Fear Bowl." The idea is simple: by moving into your fears, you learn how to engage with them and become more resilient. Erika is a former organic farmer and stage four cancer thriver.

SEPTEMBER 22

"Tapestry of aging"
Cheryl Pitre

"Navigating "Elderhood"—steps to developing a healthier and more fulfilling a more fulfilling "third chapter" of our lives.

SEPTEMBER 29

"A UU Liturgy for Rosh Hashanah and Yom Kippur"
Arthur Thexton

The Jewish High Holy Days begin Sunday, September 29, at sundown. How might the ancient annual practice of structured self-examination, repentance, and forgiveness benefit us, as modern Unitarian Universalists?

Arthur is one of our regular speakers. He has both theological and legal backgrounds. He is a "cradle Unitarian," so he has the long view! He lives in a suburb of Milwaukee after a long career as a lawyer in Madison.

Fourth Sunday Pot-Luck
Collection for TREP

Summer Fun!

Ceil's porch concert



Thank you to Ceil for sharing not only her porch, but her driveway, sidewalk and gardens with an ever growing group of friends, friends of friends and everyone she cross paths with.

Thanks to the porch musicians who sang and played past their supper. Next year we feed the musicians first. Thank you to kitchen fairy's who helped Ceil prepare and set up, Thank you to the tents set up and tear down crew. Thank you to all who brought delicious dishes to pass. This annual tradition has become the event of the summer.

How About That Summer?!!

All of you with green tomatoes in your gardens raise your hands! Yes, I know, with August bringing weeks and weeks of sub-80s weather, they just aren't ripening. Looks like a repeat of last year, and I'm just hoping September will also repeat its sudden warm spell that turned at least half my tomatoes red.

Summer or no summer, we're back to fall and a busier UU calendar, beginning with the water Ceremony a week from now to welcome all of you back from wherever you have roamed and whatever beaches you have basked upon. We hope to hear your stories of the last three months as you pour the water you have collected from your travels—or from the sink downstairs—into the communal bowl.

That bowl reminds us that we are a community, that in some important ways we all belong to each other. In the months ahead, the board will be moving forward with the covenant project we have been discussing now for some time. A covenant, as you have heard, is about promises we make to ourselves and our community about how we intend to live together. It is an important document, individual to each UU congregation and arising from the consensus of its membership. Look for more on this in weeks to come.

We will also be moving forward to submit our application to the UUA in December for official member congregation status. This is a step we have been wanting to take for some time, but new policies around the annual fair share have put it within financial reach for us. In truth, the UUA and the MidAmerica Region have been incredibly supportive of us as an "emerging congregation," and it is time for us to make this commitment.

I look forward to returning from Cincinnati and joining with you to celebrate our Water Ceremony next week and coffee, snacks, conversation afterward. Anyone for fried green tomatoes?

Erica

Did you know LUUF has a Facebook page?



Our Facebook page has been growing, but we need you to help us make a splash on social media.



Our Sunday service planning committee works hard to bring us informative, spiritual and interesting presenters and

topics that we know others would enjoy.

<https://www.facebook.com/Lakeshore-Unitarian-Universalist-Fellowship-125802592203/>

We need you to us like on Facebook

The next Board Meeting will be held on **Annual meeting on Sept 3, 6:00pm**. 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:



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.



Don't forget!

**Saturday, Breakfast Club,
Sept 7~ Dali's Café 9:30 am.**

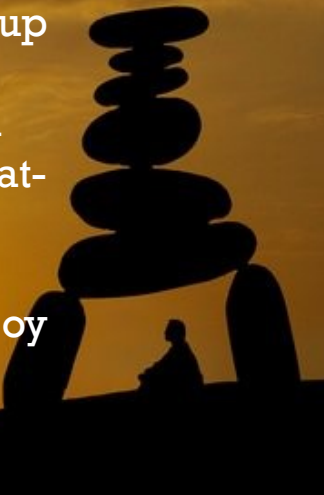
Dali's is closed for two weeks, no breakfast in Feb.

First Saturday of every month.

Join us for breakfast and conversation.

More than tea & toast

Our weekly meditation group meets at 6:30 on Sunday nights. We're informal, and you are welcome to use whatever form you like—centering meditation, Buddhist meditation, or just enjoy sitting in silence. We enjoy quiet for about 30 minutes. We'll be happy to see you!



Songs, poems, prayers for healing ourselves, healing the Earth.

**Contact Bev Rawling at:
circleofsong@tds.net**

Please join us in Sept 5, 11 & 13 to practice Earth Songs, which we will sing at the Sept 20th Global Climate Strike.



**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 Earth

Green Tips



Making the shift towards an environmentally-friendly lifestyle can help improve your health and life overall, and it's also a major boost to the world around you. Ditching unnecessary chemicals, unhealthy foods, unfriendly Earth practices, and bad habits/routines can all add together to make an altogether healthier you, whilst boosting the environment and ecosystem. Wherever you are in the world, the following tips are all achievable endeavours. Some of them are even great fun! So indulge yourselves whilst we all fight for a Greener future. effort.

Save Energy

One of the most direct steps you can take to reduce the impact your lifestyle has on the environment is reducing the amount of energy that you use in your home. Along with making your home greener, saving energy has real, tangible benefits on your life in that it can save you money. Although some energy-saving techniques require some initial financial outlay, in the long-term the money you save can really add up.

Some energy-saving home improvements you could consider include the following:

- **Use low energy light bulbs:** Compact fluorescent lamps (CFLs) save energy and money – typically they use one-third to one-fifth electricity compared to traditional incandescent bulbs, and last eight to fifteen times longer. This is a no-brainer – get them fitted today!
- **Switch off appliances when they are not in use:** Leaving electric items such as computers, audio-visual equipment, and kitchen appliances on “standby” uses electricity. If you are not using these appliances, you should switch them off completely.
- **Unplug your charger when your phone, laptop or tablet is fully charged:** Similarly, when your phone is fully charged, unplug the charger to conserve power.
- **Insulate your home:** Insulating your home properly can make heating much more efficient. Some local authorities offer insulation schemes so it is worthwhile to take the time to investigate whether you are eligible for free home insulation.
- **Lower your thermostat:** Reducing the temperature on your heating system's thermostat by a few degrees will, over the course of a year, reduce the amount of energy and money you spend on heating.
- **Wash your clothes at low temperatures:** Much of the energy used in washing laundry is expended on heating the water, so always opt for a lower temperature when possible.
- **Line-dry laundry:** Tumble drying clothes uses large amounts of electricity, so use a washing line or drying rack to dry your laundry more naturally.
- **Cover pans when cooking:** Whenever you cook on the hob, always try to cover the pans – this reduces the amount of energy that escapes from open pans, plus the amount of time it takes to heat up food and boil water.

GLOBE

Green Living On Behalf of Earth

Say no to Plastic



Be Fantastic

On Sat Aug 31, LUUF GLOBE Committee members Sandy Bast & Kim Everett were at Manitowoc Farmers Market with a Plastic waste awareness poster and buttons. Handing out grocery bags and educating the community about how to be more sustainable.



**THIS PIECE OF PLASTIC TRASH WAS
RECENTLY FOUND ON THE BEACH
-IT WAS THROWN AWAY IN 1976**



Please join us.....

The Manitowoc County Earth Care Team

Lakeshore Unitarian Universalist Fellowship (LUUF),
League of Women Voters (LWV)-Manitowoc County,
Grace Congregational (UCC)

The 2019 Global Climate Rally/March – Manitowoc Friday, September 20th from 4 PM to 6 PM

Meet in front of the Manitowoc Public Library, 707 Quay St.
(Some global warming rally signs will be available or bring your own)

Rain Date: Monday, September 23, 2019

On September 20th, three days before the UN Climate Summit in NYC, young people will strike all across the US and world to demand actions to address the climate crisis. For the first time since the youth climate change strikes have begun, adults will be joining with the young people to show their support and solidarity.

We invite you to join the climate change Rally/March in Manitowoc. We all need to be part of the fight against environmental destruction and to find ways to transition off fossil fuels to renewable and sustainable energy sources.

For more information please check out...globalclimatestrike.net, 350.org,
or the UUA's Health Ministry for Earth (uumfe.org/act/)
LUUF Contact Sandy Bast—sbbast@comcast.net

G L O B A L
**CLIMATE
STRIKE**
SEPTEMBER 20

FABRIC E X CHANGE

Tuesday, September 24 4:00-7:00 PM

Give your fabric stash an instant refresh!

- Bring clean, serviceable items—fat quarters, cut fabric, thread, yarn, pattern books, sewing notions and knitting paraphernalia—that you no longer want.
- Browse items brought by fellow fabric-hoarders and take what you want!
- It's eco-friendly, free and fun!

We'll have tables set up; lay out what you bring.

You don't have to give to take; it's all about finding something you can use.

Is your fabric stash weighing you down and you just want to donate? *Beginning September 3*, we'll take clean, neatly organized items you wish to give away. Sewing and knitting accoutrements only, please; no crafting supplies.

LESTER PUBLIC LIBRARY

Read. Discover. Connect. Enrich. www.lesterlibrary.org (920)793-8888



“Failure is Impossible”

**Susan B. Anthony
in Her Own Words**

Thursday, September 19, 6PM

Balkansky Community Room at Manitowoc Public Library

Through a series of interviews, dialogues, and narrated episodes, Susan B. Anthony, portrayed by Bev Smith, comes to life in her crusade for human rights, particularly those of women.



It does take a village to care for the families we host. I am proud to be part of you and your efforts and willingness to step up are GREAT.

Thank you especially for delaying your trip Mary Jo and Dick. And Scott thanks being ready to help.

Call Volunteer coordinator at Hope House (920) 686-1436 if you'd like to 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

September 22—28

**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/>



Volunteer Appreciation Party

September 19, 5-8 pm

The party will be at Lincoln Park Cabin #2.
Don't forget to RSVP to staff to help us plan for food.
We hope to see you there for prizes and surprises!

We now hold MONTHLY volunteer trainings! They take place the 2nd Tuesday of each month at 5:30 pm.

Next Volunteer Training

Tuesday, September 10

5:30 pm - 6:30 pm

Contact Kristin Gresl at (920) 686-1436 or email kgresl@hopehousemc.org to learn more about

Heartfelt 
THANKS
TO OUR VOLUNTEERS!

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.



Painting Pathways Club House Inc.
Club House international registered.

<http://paintingpathways.org/>

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



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



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.

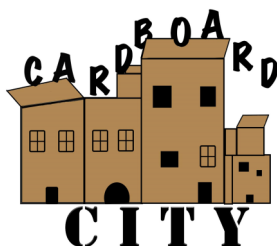
For additional information about volunteering at inCourage, visit their website at:

<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 Home-
less Shelter**

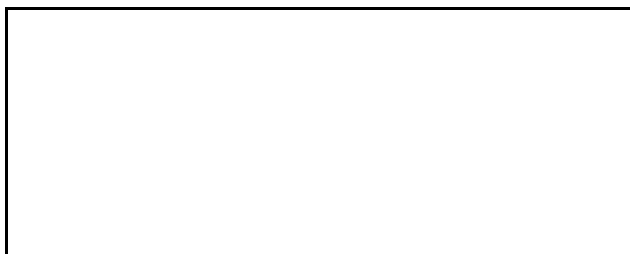


October 12, at 4pm—October 13 9am

The Haven of Manitowoc, Hope House, and Habitat for Humanity will be hosting this event to promote awareness of Homelessness in Manitowoc County. We will be raising funds by asking for donations for "rent" for building a cardboard house, pitching a tent, or sleeping in a car overnight in the Haven's parking lot. For More Info or to sponsor a team call : (920) 652-9110



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**