LAKESHORE UNITARIAN UNIVERSALIST FELLOWSHIP

APRIL 2016

NEWSLETTER

APRIL SERVICE

SERVICES: SUNDAY 10:00 A.M

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

Email: luuf.parkstreet@gmail.com
Website: www.lakeshoreuufellowship.org
Facebook: Lakeshore Unitarian Universalist Fellowship

LUUF LAY MINISTERS

Linda Hunter huntel@comcast.net

Jim Sustman jim_sustman@yahoo.com

LUUF BOARD

President: Kathie Fishbeck

V. President: Dick Urban

Treasurer: Joel Marquardt

Secretary: Sandy Bast

Members at Large:

Cecilia Held

Kathy Bernhart

Jim Everett

Choir Practice

1st & 3rd Wednesday of each month

LUUF CHOIR

APRIL 3

"Dwelling in Possibility"
My Poetic Inspiration"
Jessica Van Slooten

"Poetic inspiration comes in many forms--from poems and poets that jolt my senses, to poets that encourage me to take up my pen, to subjects that won't fit into other genres. Join me on a journey through my poetic inspiration, featuring poetry by some of my favorite poets, including Emily Dickinson and Mary Oliver, to my own poetry. You may even be encouraged to write a poem of your own!"

Jessica Van Slooten is an Associate Professor at the University of Wisconsin, Manitowoc, who has spoken for us before. We are pleased to have her return!

APRIL 10

"Beyond Political Identities
Taking Off Our Masks"
Ted Rulseh

We identify ourselves conservative or progressives, Republicans or Democrats. At the extremes each thinks the other promises the death of everything held dear. Perhaps the reality is that at heart, most of us of any persuasion are more moderate than we think. Perhaps our stridently held political identities are little more than masks we wear. When we shed those masks for a moment, we may find ourselves and our political enemies more similar than different.

Ted is a former member of LUUF who moved "up north," and he always has provocative thoughts to share.

APRIL 17

"Simply Irresistible
Ideas and Images that Invigorate the Imagination"
Jim Neilson, Art professor at St. Norbert College

"A presentation of contemporary works of art that celebrate our best tendencies, our most natural orientations and our insatiable curiosities...in the name of beauty, peace, justice and grace."

You may remember Jim's last presentation—the description above fits that one perfectly—now for Chapter 2.

APRIL 24

New Member Recognition Service
Erica Strauss and Ginny Finnel

Don't forget "Soup Sunday"
the last Sunday of each month

Fourth Sunday Collection for Domestic Violence Center

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

Email Kim Everett at kimeverett60@gmail.com

LUUF BOARD NEWS

Notes from the January LUUF Board meeting

The following issues were discussed at the March 16, 2016 board meeting:

Loan (Mortgage) Payment - The board discussed the financial ramifications of paying down our mortgage balance with Bank First National. Upon inquiry to the bank, we learned that our current loan - which is in the form of a line of credit - expires in 2019. If the loan balance is re-paid ahead of that date, we will still maintain our line of credit until that date.

Memorial Gifts Policy - The board reviewed and approved a policy for accepting memorial gifts to the Fellowship.

Membership Committee - The New Member Orientation is scheduled for April 10 and the New Member Recognition Service will follow on April 24. Anyone interested in joining the Fellowship is encouraged to contact Ginny Finnel or Erica Strauss. The board will be working with the committee to develop ways of promoting the Fellowship to the greater community.

March Collection for DVC

$197

Thank you for your support

Pledge Letters - our annual pledge letters for the financial support of the Fellowship were distributed at the service on March 20 and mailed to members and friends not in attendance. Since we do not take a weekly offering, annual pledges are our sole means of support for the ongoing operation of the Fellowship. All are encouraged to return their pledges by April 15th at the latest so that the treasurer can prepare the 2016-2017 budget for approval at the 2016 Annual Meeting on Sunday, 22.

As always, members are invited to attend monthly board meetings and to review the minutes of the meetings that are filed in the library.

Thank you January Service Leaders and presenters

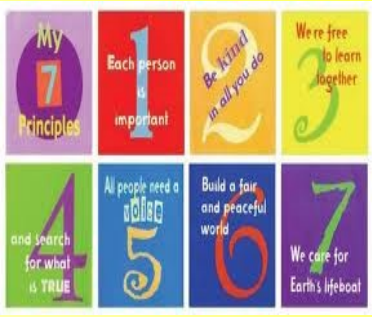
The next Board Meeting will be held on **Wednesday, April 20, following choir practice.** As always, if you have any issues you would like addressed or would like to attend a meeting, please let a member of the board know. All are welcome to attend board meetings. In the spirit of transparency— Minutes 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 Minsters 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 Jim Sustman jim_sustman@yahoo.com



CHILDREN'S ENRICHMENT PROGRAM

Calling All Children

The Children's Religious Education Program.

The 2016 sessions will be based one of the UU principle's and will include a story and a short project.

The program is open to all children ages 4—10 years of age and continues through May.
Infant and toddler care will all be provided.

The program is being led by Jill Finnel with assistance from Claudia Dunn, Ginny Finnel & Sandy Bast.

The Religious Education committee is also looking for additional LUUF Members or Friends to participate in helping to plan for the future of the children's religious education program.

Please contact Sandy Bast if you would like to help.

Watch for upcoming events from the adult activities group

Have an idea for an adult activity, contact a member of the adult activities group.

Jean Biegun (chair)
Beth Barfield
Kathie Fishbeck
Cecelia Held
Jennifer Hollahan
Jim Hollahan
Mary Jane Lukes
Carolyn Rabata
Judy Rollin
Nancy Wilkinson

Sunday Evening Meditation
6:00pm

&

Thursday Morning
9:00am

Susan Phillips, lifelong Buddhist student and experienced teacher, provides valuable instruction in both the practice and philosophy of this ancient wisdom path. Sitting, meditative walking, and discussion are part of

New Member Orientation
April 10, after service in the Sancturary

Whether or not you actually want to join, or you are just exploring, it's a good opportunity to find out more about LUUF or UUism. Kim Everett and Erica Strauss will lead the session. So, please bring your questions and come!

Unitarian Universalism is an exciting, growing, and living faith tradition. We have a proud history which begins in the earliest days of Christianity with thinkers and leaders who proclaimed the oneness of God and the salvation of all. In the reformation, Unitarianism was reborn as a faith of reason, religious tolerance, and commitment to faithful and compassionate living. Universalism and Unitarianism were vital and powerful forces at the beginning of the United States, when we led the way toward a more democratic vision of the religious and civic life. We are now on the leading edge of creating and living a multireligious faith, a faith of deeds in place of creeds, a faith of hope in place of despair, and a faith of justice in place of apathy and oppression. We invite you to join us on this journey.

GLOBE

Green Living on Behalf of the Earth

GREEN TIPS!

- The theme for April is *Earth Day Begins at Home*. This week: Reduce paper use. Use rags instead of paper towels; cloth napkins instead of paper ones. Buy post-consumer recycled paper and recycle it when you've used it.

- Refurbish furniture responsibly. Use water-based or vegetable-based products. Don't wash paint thinners, household cleaners, oil, or pesticides down the drain or pour them on the ground; use them up, give leftovers to friends or a charity, or dispose at your local toxic waste disposal center.

- Replace disposable goods with renewable ones. Buy rechargeable batteries and re-usable drinking water bottles. Use dishes instead of paper plates, and when eating out try to avoid fast food restaurants—their containers and wrappers account for a large portion of landfill contents.

- Plant for the planet. Strengthen your garden's resistance to pests by using resilient plants, rotating the fruits and vegetables you plant, and attracting friendly bugs to prey on the pesky ones.

Eat Right for the Earth

The following is sourced from an AlterNet interview with author Anna Lappe and summarizes the main points of her book "Diet for a Hot Planet: The Climate Crisis at the End of Your Fork and What You Can Do About It". Here are the Seven Principles of a Climate-Friendly Diet:

1. Reach for real food
For the most environmental and nutritional value, choose foods that are as close to their natural state as possible, that haven't undergone energy intensive processing and don't contain chemically laden ingredients. Real food also means produce and grains that have not been genetically modified and meat and dairy that have not been raised on GM ingredients.

2. Put plants on your plate
With 70% of all agricultural land tied up in livestock production, red meat and dairy products may account for a large part of the global warming effect. *And fossil fuel use can be from 2.5 to as much as 50-times higher to produce meat protein than vegetable-based proteins*. Long-time meat lover? Try at least reducing the amount of meat on your plate, or substitute 2-3 vegetarian meals per week.

3. Buy organic
In addition to being healthy for you, buying organically produced foods supports sustainable agricultural practices, which require substantially less energy, and build up soil rather than depleting it. This results in increased carbon sequestration, which helps prevent further global warming.

4. Lean towards local
Supporting local organic food producers will help cut transport-related emissions and stimulate the economy in your area. Visit your local farmers markets, and check out Clipper City Co-op!

5. Finish your peas – or send them to the compost
Did you know that nearly half of the food we could eat never makes it to our plate? A typical restaurant, for instance, wastes between 40 and 50 percent of its food. This food waste ends up in landfills, and is a net loss in the energy it took to produce. Look for ways to reduce waste during food selection and preparation, and to make the best use of food waste by learning to compost. Backyard composting can convert food waste into valuable fertilizer.

6. Send packaging packing
The packaging related to our food and drink choices play a big role in the food system's global warming impact, from the emissions related to producing the packaging, to collecting used packaging and transporting it to landfills. Much of this waste is unnecessary. We can help by buying re-usable plastic water bottles, encouraging our local food markets to use butcher paper in place of styrofoam trays, and buying food in bulk as opposed to "convenient" small individual servings.

7. Got to get ourselves back in the kitchen
Developing a personal relationship with food preparation is key to reducing climate-related impacts associated with food. Learning to grow, cook, and create our own meals will save money, provide healthier meals, and help put the entire food "growth to waste" cycle in perspective.

See http://learn.eartheasy.com/2010/09/7-principles-of-a-climate-friendly-diet for more information.

Earth Day Celebration 2016

At

Lakeshore Unitarian Universalist Fellowship
620 Park Street Manitowoc

We invite you to join us for

An Interfaith
Community Sing for Mother Earth

Friday Evening…April 22nd 2016
A dessert social will begin @ 6:30 PM
Music to follow in the fellowship sanctuary

Join us for an evening of song
To celebrate the beauty of Earth
To bring healing to ourselves and to the Earth.
To sing together with other faith groups in our community

Sponsored by…
LUUF Folk Guitar Group

Please invite family, friends, and if able bring a dessert to share

For more info… or offers to help
Bev @ circleofsong@tds.net 920-693-8941
Nancy @ nancyjowilkinson@gmail.com

A Call To Action

"Earth Day reminds us that we are all stewards and protectors of the environment. No matter what faith tradition we belong to, we must work together to ensure that the world our children will inherit will be a healthy and beautiful one"
Taken from Earth Day Network

Hope House of Manitowoc County

Thank You LUUF Volunteers

The upcoming scheduled weeks are:

April 24—May 1 & June 12-June 19

July 31-Aug 7 & Sept 18-Sept 25

Mark your calendar if you'd like to volunteer!

Thank you to all LUUF volunteers

facebook

Two Rivers Mishicot Ecumenical Pantry

Celebrating 27 years of service to the Mishicot and Two Rivers area

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

Ron provided canvas bags for donation of can goods to TREP

You'll find them in the coat room

The Manitowoc County Domestic Violence Center (DVC)

new name is... in courage

still *SUPPORTING VICTIMS* of DOMESTIC ABUSE and SEXUAL ASSAULT

facebook

March collection for Domestic Violence Center $197

Thank you for your generosity in your continuing support of our 4 community out-reach organizations

Painting Pathways

facebook

Community in Action

Join the Aurora Medical Center dietitians in celebrating National Nutrition Month by making your own low-sodium spice mixes!

Where: AMCMC Atrium

When: Wednesday, March 30
11:30 AM to 1:00 PM (Lunch) and
4:30 PM to 6:00 PM (Dinner)

Mixes include taco seasoning and ranch seasoning which are featured in the Hominy Taco Soup available in the cafeteria.

Please call 794-5114 with any questions.

CLIPPER CITY CO-OP
APRIL OPEN MEETING

Thursday, April 14 5:30 pm - 8:00 pm
Main Street Coffee Haus and Bistro
447 Main Street, Mishicot.

Meet several Local Producers with products for sale
5:30 pm – 6:30 pm
Open meeting will follow from 6:30 pm to 8:00 pm.

Find out how to become a Member!

Get your questions answered during the Q&A session!

Find out how you can help grow the Co-op and learn what the committee work groups are doing!

CLIPPER CITY CO-OP

Main Street coffee haus

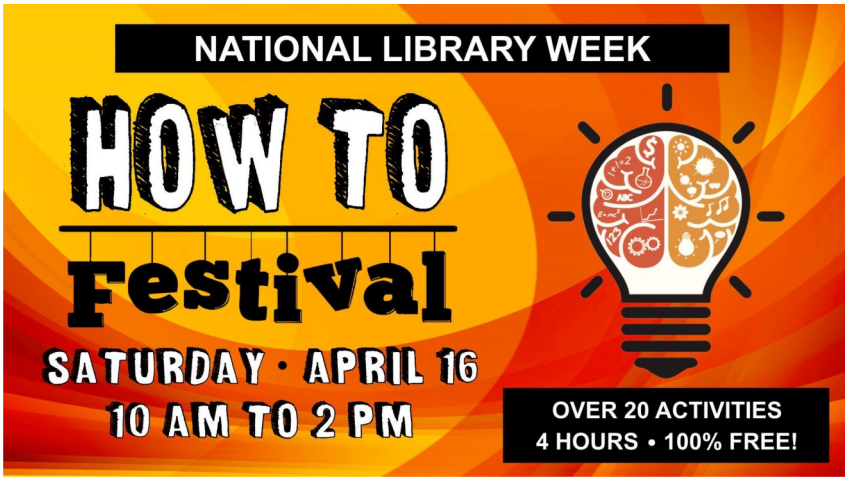
Join Manitowoc United to Amend, after service on April 3, if you're interested in helping with gathering signatures on election day.
For additional information talk to Kathy Bernhart

The flood of money pouring into politics is drowning our democracy.
We the people need put an end to the notion that,
Money is speech and corporations are people.

A handful of billionaires and mega-millionaires
should not be allowed to buy our elected officials.

Manitowoc United to Amend is a **non-partisan** citizens group organized to overturn Citizens United and reclaim the liberties and privileges

Manitowoc UNITED TO AMEND



Manitowoc Public Library is pleased to announce the first ever How-To Festival. Local businesses and individuals will give 30 minute presentations.

Additional presentations may include make 'n takes or demonstrations and some will have door prizes and snacks.

Two member-owners of Clipper City Co-op, Jessica Van Slooten (also a member of LUUF0 and Bill Jacobson, happily volunteered to present on behalf of Clipper City Co-op. Jessica will present on vegetarian cooking at 12:30 pm and Bill will present on vermicomposting and potato growing at 1pm.

Clipper City Co-op will have a table set up to provide information about the co-op and the local food movement.

Come and bring the family!

Spirit of the Rivers Studio community open houses the last Saturday of the month from 9 to noon thru July.

Spirit of the Rivers is a monumental bronze sculpture group to be situated on the Lake Michigan shore between Manitowoc and Two Rivers, Wisconsin. Celebrating the culture and history of the earliest inhabitants, the monument reminds us that people lived on this shore for countless generations before the first axe struck timber to develop our present cities.

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