



JANUARY 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

JANUARY 3

“Resolute”

Arthur Thexton

“Making promises to oneself at this transitional time has become part of our culture. Are we making the right ones? What now?”

Arthur is a regular speaker for LUUF, a lawyer with a theological training. He always has stimulated our thoughts.

JANUARY 10

“Undocumented Workers from Mexico: a Perspective on Their Immigration”

Bill Dean

Bill and his wife have spent many years visiting and some time living in Mexico. He also has a blog on Mexico that includes a thought-provoking essay on the topic above. That blog made us decide to invite him to return to LUUF as a speaker.

JANUARY 17

“Vipassana Meditation: Ten Days of Mental Discipline”

Suzanne Zipperer

Vipassana meditation centers have sprouted up around the world in the past 20 years. We are fortunate to have two within driving distance. Suzanne Zipperer will discuss her experience during the ten-day silent retreat that she calls a mental marathon.

JANUARY 24

“From Conflict to Compassion”

Judy Miller

Conflict can be changed with compassion: How can I be more compassionate? What choices am I making that foster conflict more than compassion? Judy will discuss some practical tools that can make a difference.

Judy is a nun in the order of St. Joseph of Cardonolet, recently retired. She has spoken to us before, and her message is always helpful.

JANUARY 31

“Addiction and Your UU Faith Community: Roles We Can All Play in Strengthening Our Community”

John Thompson

John will explore ways our UU faith calls us to recognize the inherent worth and dignity of people with substance abuse problems.

John was one of the founding members of the Lakeshore UU Fellowship.

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

Monthly collection for

Hope House

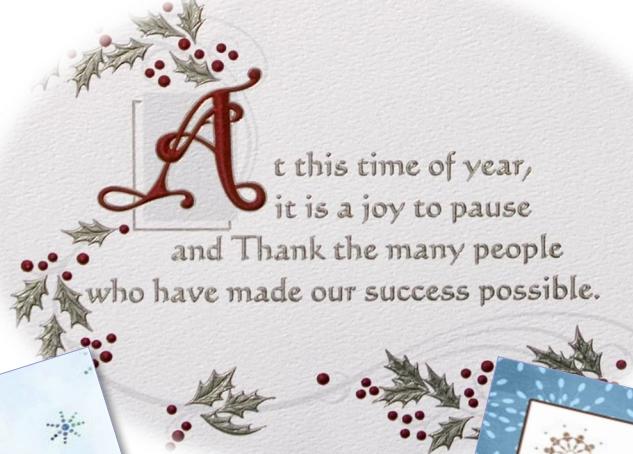
Thank you for your generous
Contributions in December

DVC \$184

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

Email Kim Everett at kimeverett60@gmail.com

LUUF BOARD THANK YOU'S



The next Board Meeting will be held on **Wednesday, January 20th, 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 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 Jim Sustman jim_sustman@yahoo.com



CHILDREN'S ENRICHMENT PROGRAM

Calling All Children

The Children's Religious Education Program.

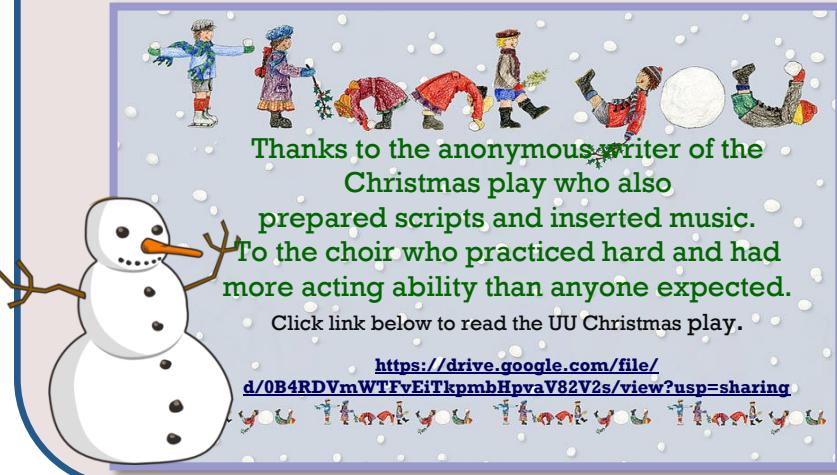
The 2016 sessions will be based one of the UU principle's and will include a story and a short project.

The program is open to all children ages 4—10 years of age. 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.



"Spirit of Life" UU Sunday School continues through Jan.

Join the Adult activities committee
Jan 3rd & 17th
Sunday mornings at 9am

Committee meeting on Jan 10th
watch for more great activities from the committee. If you have an idea to share, Contact Jean Biegun at:
jbiegun@att.net

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





GLOBE Environment Committee

Judi Northen, Chair

what I want under the christmas tree..

most of all I just want the tree itself

and the forest and the air and
the ocean and the river

for hundreds of years to come

poem and photo: aystein haugen

Thanks to Judi Northen who organized the climate change march, the artists who designed and created signs and marchers, who braved the weather in support of the Paris climate summit.



December 12th Paris Climate Agreement

Has Pros, Cons

I know there are many of us who are including in our New Year's celebrations the elation we're feeling related to the Climate Agreement reached in Paris on December 12th, after decades of setbacks, giving us hope that many of our world leaders *will* implement the steps necessary to help mitigate the effects of climate change for the possibility of a better future for humanity and the Earth.

There are indeed some very good points contained in the Agreement; "the Paris deal could represent the moment at which, because of a shift in global economic policy, the inexorable rise in planet-warming carbon emissions that started during the Industrial Revolution began to level out and eventually decline." (*from the New York Times article dated December 12, 2015—see link below*) .

However, that the Agreement is not the ultimate solution is brought out as well in the Times article, which details the happenings of the Conference. You can read the entire article, along with its sidebars, here: http://www.nytimes.com/2015/12/13/world/europe/climate-change-accord-paris.html?_r=2

An editorial entitled *The Paris Climate Pact Will Need Strong Follow-Up*--also from the New York Times, and dated 12/14/15--, states in part: Whether (the Agreement) turns out to be (...a success...) depends largely on what the individual signatories are willing to put into it. This is an agreement built firmly on science, but also on the hope that the enthusiasm generated in Paris will translate into concrete measures across the globe that will, in fact, prevent the worst consequences of climate change.

That hope could be built on somewhat shaky ground. On December 12th crowds on the Paris streets protested the outcome of the Conference, making clear their belief that it would take much more than the measures in the deal to halt global climate change. One protester is quoted as saying: "The message here is that the real solution will come from the people," he said. "After 20 years of COPs, look at where we are."

He makes a very valid point. Scientists monitoring the talks stated that, by itself, the Agreement will not save the Planet; it is a healing step, but not a cure.

Obviously we have work to do. Grassroots efforts fueled by People Power are, over the next decades and beyond, very likely to turn the tide in favor of a clean, sustainable, and *comfortable* world.

By the way, your very own GLOBE Committee's environmental activists are taking steps to be a part of these efforts, and the support of the LUUF Members and Friends is much appreciated!

Thank You, and Happy New Year to All!

*Respectfully Submitted,
Judi Northen, Chair
judinorthen@gmail.com*

SOCIAL JUSTICE



Thank You LUUF Volunteers

The upcoming scheduled weeks are:

January 10 - Jan 17

February 28 - March 6

Mark your calendar if you'd like to volunteer!

Thank you to all LUUF volunteers



1226 Washington St—Manitowoc

652-9952—www.PaintingPathways.org



Salute to the Sun

From Capacitor's Body Mind Spirit Practices



The Salute to the Sun is based on an ancient yoga practice from India. It energizes body, mind, and spirit by connecting us with the cycles of nature.

The meditation recalls the natural cycles of life, birth, growth, maturity, death, and rebirth.

The practice helps us to recognize and appreciate our dependency on the sun.

With these movements we can reconnect to the sun while our bodies are nourished and healed by its energy.

For instructions, see next page

Connect with the sun's energy:

- ◆ Stand with your feet separated shoulder-width apart, knees bent.
- ◆ Join your hands together as in prayer at the level of your heart. Center yourself and be grateful for the unique gift of your life.
- ◆ Exhale and stretch your arms up and to your side.
- ◆ Inhale deeply and move your arms back to the prayer position and up towards the sun until they are over and behind your head. Welcome the sun's energy. Reach out to embrace life in its many forms, recognizing that everything around you has been formed by the sun. Breathe in the sun energy and breathe out tension.

Open to all cycles of life:

- ◆ Slowly bend forward arching down until your fingers touch the earth.
- ◆ As your hands touch the ground , let go of all tensions and stress.
- ◆ Breathe out all negativity and problems, letting them be absorbed and transformed in the earth.
- ◆ As you touch the earth connect with the cycles of your life including the surrender you will experience one day through death.

Rebirth to new life:

- ◆ Gather new energy from the earth and slowly begin to move upward filling yourself with new life.
- ◆ Come to a standing position with your hands back to the prayer position.

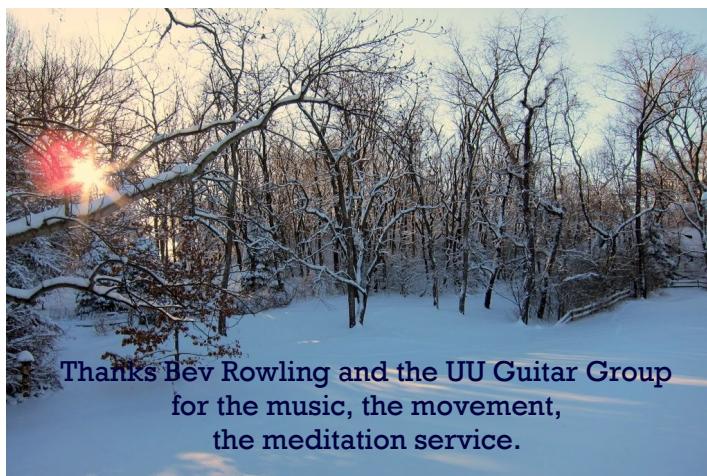
Hold this position as you greet the day with new energy, ready to share the gift of yourself with the world.

Namaste

(I honor the Light in you...which is also in me)

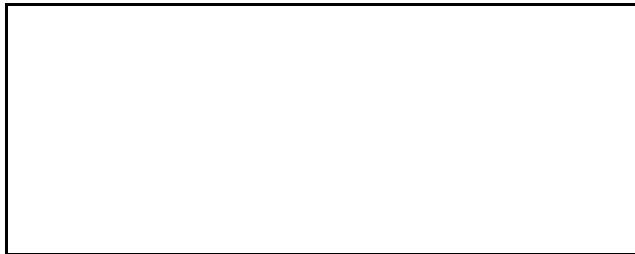
Finish the movement with your hands together in the prayer position,

Bow to the sun and say Namaste to all people in the group



Thanks Bev Rowling and the UU Guitar Group
for the music, the movement,
the meditation service.

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

