



The Communicator

[Unitarian Universalist Congregation of Lake County](http://www.uuclc.org)

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December Programs

Discussion Group Sunday at 9:30 am

December 1 Susan Fetter of the Lake County Water Authority will discuss current issues involving water in Lake County.

December 8 . Open Discussion

December 15 Open Discussion

December 22 Open Discussion

December 29 Open Discussion

Woerscippen Sunday at 11:00 am

December 1 Lavon Silvernell "Water, What you do makes a difference"

December 8 Rev David Crump "Coexist"

December 15 Rev Tracie Barrett
"Finding Awe": In today's world, it's becoming increasingly difficult to find awe. Rev Tracie discusses ways to cultivate awe and joy in our lives.

December 22 Rev Tracie Barrett
"What's Up With That?" Join us for a no-rehearsal Christmas pageant this Sunday. Everyone gets to participate, some more than others!

December 22--Potluck 4th Sunday of every month.

UUCLC Information & Contacts

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Betty Emery, President	Suzie Lockwood
Pete Conde, Vice President	Janeane Reagan
Julie Champion, Secretary	Lois Sanford
Chris Higgins, Treasurer	
Kristen Hughes, Assistant Treasurer	

Rev. Tracie Barrett Phone: (863) 206-9086
To schedule an appointment with Rev. Tracie, please use <https://calendly.com/tbarrettwelser>

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Submit articles for the January Communicator by Sunday, December 31.



Minister's Message...

This past month I started something new. I decided, after about five years of hearing about it from friends, to go for my first sensory deprivation float. Now, for those who might not have heard about this, it's a tank with about a thousand pounds of Epsom salt in it. The water is just below body temperature, and the tanks are often dark and silent. You spend anywhere from an hour to ninety minutes simply floating in the dark and the quiet.

I will admit, I was nervous to try this. Silence is not something I'm used to and I wasn't sure if I could fully hit that Zen state that my friends had mentioned when they did it. But, I wanted to try.

The first float was a bit scary. I'll clearly admit that. I chose a tank that had a light inside that I could turn off when I was ready. So, once I got settled in the water, I reached over and turned off the light. And my brain freaked out. I

turned the light back on for about ten minutes or so, and then I was able to turn it off again.

I will admit, there was no Zen state that first time. My monkey mind bounced all over the place. I couldn't relax fully because part of my brain was convinced I would drown if I did (there was six inches of water below me, I wasn't going to drown). In the last five minutes in the tank, I finally began to calm and slow down. There was a brief taste of what it could be.

As I finished the float and got ready to leave, I decided that this was something I needed to do. I was able to sign up for an unlimited package and promptly scheduled my next float. Since the start of November, I've been in the tank four or five days a week. Each time, I've progressed a bit more in the practice and recently finally hit a calm state while in the tank.

That's the key to learning a new spiritual practice. The practice part. It takes returning over and over again to the tank, to the mat, to the gym, to the meditation pillow. My brain still doesn't fully quiet, not the whole time, but the monkey mind is calming down and I'm able to focus more. So, why do I keep doing it? Because it's one hour (or more sometimes) out of my busy days where I can't do anything but simply be. And isn't that one of the goals of a spiritual practice? I think so.

So, this month, as we wind down the year and the decade, I'd like to challenge you to think about a new spiritual practice you could incorporate in your life. Take that time for you. Don't give up on it right away but keep plugging away to see if you can get to that state. Spiritual practice requires practice. I look forward to hearing what you might incorporate in your life.

~ Rev. Tracie



President's Message...

Greetings

This is the week of Thanksgiving and in less than 48 hours Thanksgiving will be upon us. By the time this newsletter is printed, it will be less than 4 weeks until Christmas. Where does the time go? The older I get, the faster time moves. However, the older I get, the slower I move. I find little humor in this irony. The holiday season can be a very stressful time no matter what speed it travels. It is my hope for all of us to take this time (whether it moves too fast or too slow) to be grateful for each other and the blessings we enjoy. Celebrate the season with family, friends, neighbors and strangers. Celebrate with quiet time alone. May we have Peace on Earth and good will to all. I wish you a very happy holiday season.



Here are some updates on issues the Board of Trustees have been working on:

The By-Law committee submitted revisions of the By-laws to the Board. We have reviewed them and are nearing completion of some minor edits. At our upcoming December Board meeting, we will finalize the decision how we will make the proposed By-Laws available to congregation members and the process by which we will proceed with a vote. The proposed By-laws will be made available on our website as well as hard copies available at the building for review. We will make an announcement to the congregation after the December meeting with more details.

Also at the December board meeting, we will be creating a nominating committee to present a slate of candidates for the upcoming election of UUCLC officers. The election will take place at the UUCLC annual meeting which will be held in the spring. The nominating committee will be looking for candidates to fill the position of President, Treasurer, and Secretary. If you are interested in serving UUCLC as an executive Board member, now is a wonderful opportunity to consider it.

The Board of Trustees is exploring the hiring of a new office administrator to replace our previous office administrator, Johanna. We are currently filling in with volunteers from the congregation and they are doing a wonderful job. I wish to thank everyone who is helping in the office, especially Janeane Reagan who is coordinating the office volunteers. Even though the volunteers have been extremely helpful, we have received feedback from the committee chairs that a hired administrator is still needed. After the Board meets in December we may decide to move forward with posting the position for UUCLC office administrator.

Thank you to all who volunteer your time, treasure and talent to UUCLC. We are all truly blessed to have each other.

Betty Emery



WELCOME NEW MEMBERS!

Be sure and say hello to our newest members: Audrey Reed, Val Rosado and Doug Walker

Notes from the Social Justice and Environment Committee

THANK YOU FROM THE UU SERVICE COMMITTEE FOR THE HURRICANE DORIAN DONATION

As you may recall, the Congregation passed the basket for special donations to aid the Unitarian Universalist Service Committee (UUSC) in its determination to respond to the plight of the victims of the Hurricane Dorian natural disaster. Our gift to the UUSC in the amount of \$411.00, was a resounding endorsement of their efforts. Through their unique approach to human rights advocacy, together with the UUSC, we join hands with grassroots organizations confronting injustice throughout the United States and the World, to devise innovative ways to advance campaigns for change, and inspire activism through experiential learning programs for our members and supporters.

Respectfully submitted,
Barbara Hill, Assistant Chair
Social Justice Committee





UUCLC CHILDREN'S SUNDAY PROGRAM

Someone said, "They also serve who only sit and wait." It feels like those of us who are ready to teach the children are in that seat.

Nevertheless, children will never come if we are not ready to welcome them.

When I was in my twenties (a 100 years ago), we were having trouble getting children to come to church. I was director of the children's program at that time, in Youngstown, Ohio, and I called the parents of the children who sporadically attended to invite them to what I called a "Triple Tuesday Talkathon". We provided child care during those meetings. What we talked about was the curriculum for the classes, but the topic was not the thing that bonded them. It was the actual meeting together to see other young parents who were Unitarian Universalists. Since they came sporadically, some did not even know there WERE other families who attended. That bonding brought future teachers to the YRE program and the children began to attend with much more regularity.

We do not have a car, so arranging an evening meeting is very difficult for me, but with someone's help, I think a meeting of the parents that we know come once in awhile would be beneficial for everyone. Is anyone up for assisting me in doing that?

Thanks for being part of the children's program! **Please Email me or call me if you can help out at the times where there is a question mark in the schedule**

Sylvia Wince (352) 669-2078 sylviawince@centurylink.net

Schedule for December:

	<u>Older Classroom</u>	<u>Playroom (3rd grade and under)</u>
December 1:	Sylvia Wince ; Denny Libby	? ; ?
December 8:	Sylvia Wince ; Chris Higgins	Betty Emery ; ?
December 15:	Sylvia Wince ; ?	? ; ?
December 22:	Sylvia Wince ; ?	? ; ?
December 29:	Sylvia Wince ; ?	
January 5:	Sylvia Wince ; Denny Libby	Betty Emery ; ?

CLASSES AND GROUPS

Meditation for All group meets weekly for an hour of readings and meditation. Meditation is simply another word for concentration and is a way of getting in touch with the spiritual nature. Open to all. Mondays 6- 7 pm.

Tai Chi, a healing, slow motion martial art will meet every Tuesday from 9:00-9:45 am in the Social Hall. Now all may attend, including non-UUCLC members. All skill levels are welcome, from beginner through experienced. For information, please consult Janeane Reagan at janeane99@gmail.com.

Dharma Book Club meets on the first and third Wednesdays from 5:30 to 7 pm. Open to all.

Graceful Aging is a thoughtful conversation conducted by and for members and friends of UUCLC. It meets the second and fourth Monday of every month from 10:30 to noon in the Social Hall. It is an open group, which means folks are free to come and go as they wish, and the drift of each meeting emerges from the concerns of those present. For information, please consult Janeane Reagan at janeane99@gmail.com.

Peacemakers Covenant Group This will be a small group, which will meet at 1:00 pm on the fourth Friday of each month, to learn compassionate communication, in which we listen deeply to the stories of others.

The Science and Philosophy Group is a meeting of persons to discuss and express their knowledge of various topics and exchange ideas and opinions. Thursdays 10:30 am open to all. For information, please consult Franklin Pennington at fdpennington11@gmail.com.

Dec 05 Today we discuss DREAMS and inevitably, human CONSCIOUSNESS, whatever that might be. So WHO is the dreamer anyway, and are dreams useful or useless ? Can your dream life be directed and well, should it be ? Lucid Dreamers seem to bridge the gap and able to both direct vivid dream events AND come back with elaborate details of their dream experiences -- would you like to do that ? And then there was the Buddha, who simply said that he was "Always awake !"

Dec 12 'Tis the season to be spending, tra-la-la-la-la-lahhhh ! We enjoy all the perks and gadgets and credit card DEBT is so easy ! Why we may get to DEFER any payments for a YEAR or two, whoopie !! Okay, consider the DOWN side having a huge debt, either you personally OR your company or your government ? High risk interest rates, bankruptcy, and back when Debtor's Prison ! So who WINS in this game with the IMF (international monetary fund) and credit lines from the FED ? Yes, it gets complicated.

Dec 19 Remember Rudolph, whose RED NOSE caused ridicule and exclusion from 'reindeer games' ? Today we review the legalities, social norms and experiences of people with sexual orientations (LGBTQ and more !) that well, may stand out like Rudolph's red nose (WHICH as far as we know, was NOT Rudolph's choice). How have religions SPOKEN about such issues, and consider : Should anyone be stoned, and if so, by whom ? What is happening on the international scene ?

Dec 26 NO S&P today, finishing off Santa's BOURBON !

The following classes will be offered this winter. You may sign up in the narthex at the activities table by the Social Hall. If you are interested in teaching or facilitating a class complete a Class Proposal Form (available

in office or print from church website). Give forms to Chris Cleveland (mail folder in office or chriscleveland1951@gmail.com).

Building Your Own Theology

Thursdays, 5:30-7:30 pm, Jan. 2-Mar. 5 with Rev. Tracie Barrett

Limited to 10 participants

This program, based on the assumption that everyone is their own theologian, guides participants to develop their own personal statement of faith. Book needed: *Building Your Own Theology, Vol. 1*. Some copies are available in our library.

Life Stories

Wednesdays, 10:00-11:30 am Jan. 8, Feb. 5 & Mar. 4 with Peter Pitzele

Participants will be guided in writing their personal memoirs, reflecting on life experiences, learning and sharing with each other.

Florida Seminars

Fridays, 10:30-11:30 am Feb. 7, 14, 21, 28 & Mar. 6 with Julie Champion

A collection of Florida-related media is available in the UUCLC Library. Begin reading these interesting books to participate in this book/discussion group. Feb. 7th will be on Florida hurricanes and Feb. 14th will discuss the Florida Seminole Indians.

Do you have an idea for a class? If you are interested in facilitating or teaching a class, please complete a class proposal form and give it to Christie Cleveland (chriscleveland1951@gmail.com). Forms are available in the church office in wall rack beside the door.

If you are interested in taking any of the following classes, please sign up on the table in the narthex and put it on your calendar.

