



The Communicator

of the [Unitarian Universalist Congregation, Lake County](http://www.uu-lakecounty.org)

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January Programs

Discussion Group at 9:30 am

January 7 – A TED talk: “How China is changing the Future of shopping”, by Angela Wang

January 14 – Ted Talks: “3 ways to fix a broken news industry”, by Lara Setrakian, and **“How fake news does real harm”**, by Stephanie Busari.

January 21 – “Inner Vision - beyond imagination”: A workshop on simple yogic techniques for opening the “third eye”. **Also**, a discussion of the “flicker” phenomenon, presented by Cathy Benton.

January 28 – Open Forum

Woerscappen at 11:00 am

January 7 – The Rev. Kalen Fristad: “Our Universalist Roots and Branches”, Universalism as it relates to John Murray, Thomas Potter and the American colonies - from Colonial days to the present. He is the author of *“DESTINED FOR SALVATION: God’s promise to save everyone.”*

January 14 – Humanist Chaplain Tee Rogers will speak on **“The experience of living without God.”** The demographic of non-religious people is growing in both number and diversity. Humanists, and other non-theistic identities, face discrimination and other challenges in our culture. What is it like to live as a non-religious person in America?

January 21 – “Torda450”. It’s the 450th anniversary of the Edict of Torda, a proclamation by King Sigismund of Transylvania that was one step on the pathway to reform and religious freedom. On this day, Rev. Tracie will explain the importance of this Edict and what we can learn from it today and how we can use it going forward.

January 28 – “Imbolc and the Forge”. Imbolc is a Pagan holiday honoring the goddess Brigid who later became St. Brigid in the Catholic and Orthodox religion. She was the goddess of the forge, and a well of creation. Rev. Tracie will show us how we can use these lessons in our own life.

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To schedule an appointment with Rev. Tracie, please use <https://calendly.com/tbarrettwelser>

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UUCLC MEMBERSHIP COMMITTEE is pleased to welcome as new members Tristan Blalcok, Shainah Settles, Terri Sullivan and Cathy Benton. Along with Rev. Tracie and WRAP, we are planning a Welcoming Service & Reception for them on January 21st.

For those interested in becoming a member, there is an Orientation sign-up near the Membership Information sign in the narthem (lobby). Our next Orientation will depend on how many are interested to learn more about Unitarian Universalism and our own Unitarian Universalist Congregation of Lake County.



January 2018

I normally do not make New Year's Resolutions. It often feels like setting myself up for failure, which to me is not the way to start a new year. In recent past, I have often found a focus word for the year. Things like Balance, Strength, Love, etc.

This year, I was mulling over this and decided it was time to go a bit bigger. Still not a resolution, per se, but not just a word either. I share them with you, because I feel strongly that they will apply to many in our congregation.

My words for 2018? Be Gentle, Be Strong.

The first, Be Gentle, applies to both how I interact with others, and how I interact with myself. With others, I hope to remember that this is a time of great anxiety in our country. We are discovering this week the effects of climate change on our weather and our lives. Senseless gun violence is still rampant. Other human beings are being tortured, forced out of their homes, and killed based simply on who they are, where they were born, or who they love. Our own president has recently rattled his saber once again, and everyone wonders what will be next.

On top of all of the general anxiety free floating in the country, on a more local level we're dealing with the aftermath of the holidays, which for many can be difficult due to family situations, grief, finances, and so on. The cold and flu season is horrible this year. For us at UUCLC, we are through the bulk of the "moving in" stage and are now sorting out what we do with this space. As we discover new ways of being together and new ways of doing things, we often hit roadblocks. These roadblocks can be navigated around, but they do cause more anxiety and stress.

We need to be careful to not take out that anxiety and stress on each other. Be gentle. Think before we speak. Have a "wondering" mind and think about what could be under the surface if someone appears irritable or upset. Take a breath. Then take another. Remember who we are together.

We also need to be gentle with ourselves. This means taking the time for our own spiritual practices, and perhaps using the new year to discover new ones. Take your vitamins. Eat the food that's good for you. Get enough sleep (admittedly, this is the one your minister is still working on). Take the time you need to recharge, however you need to do it.

Which leads to the Be Strong part of my New Year's Words. Being strong, to me, means being firm in my commitments. Being firm in my stances on life and justice. Setting and holding my own boundaries and also respecting others boundaries. Being strong enough to ask for help when I need it in order to be gentle with myself. This is why those two phrases go together. It's a both/and situation. You cannot have one without the other and stay healthy.

I encourage you, dear ones, to find your own words for the New Year. You are more than welcome to take mine. I wish for you all the blessings this year holds for us as individuals and as a community.

...Rev. Tracie

January Birthdays

Royalene Millard, January 8

Bill Hermann, January 27

President's Message...

Happy New Year!!

The end of the old year and the beginning of the new year is traditionally a time to evaluate where we have been and where we are going.

I paged through the last 12 issues of our Newsletter, the Communicator, and was surprised by how much we have accomplished in the past year.



- Of course, the construction of our new building was completed and we had our first Sunday Service on May 28.
- Also at the end of May, we arranged to hire Reverend Tracie Barrett-Welser as our half-time minister. How fortunate that she was with us to celebrate on "Occupy Sunday".
- In addition to quality Sunday Services arranged by our program committee WRAP, now we have more flexibility for programming during the week. Our Education Committee (Lifespan Faith Development) has and will continue to develop curricula for a variety of classes. Stay tuned!
- As we got comfortable in our new space, we welcomed the community, as well as congregation members, to a variety of activities. We've had concerts, a solstice bonfire and drumming circle, a mini Buddhist inspired retreat, and an Interfaith Council readers' presentation. We also host meeting of Boy Scout leaders and Girl Scouts.
- And we nurture our congregation with Sunday hospitality, Caring Committee outreach, Ministerial support, plus special events like our well attended Thanksgiving Dinner and Christmas Candlelight Service.
- The Membership Committee has been busy providing Orientation Classes and inducting new members. During calendar year 2017, twenty-four new or transferred members have signed the UUCLC membership book. Welcome and Congratulations!

I'm sure I've forgotten some important points, but by any measure this is a significant list. UUCLC can be proud. And we have much to look forward to. January boasts several significant events:

- On January 21 during the Service, the Congregation will covenant with our newest members who signed the Membership Book in December.
- Our formal Building and Sanctuary Dedication is scheduled for Sunday, January 28 at 4 pm. The Dedication is preceded by a concert on Saturday, January 27 from 3 to 5pm by Peter Mayer, folk singer and writer of songs about the beauty and mystery of the world.

In closing, I am once again 'lifting' words from a UUA Southern Region holiday message:

"This holiday season, may we find the light when we need it, and be the light when we can. May we have peace, rest, good food, laughter, and deep, sustaining connection with our loved ones.

The world needs Unitarian Universalists, and we need each other. In 2018, let's dream, build, fortify, and reach out together."

Together, UUCLC can work to bring hope, love, justice, courage, and joy into the world in the year to come.

Peace and joy and love,

... Chris Higgins