



The Communicator

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

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October Programs

Discussion Group at 9:30 am

October 7 – Harvard Justice Series, “Putting a Price on Life” by Michael Sandal, moderated by Carl Skiles.

October 14 – TED Talk: “It’s Time To Reclaim Religion” by Sharon Brous.

October 21, 28 – To be announced.

Woerscippen at 11:00 am

October 7 – “Japanese Minimalism and the Transcending Mystery” with Joe Donatone, UU seminary student. I thought I was reading a book about de-cluttering. The lesson I learned was far more profound. What do we do when transcending mystery sneaks in, when and where we least expect?

October 14 – Barry Pendry: “Is Truth a Pathless Land? Spiritual Freedom & Maturing for Living a Personal Theology”. This talk addresses the concept of Spiritual Freedom & Unitarian Universalism and identifies specific qualities of spiritual maturing for successfully living our own personal theology.

October 21 – “We are a Gentle, Angry People” This is the title of one of our hymns, written by Holly Near, which speaks to our aspirations as Unitarian Universalists. How are we doing in fulfilling our promise. **Rev. Tracie** will unpack the lyrics in this sermon.

October 28 – “Remembrance Sunday” with **Rev. Tracie**. It's the time of year when cultures around the world honor their ancestors. We will do the same in this service. Feel free to bring a token or photo of departed loved ones to place on our shared altar. We will honor our own departed congregants during this service as well.

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

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Lake Concert Band

We are looking forward to the return of the Lake Concert Band, on **Sunday, October 28 at 3:00 pm**. The band is composed of more than 70 all-volunteer musicians. They range in age from high-school students to retirees. Despite their diverse backgrounds the musicians have one goal, to provide quality musical experience to the community.

John Landers is a member of our congregation and is the Director of the band. He has an extensive background in music education, music composition and directing.

The band performs a wide variety of music including marches, Latin tunes, classical big band hits, and Broadway melodies. There is no admission charge for this concert.

Ongoing Activities

UUCLC has a lot going on! But many of you who receive the Communicator are not aware of them because you are not a frequent visitor. We list some of them here, in no particular order, that you may find something that interests you.

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Interior Space Committee - Our big push right now is to eliminate the glare causing all the wrinkled noses and squinty eyes on Sunday. This can be easily accomplished by filming the sanctuary windows to the north and the doors in the social hall. We need to raise the funds for this, specifically \$1,431, and the sooner the better!

Fundraising Committee - We are planning two events, one on the afternoon of Saturday, December 8, with Bing Futch, a multi-instrumentalist and vocalist, and the other on the evening of Tuesday, January 18, with David Roth, singer, songwriter, and recording artist. Come to our meetings (the next at 7:00 PM on Tuesday, October 16) to help plan and prepare for these exciting events!

Finance Committee - We meet monthly on the afternoon of the Wednesday before the Thursday Board meeting. We invite you to attend, if you have questions about our Congregational finances, and especially if you have interest or expertise in financial matters.

Nature, Science, and Human Experience - We continue to explore the Scale of Nature from subatomic particles to the Universe. Later, we will trace the Cosmic Timeline from the Big Bang to the Death of the Sun. Our next meetings are on October 16, November 6, and November 20. Even if you missed our earlier meetings, you are welcome to join us.

Membership Committee - We had 9 attendees at our most recent Orientation 1 class where they learned about the beginnings of UU and the philosophy that is its basis today as well as the history of UUCLC. A new class will start when we have 5 or more visitors signing up on the sheet in the Social Hall.

Safe Congregation Committee - Fred Lorch is recruiting for the safety team and training will begin once the team is back up to full staff. Anyone for whom we do not have emergency contact information will be asked to fill out a new card. Anyone needing to change their contact can fill out the card as well. The cards will be available at Service later this month.

Tai Chi & Qigong Practice - We meet meets Tuesdays 8:45-9:45 am, June-Dec in Social Hall. Due to insurance restrictions, UUCLC members only. We have recently added a beginners class that meets on Tuesdays at 9:45. Tai Chi originated in ancient China and today is practiced throughout the world as an effective exercise for better health. It consists of gentle, fluid movements that can be done standing or seated. Qigong is also a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, and focused intent.

Dharma Book Club - We meet the first and third Wednesdays of each month to discuss books related to Buddhism. We are currently reading Why Buddhism is True, by Robert Wright. Every meeting includes a silent meditation in the Buddhist tradition.

Care and Connect Committee is here for anyone within our Congregation experiencing personal challenges or crises. We network within our Congregation to reach out to those in need.

The Landscaping Committee - focuses on the beautification and upkeep of our church property. This is no small undertaking as we have 5 acres to manage. Fortunately, we have a lawn service to mow the grass. But the plants, shrubs and trees look to us for care. Christina Wilkins is the Landscaping Committee Chairperson and can be reached at clwfl@hotmail.com or 352-250-9124 if you would like to volunteer to join us.

The Science and Philosophy group is a meeting of persons to discuss and to express their knowledge of various topics and exchange ideas and opinions. It meets Thursday mornings at 10:30.

Lifespan Faith Development Committee. We are in the process of introducing several new classes and Covenant Groups in the coming fall and winter months.

zUumba - Come join other UUCLC MEMBERS as we listen and learn some dance steps to a few of our favorite singer/songwriters: Elaine Silver, Peter Mayer, The Beatles, Tom Petty and more, every Wednesday 1 - 2 pm. Wear comfortable workout clothes/shoes. Bring your water bottle and small towel. For more info, please contact Candi Tipton at canditipton@rocketmail.com or call 941-416-8957.

Spiritual Entertainment - We will be having a "Saturday Matinee", 4 – 6 pm, in the social hall once a month on the second Saturday. We watch movies and discuss the spiritual practices demonstrated.

UUCLC Sisterhood Women's Covenant Circle. This group meets on the second and fourth Wednesday of each month through September. Contact Cecelia Everist or Candi Tipton for more information.

A By Laws Update Committee is being formed to revise and update the UUCLC Bylaws. If you are interested in serving on this committee please contact Carl or Betty. The first meeting of the committee will be held in early October to develop a work plan, a schedule and to make a preliminary list of the sections of the bylaws that you believe need consideration.

UU Singers - A diverse group of Congregation members who enjoy singing have combined to form a group called the UU Singers. The group meets during the month to select appropriate pieces and to practice. Do you love to sing? Play an instrument? We welcome anyone who wants to share his or her talents with us.

UU Lunch Group - For casual fun, talk, and food, join this happy group that meets after Sunday service at a different local restaurant. The venue and time are posted in the weekly Order of Service.

Meditation Group meets every Monday evening at 6:00 pm for an hour of readings and meditation.

On the last Sunday of every month, we have a **potluck lunch**. Everyone is encouraged - but not required - to bring a dish to share, and there is always lots of delicious food available.



Minister's Message...

The past few weeks have been wrought with troubling, triggering, and downright infuriating events in Washington DC. For those who have ever been sexually harassed, abused, or raped, this week has been even more difficult.

I want you to know that if you are experiencing high levels of anxiety or pain during this time, there are many resources available to you. RAINN, the national Rape, Abuse, Incest National Network is available to assist from the comfort and security of your home. The hotline had its busiest day in history during the hearing. They can be reached at 1-800-656-4673 or at www.rainn.org. You do not have to face this alone. If you need to, turn off the news, turn off social media, and take a break.

It is okay to move back from the onslaught. Be gentle with yourself now.

If you have not been directly impacted by sexual harassment or abuse or rape, I guarantee you know someone who has. The statistics bear it out. Be gentle with one another. You may notice that I have not made this a gender binary issue. The truth is, these events do not solely affect one gender or another.

I will be in the community Oct. 2-4th as well as Oct. 21-29th. If you need to talk, please reach out to make an appointment during that time (this guarantees I'm in the office and available for you). You can do this by sending me an email or by using the link to my online scheduler (found in the newsletter and order of service).

Our work is not done, my friends. However, for those who are feeling the burden most of all, you can take a break to heal, rest, and recover. We are in this together.

...Rev. Tracie

October Birthdays

Henry Gray, October 1
Steve Vucic, October 2
Gina Rossi, October 11
Melba Seron, October 14
Carl Stiner, October 17
Janeane Reagan, October 24

Message from the President

Greetings to UUCLC members and friends! It is with great pleasure I share with you some of the wonderful things we are doing together as a congregation. For example, today, the last Sunday in September, we had our monthly pot-luck luncheon. With teamwork and in the spirit of UU fellowship, the congregation made the luncheon a success! You may ask, why was this Sunday different from previous pot-lucks? The difference is that our Hospitality Committee Chair is stepping down and was not going to be there today. We did not have another leader recruited in advance to ensure that all would go smoothly. I took it on faith that we would come together and everything would work out. I was not wrong! Many congregation members came forward to help and each played a valuable part in setting up and cleaning up afterwards. This is a perfect example of what we can do as a team when we work together in cooperation with a goal in mind. In this case, it was a good meal with dear friends! Our Hospitality Chair and her husband are moving out of state after her upcoming surgery. We will miss them both and wish them the very best! As a congregation, we are successful in working together to provide enriching worship services, discussions, educational opportunities and even physical activities to exercise our bodies (for our congregation members only – so if you are not a member, join us so you can join in!) We are also successful in maintaining our beautiful building and the grounds surrounding it which are becoming more attractive every day! If you have not driven past the church property lately, I encourage you to come by see all the amazing work that Christina Wilkins and her team of volunteers have done! Christina would not refuse additional help so if you would like to join her, please let her know. And I have other wonderful things to share with you! We are nearing the completion and installation of the signs at the entrance to our building. The temporary signs will come down and the permanent signs will go up - hopefully by the end of the first week of October.

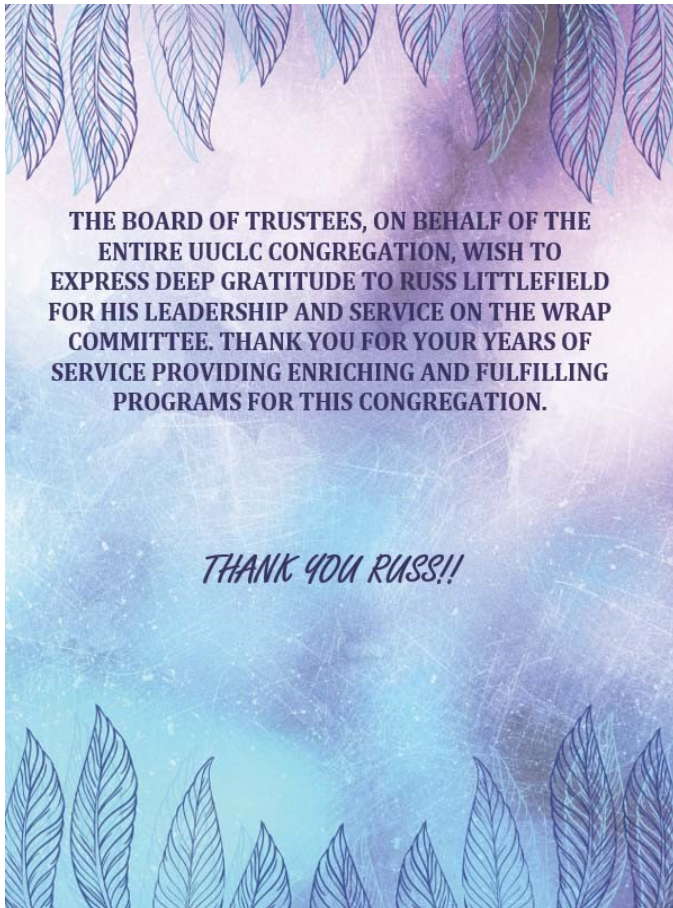


The last Sunday in October is jam packed with great events at UUCLC! On October 28th, we will be having a Committee Fair after the worship service. This will be an opportunity for members and friends to get to know our committee leadership and find out more about committees that may be of interest to you. Please consider joining a committee and make a difference at UUCLC. Also, on Sunday October 28th we will be hosting a performance of The Lake County Concert Band, led by our own John Landers. The program begins at 3pm. The concert is free but donations to attend will be happily accepted.

Also in upcoming news, we are fortunate to have Connie Goodbread who will spend the first weekend in November with us. Connie is a member of the UUA Congregational Life Staff and Co-Lead of the Southern Region. Please mark your calendars for November 3rd and 4th when we welcome Connie to UUCLC. On Saturday November 3rd, we will have a workshop with the entire congregation from 10am to 2pm. Connie will lead us in a discussion on “a call to Covenant”. This will be an important opportunity to work together so we can be better UU’s with each other. This workshop will help us address the challenges we have been experiencing as we transition from a small, lay-led congregation to a growing congregation with new members and a part-time Minister. I look forward to Connie’s guidance and wisdom as we deal with this very important and sensitive issue – being with each other in love and in covenant. Then on Sunday November 4th Connie will lead us in our Sunday worship service and will stay afterwards for questions and answers. ►

► There is a lot happening at UUCLC! There are so many individuals who give their time and talent to this congregation. It is impossible to share the magnitude of the impact each person has on our success. One little thing can make the difference to so many. I am very thankful that we have a place for fellowship with other open-minded individuals while we are on our own personal quest for truth and meaning. It takes the teamwork and effort (no matter how big or small) of everyone in the congregation to make this possible.

Betty Emery

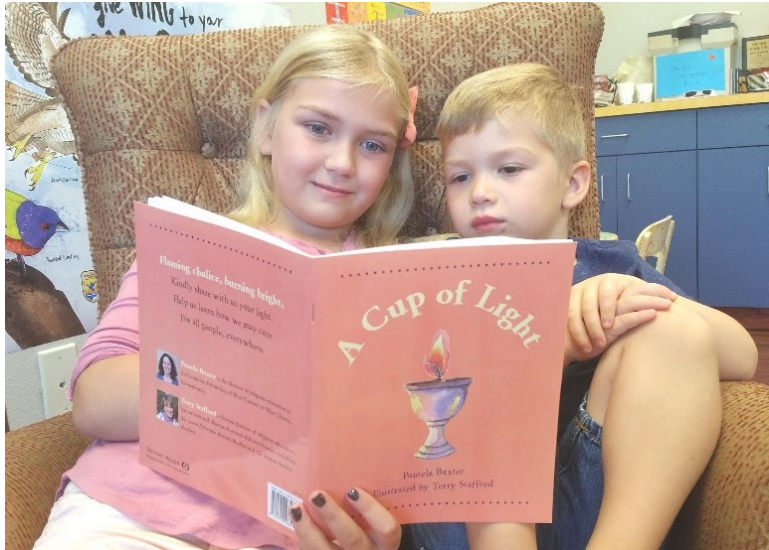


zUumba

Come join the fun (members only) for low-impact dancing to lots of good music including some of our UUCLC favorites: Elaine Silver, Peter Mayer, Tom Petty, The Beatles, etc. Bring your water bottle & a small towel. Donations to help with AC costs accepted. Every Wednesday 1 - 2 pm.

Our first class! →





Chalice Children/ UU Youth News

Summer was a fun time for us in the CCR with two new children in attendance. We toured the UUCLC building, practiced Yoga, learned songs, read stories, created art & much more.

Julie Champion & Ann Medley are now volunteering to help us to make RE for children even more special.

Please, contact me if you would like to help out in any way with our growing youth education program.

Candi Tipton, Subcommittee chair LFDC

September Leaks from Leadership

Gratitude to all those in Leadership Roles at UUCLC for the passion, energy, time and resources that you all so graciously bless UUCLC with.

Change was part of our initial consideration at the September meeting, just to name a few of those changes that have occurred over the past 18 months:

1. Transition from rental space to ownership of Building that requires
 - Building and Grounds Upkeep and Management
 - Security Systems Management
 - Contract management
 - Warranty management and service on equipment interior and exterior parts of building
 - Maintaining and compliance with City Codes and Ordinances
 - Utility costs and maintenance
 - More I am sure 😊
2. Transition from contracting speakers to provide services to a Part Time Minister,
3. Transition in Leadership from Past President to present President,
4. Grow from a small intimate group of individuals that added 12 members during the winter to a Medium sized year-round congregation with a mixed demographic of individuals.

What does all this mean to you?

Joy?
 Surprise,
 Frustration?
 Wanting things to stay the same?
 Wanting to help, but not knowing how?

Let's learn and grow from some Buddhist principles:

Impermanence --- Nothing is permanent – everything in life changes with every moment that passes...**resistance to change creates suffering for all**

Compassion --- Compassion for one's own personal self, that then reaches out to compassion for all those in Leadership and also to all of our members in understanding that there are sometimes rather large 'hiccups' during this time of change.

Appreciating Change, **Joyce Axelson**