



The Communicator

[Unitarian Universalist Congregation of Lake County](#)



Sunday Services 11:00 a.m.

April 2 Rev. Cynthia Snavelly (in person)
“Bread for the Journey--Passover”

April 9 Rev. Cynthia Snavelly (video) “Dying
and Rising Gods—Easter”

April 16 Rev. Kaaren Anderson (video)
“Thoreau”

April 23 Rev. Cynthia Snavelly (in person)
“Making the Impossible Possible”

April 30 Dr. Beverly Ward (in person) “Honor
the Earth at Trout Lake Nature Center”

April Birthdays

Ernie Rossi
Bernie Greenberg
Christie Cleveland
Terri McConnell
Egor Emery
Frank Bishop
Elisabeth Emery

UUCLC Information & Contacts

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Minister

Rev. Cynthia Snavelly

Officers

Henry Millat, President
Pete Conde, Vice President
Karen Woolhouse, Secretary
Chris Higgins, Treasurer

Trustees

Carole Armel
Wendy Pacek
Christina Wilkins

Standing Committee Chairs

Membership – Janeane Reagan
WRaP (Sunday Services) – Val Conde
Building and Grounds – Christina Wilkins
Finance – Chris Higgins
Social Justice/Environment –
Communications – Kristen Hughes
Lifespan Groups & Activities – Pete Conde
Safe Congregation – Bernie Greenberg
Technology Administration – Val Rosado
Welcoming Congregation – Chris Cleveland

The Communicator is published monthly.
Editor: Christy Millat Phone: 248-921-0541
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Submit articles for the May/Communicator by
Friday, April 28.

If you have not shared your birthday with us, please email christy.millat@yahoo.com so we can wish you a happy birthday, too. Also, if you have any changes to your record such as mailing address, phone number, etc., email Val Rosado at valdarosado@gmail.com.

Minister's Message



April is here, and I am making summer plans. For the first time in many years, I will be attending General Assembly, the annual meeting of the Unitarian Universalist Association in person. I will also attend Ministry Days which always occur the first couple of days before General Assembly. This year General Assembly is being held in Pittsburgh, PA. I will drive there from Florida. Ministry Days and General Assembly will be from June 19 through June 25.

Following General Assembly, I will take some vacation time and drive home to Florida via central Pennsylvania and DC seeing family and friends. I will be back with you in time to lead the July 9 Sunday service.

This year I also plan to attend the Southeast Unitarian Universalist Summer Institute (SUUSI) in Cullowhee, NC from July 16-23. I am applying to be part of their nurture staff which involves taking on a ministerial role in the gathered community.

While I had thought my three youngest grandsons would be with their father for a good bit of the summer, it now sounds like their father may possibly be stationed in Europe by summer. If my grandsons are here in Florida this summer, I may take some time in August to do some things with them. Suggestions are welcome. The youngest three are 9, 12 and 14.

I am currently laying out plans for the Sunday services I lead from August through December. I have heard a request for a pet blessing service. I am open to hearing other suggestions and ideas.

In case of emergency, I am available even when away, please feel free to call or text at 240-475-2111. If it is an emergency, please do not email as I may not see that as quickly.

“Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.”

— John Lubbock

Cynthia

***Annual Congregational Meeting and Potluck
April 2, 2023***

President's Message

By Henry Millat, President, Board of Trustees

Thanks



Thanks this month to outgoing and incoming committee chairs and Board members. Chris Cleveland is stepping down from her longtime role of Chair of the Lifespan Groups and Activities Committee. Chris led the committee to diverse and appealing activities to enrich the lives of many members of the congregation. Pete Conde is taking on the role of chair.

Barbara Hill is no longer going to be Chair of the Social Justice and Environment Committee after years in that role leading one of our largest and most public committees. No replacement has come forward, so the committee has decided to rotate the duties of the chair for the time being.

Susan Moore has left the position of Chair of the Safe Congregation Committee after successfully leading that committee and the congregation through the Covid thicket with sound guidance on complex medical issues. Bernie Greenberg has stepped up to fill that challenging job.

Wendy Pacek's term as a Trustee on the Board expired, and she has decided not to continue, though I would note that Wendy is active in many other activities of our congregation. Wendy brought many good ideas to the Board. Richard Province has volunteered to be a nominee for Trustee to replace Wendy. It is good to see a newer member join the leadership team.

Chris, Barbara, Susan, and Wendy all did an outstanding job in their leadership roles. I am sure Pete, Bernie, and Richard will do so as well. Let's continue to give them our full support.





Sunday Morning Discussions

Sundays, 9:30–10:30 AM Social Hall

These discussions may include a presentation or be centered on a specific topic, or they may be more general. See the weekly Bulletin for the topics. See Wendy Pacek or Glen Bryan if you would like to present or facilitate. **Open to all**

April 2 UU & YOU TOO 5th Principle presented by Betty Emery

April 9 Karen Woolhouse, report on initiatives

April 16 Attacks on Transgender Rights by Linda Roberts and Katie Koehler
Learn about attacks on Transgender and Gender Diverse (TGD) individuals in society, as exemplified by the hundreds of bills proposed by state legislatures that seek to limit the rights and health of TGD persons.

April 23 Phil Edmonds Adventures of an Alzheimer's Presentation

April 30 Trout Lake 9:30 "Contemplation of nature and meditation – solo and guided".



New Orientation 1 Class Scheduled

We have 10 people signed up for orientation! Orientation 1 will be held on Thursday, April 13th, at 6:00 p.m. Welcome!



APRIL 30 – UCLC SUNDAY MORNING AT TROUT LAKE NATURE CENTER

Mark your calendar now for a very special Sunday morning UCLC service at Trout Lake Nature Center during Earth Day month. Because we are a sustaining sponsor of Trout Lake, we have been granted exclusive use of the facility on the morning of Sunday April 30.

SJEC is putting together a morning activity instead of the usual discussion group, and then a special service in the Trout Lake main hall. The service theme will be “Honor Earth” and the speaker will be Dr. Beverly Ward of the Quaker community. Emphasis will be on the spiritual relationship between humans and the earth.

After the special service, we will have a bring-your-own-picnic event on the Trout Lake grounds. During the event there will be lots of time for walking Trout Lake’s nature trails and standing on the dock by the lake.

More information and directions will come as the time gets closer. In the meantime, mark your calendar for a not to be missed Sunday morning.

Announcing New Chair of our Care and Connect Team



Care and Connect is an important subcommittee under the Membership Committee. We are very excited to announce that we have a new chairperson for the team, Dawn Reed. Dawn will be coordinating information regarding members and friends of the congregation who may be ill, experience a loss, or have a particular need that the congregation might be able to fill. If you or someone in the congregation you know could benefit from a response from the Care and Connect team, please call or email Dawn with the

information. There is a sign up sheet in the narthex for anyone who is willing to provide food or a visit when they are needed.

Dawn Reed

352-210-3133

dawnmariewreed@gmail.com



WELL DONE, UUCLC! A BIG PRESENCE AT EcoEXPO, AND A SUCCESSFUL ESSAY CONTEST!

The 2023 EcoExpo at Lake-Sumter State College on March 4 was a big success, with over 200 attendees. UUCLC was one of 12 co-sponsors, the only faith community among them. We were a major presence at the event, with our display on solar energy generation, our display of the winning conservation essays, and our workshop on reducing greenhouse gas emissions and solar energy generation. Plus, our congregation provided a large part of the event leadership, with Jane Hepting as overall chair and Karen Frank and Karen Woolhouse on the steering committee, and we hosted a thank you reception for all volunteers. The attendee feedback in a survey done after the event has been very positive. For example, more than 95% of attendees want another EcoExpo next year. We will see.

Check out an article on the front page of the Triangle News Leader using this link https://www.midfloridanewspapers.com/triangle_news_leader/ecoexpo-focuses-on-local-actions-celebrates-teen-essay-writers/article_69246860-c752-11ed-8380-4f87e41512a2.html.

A big thank you to the UUCLC team who worked at our display: Sandy Davenhall, Emma Michaels, Barb Hill, Alexandra Leigon, Henry Millat, Susan Zingale-Baird, and Karen Woolhouse. We met lots of nice people!

The UUCLC conservation essay contest for seniors in Lake County public high schools also concluded successfully. The seven judges were impressed by the passion and creativity of the winning essays. On March 5 we presented the winning prize of \$500 to Keira Woodhead of East Ridge High School in Clermont, and a Runner Up prize of \$250 to Skyler Holmes of Mount Dora High School. Another Runner Up, Willow Parks of East Ridge High School, was unable to attend the prize reception because of employment. We were all delighted that a lovely photo of Jane Hepting, Keira, Skyler, and Henry Millat appeared on the front page of the Triangle News Leader with a nice article. It is great recognition of UUCLC's conservation work. The winning essays are posted on the Conservation Initiative Bulletin Board in the Social Hall.



Celebrate International Lesbian Visibility Day

International Lesbian Visibility Day is a day to recognize and celebrate the contributions of lesbian women around the world. The day was created in 2008 to raise awareness of the issues faced by lesbians and to encourage them to live authentically. International Lesbian Visibility Day is celebrated annually on April 26th.

Celebrating Lesbian Visibility Day creates a safe space where they can be seen and heard without fear of judgment from others who may not understand them, yet accept them for who they are. This is especially important in today's society, where there is still much work to be done when it comes to achieving full acceptance and equal rights for people within the LGBTQ+ community (including education, employment opportunities, housing, etc.). On this special day, we must remember that every person has something valuable to contribute, no matter their background.

By being a Welcoming Congregation at UUCLC, we have committed to being allies of the LGBTQ+ community.

Allies are those who support and advocate for the rights of the LGBTQ+ community, even if they don't identify as part of the community themselves. Celebrating this day is a great way to show solidarity. It also helps create an inclusive environment where everyone feels safe and accepted regardless of gender identity or sexual orientation.

“My faith, rooted deep in our UU tradition, was telling me to not let convention prevent me from connection, to take risks that nurture relationship over isolation, to remember that we are all worthy of love, and that it is ours to claim if we are but brave enough to answer its call.”

Rev. Ashley Horan

Welcoming Congregation committee of UUCLC

Open House a Big Success!

Our first ever church Open House was held on Saturday, March 25. Over 30 members and friends in the congregation played a part in making this special event happen. Twenty-five were present to cover the various activities and another 6 were involved in the planning and preparation. The idea for an Open House was hatched in the membership committee when the Growth Initiative team challenged all the committees to come up with new ways to build our congregation in numbers and connection. When membership took it to the Leadership Council, it was met with a burst of enthusiasm and lots of ideas on how to make it interesting and how to promote it in the surrounding communities. While we did not get the number of visitors we had hoped to attract, the ones who came tended to be interested in possibly attending our services. In fact we had four of them attend the next day and three more, who are moving to the area, expressed intent to join when they get settled.

The greatest success of the Open House was in the coming together of our members and friends who were there to work. The event gave them an opportunity to sit and talk for an extended period of time. Many got to know others who they may have not even met before. People covered for each other to attend the magic show which most found delightful. Music from the sanctuary was provided by our two pianists and native flute artist and it produced an atmosphere of comfort and joy throughout the building. Hospitality declared the peanut butter pretzels a hit.

Several of our congregation as well as a few of the visitors took the opportunity to stop by the minister's office to chat with Rev. Cynthia. It was a nice way to get to know her better.

All those who were involved are encouraged to attend the April 9 discussion group at 9:30 when we will review the Open House. We would welcome your observations, suggestions, ideas, and lessons learned from this event as we move forward with the next steps in the Growth Initiative.





DON'T FORGET THE HOMELESS

I've heard people say that when they go shopping, they have in mind that they will buy something for the Open Door donation. And then they completely forget. So right now, right this very minute, go get your grocery list and write down a toiletry item, a snack, men's underwear, deodorant, or insect repellent to drop in the Open Door tub. SJEC thanks you and so do I. Jane Lovejoy

The OPEN DOOR

<p><u>Clothing Items</u> T- Shirts M, L, XL Gym Shorts M, L, Men's Boxers briefs M, L, Ladies undergarments S, M, Men's and Women's Sneaker Men's jeans 32, 34, 36, Socks</p> <p><u>Food</u> Protein Bars Fruit Snacks Chips/Pretzels Bottled Water/Gatorade eggs Juice Boxes Sliced Cheese Sliced Bread Milk</p>	<p><u>Camping gear</u> Tarps Back packs Poncho</p> <p><u>Hygiene</u> Disposable razors Deodorant Full sized shampoo bottles Full sized body wash Bug Spray Sun Block Chap Stick</p> <p><u>Laundry/Kitchen</u> Wash cloths Pods of laundry detergent Dish soap Sponges Sandwich /Quart/Gallon Ziploc Bags</p>
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Circle Dinners

Various dates and times meeting in members' homes

Circle Dinners are potluck meals in UU members' homes, where you can get to know a small group of UU's in a deeper way. Sign up in the narthex to host or be a guest. Each host chooses the date, time and how many participants. The host contacts participants to coordinate food. Sign up to host or be a guest in narthex. **Open to all.**



Dharma Book Group

1st, 3rd & 5th Wednesdays 6:00-7:30 (via Zoom)

The group reads books related to Buddhism and practices meditation. **Open to all.**



Meditation for All

Mondays, 6-7:00 in Sanctuary

The group meets for an hour of discussion and meditation. Meditation is simply another word for concentration and is a way of getting in touch with your spiritual nature. Facilitated by members of the group. **Open to all.**



Tai-Chi

Mondays-11-noon, January-April in the Narthex

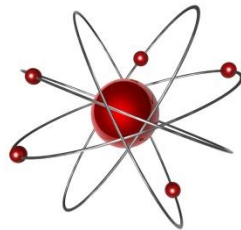
We will be learning *Tai Chi for Arthritis*, which was adapted by Dr. Paul Lam from the ancient Sun style tai chi. It is gentle, slow-motion martial arts movements done smoothly and mindfully. The class will be taught by Chris Cleveland, who has been trained by one of Dr. Lam's master instructors. Tai chi has been shown to increase one's immunity. **Open to all.**



Covenant Circles

Meet bi-weekly or monthly at UUCLC or on Zoom

Groups of 8-10 people meet regularly, to reflect on and discuss significant life topics. Small groups are great places to get to know other people, as participants tell their stories, share their perspectives, and listen deeply to each other. Whether the topic is “joy,” “mindful living” or “letting go,” the conversation is respectful and caring and leads to greater understanding. Structured sessions are facilitated by a member of UUCLC. Groups begin and end with chalice lighting/extinguishing, and include centering, readings and often include a time of silence before the sharing begins. **Sign up in Narthex. A new group will begin when we have 8-10 people signed up. The group will choose time and dates.**



Science & Philosophy

Thursdays, 10:30-noon in Social Hall

This is not a class. It is a meeting of persons to discuss and express their knowledge of various topics and exchange ideas and opinions. Contact Franklin Pennington. **Open to all.**

THE BEST TIME OF THE YEAR AT “THE MOUNTAIN” UNITARIAN RETREAT AND LEARNING CENTER!

Springtime in the Nantahala National Forest! Azaleas and then rhododendrons everywhere. Sparkling water in the brooks. The hiking trails are ready. It’s a wonderful time to visit “The Mountain”, the Unitarian Universalist Retreat and Learning Center in Highlands, North Carolina. There are always learning programs happening at The Mountain, but if they have space available you can book room and meals and enjoy a stay on the top of a beautiful mountain and the proximity to the National Forest.

There are some very interesting programs scheduled during April and May at The Mountain. They include Five Rhythms Dance Movement, Music Week, UU Womenspirit, and workshops on foraging and herbalism at The Mountain’s organic farm.

You can also plan a personal retreat on The Mountain website. Visit www.themountainrlc.org to see detail on programs and personal retreats.

I would be glad to answer questions about The Mountain. I am a life member and have spent many happy times there. I would also be glad to help arrange carpooling for the eight hour drive from Eustis. Karen Woolhouse, Woolhouse@earthlink.net

UU Seven Principles

