

**Lake Fellowship
Mission Statement:**

*To provide opportunities
for learning, personal
growth and service
in an atmosphere of
freedom and fellowship*



Fellowship News

LAKE FELLOWSHIP OF UNITARIAN UNIVERSALISTS

NOVEMBER, 2012

Lake Fellowship is a lay-led Unitarian Universalist congregation. We meet Sundays from the week after Labor Day to the week before Memorial Day. There is no program between Christmas and New Year's.

Adult Program: 10:30 a.m.

Children's Program: 10:30 a.m.

- Religious Education for children is provided during the adult program

Lake Fellowship is located at 24575 Glen Road, Shorewood, in an A-frame building one block west of Hwy 19.

- Mailing address:
Box 174, Excelsior, MN, 55331
Telephone: 952-474-8064

Chairman's Corner

by Don Penn

I've told the story many times but I'll tell it again. When I first moved back to Minneapolis full-time about four years ago, I was looking for a Unitarian group to be a part of. I knew I would be working at home, having limited social interaction during the day, and would benefit socially by being part of a larger group of like-minded individuals. Plus I knew that Unitarians are just a fun and interesting mix of people based on my experiences with them on the east coast.

My first year back, I went one week to Lake Fellowship and, while I had a good experience, I thought that being a part of an even larger group might be important for me so I decided to take a chance and visit some other larger Unitarian groups in the area. And I did just that for a few months before I realized that integrating into a much larger group of families with young children (without bringing young children of my own to the mix) would be a very daunting and difficult task. While the potential to interact with a larger group of people seemed inviting at first, I realized that I was quickly getting lost in the shuffle. While I was certainly meeting people, I wasn't meeting the SAME people week to week and developing connections and friendships in that type of environment would be needlessly complicated. Not only was I not meeting anyone in the potential dating pool as a single person, I wasn't even meeting people I wanted to start a friendship with. What I really needed to make these connections was a SMALLER group of adults. So I

thought back to that fun, little group I had visited just that one time the prior year: Lake Fellowship.

When the next fall came and the Fellowship resumed their regular schedule after their summer break, I went to that very first Sunday and never stopped attending. I remember it was easy to learn everyone's name because everyone shared it each week when we "passed the rock" to share joys and concerns. Not only did these people remember my name I thought, but there was no shortage of interesting, intelligent and socially-minded people talking with me and interacting with me each week. Not only was I meeting people, they seemed to value the contribution I was making week to week. In fact, this wasn't like church at all - they had interesting speakers, lots of musical guests, they had parties and fun social events, they even had small-dinner groups on a regular basis...hey, this is a pretty fun group I thought! But more importantly, while I was having fun...I was also making connections with people I was starting to care about. In fact, without realizing it, I was developing a deep and meaningful connection to a wonderful, caring group of people that I would simply refer to over time as "The Fellowship". Not only would I grow here...I wanted to stay and give back as best I could.

And that's my story.

I consider it a true privilege to be chair this year along with a capable group of fellow board members. The fact that the Fellowship has recently celebrated its 50th anniversary at its beautiful Shorewood location is not lost on me. This is a historically significant building on a beautiful property and it's my intent to see that it is well maintained. This year the board and I are discussing some cosmetic and/or structural improvements to the building which will bring it a little more up to date and comfortable. Our Sundays have seen a fantastic mix of programs and speakers that have been put together by Dan Larson and Marnie Karger, and as always Marilyn Vialle is doing a great job with the music each week. We are also excited to have Gretchen Wahlstedt on board as the new Religious Education (RE) teacher who is doing a fantastic job with the younger children's program each week. We have a well designed and fully-interactive web site thanks to Matthew Tift's hard work, and we have a new state-of-the-art HD video projector which is getting lots of use of and will soon have a sound system to match. We are planning more movie nights and will be introducing regular game nights soon for an even more interactive

Chairman's Corner continued

type of fun in addition to our always popular "book club". Small dinner groups are being scheduled for the fall and I hope to have our annual fund-raising auction again since that has been incredibly fun in the past. We will likely also have separate mens and ladies retreats this winter as schedules permit. And to top it off, we already have a couple of regular attenders who will be joining us as new members this November.

Yes, this is a GREAT time to be a part of The Fellowship!

Don Penn

Programs

November 4

If your image of China hasn't changed much in the last 30 years, a visit today would leave you awestruck. Through a then-and-now slide show presentation, you will witness the rapid change the Chinese government has imposed upon its 1.4 billion citizens – 20% of the world's population -- to propel them from a poor, third world country to today's booming, developed world leader. Our presenters are three Lake Fellowship members: Kate Leith spent 2 months in China in 1983 and has revisited in recent years on business. Scott and Laurie Gauer toured China last May.

November 11

Lake Fellowship member Katee Wendt traveled to Senegal in West Africa for 4 months earlier this year. During her stay she witnessed extreme poverty, the pursuit of happiness, and an historic election. Join us as she shares pictures, stories, and her experiences in transitioning from 1st world to 3rd, and back again.

November 18

Today we celebrate with our annual Thanksgiving potluck. Before we eat we will spend some time sharing what makes each of us thankful. Please watch for a sign-up sheet at the A-frame for bringing food to share.

November 23

Guitarist/composer/instructor Jay Gordon will present a musical program for us today. Since studying classical guitar and composition and earning a Bachelor's degree at the University of Minnesota, he's been active as a composer, guitarist, teacher and concert producer. In 1995 Jay founded and acted as Artistic Director for Music Saint Croix, an annual series of chamber music concerts and new music commissions based in Stillwater, Minnesota. Music Saint Croix's aim is to attract new audiences for art music by presenting concerts in spaces of great scenic beauty. Jay's compositions have been performed by some of the best choral ensembles in the nation, including commissions by The Dale Warland

Singers, Cantus, the National Lutheran Choir, and the Rose Ensemble.

From Jay's website (<http://www.universalstrumming.com/index.html>): "In a world that seems more devoted to ideas about spirit than the experience of it, music is good at melting the conceptual barriers that reinforce religious isolation." It's for this reason that he has focused on writing music that explores the intersection where wisdom, traditions, and music meet.

Get Connected, Stay in Touch

Have you registered yet for your account on the improved Lake Fellowship web site? It's quick and easy to do, and you'll be able to read and add comments in our member forum. Visit the web site at www.lakefellowship.org, scroll down along the left side until you see the "User Login" box. Click the "Create new account" link; a new page will load where you create your username, enter your email address, and complete the verification code. That should do it! If you have any questions, please contact Marnie at Marnie.Karger@gmail.com.

Program Catch-up

September 9

Welcome back! This is our traditional "first program of the new season."

Fellowship members, please bring to the program a small amount of water from (or that symbolizes) a place that is special to you. During the program people will, one by one, pour their water together into a large bowl, telling why this water is special to them as they do so. The Water Ceremony, also sometimes called Water Communion, was first used in Unitarian Universalist worship in the 1980's.

September 16

Seraphim Teacher John Chandler will introduce us to the Seraphim Blueprint and the first level of the Blueprint, Seraphim Healing. You can read more about this technique of tapping in to ancient energies on the official Seraphim Blueprint web site: <http://seraphimblueprint.com/>

September 23

With the election only weeks away (Tuesday, November 6th), we need to get the word out to everyone we know about why we oppose the proposed marriage amendment. But conversations about this issue can be awkward, uncomfortable, and sometimes counterproductive.

Ralph Wyman, Director/Organizer of the Minnesota Unitarian Universalist Social Justice Alliance (MUUSJA), will be speaking with us today to offer tips and techniques for having civil and productive conversations with our friends, families, and neighbors regarding the upcoming marriage amendment proposal. You're invited to read more through the following links:

About the proposed marriage amendment:
[http://ballotpedia.org/wiki/index.php/Minnesota_Same-Sex_Marriage_Amendment_\(2012\)](http://ballotpedia.org/wiki/index.php/Minnesota_Same-Sex_Marriage_Amendment_(2012))

MUUSJA site: <http://www.muusja.org/>

Minnesotans United for All Families site: <http://mnunited.org/>

September 30 — The Minister's War – The Story of Martha and Waitstill Sharp

Waitstill Sharp was a young Unitarian minister in Wellesley, Massachusetts in the 1930s. Today we will share a gripping half-hour film that tells the story of how Waitstill and his wife Martha left the safety of home in 1939 and risked their lives to help rescue thousands of refugees in Nazi-occupied Czechoslovakia and France. Their work was the first mission of what has become the Unitarian Universalist Service Committee. Our presenters today are Lake Fellowship members Terry and Tim McGlynn. Along with Rita McGlynn, Terry met Artemis Joukowsky (filmmaker and grandson of the Sharps) while attending the UUA General Assembly this summer in Phoenix. Terry and Tim will lead a discussion following the film.

You can read more about this film and the story behind it here: <http://www.theministerswar.com/>

October 7

Within our Unitarian Universalist principles is one that affirms our belief in the worth and dignity of each human being. It states that “all people on earth have an equal claim to life, liberty, and justice – and no idea, ideal, or philosophy is superior to a single human life.” It may seem an easy statement to recite and proclaim, but how easy is it to actually live practically within this structure? Especially as we draw nearer to a presidential election with two controversial amendment proposals on the ballot, we tend to become more divided in our community and it's an easy reach to project your values and beliefs over those of your neighbor.

Member Marnie Karger will lead an informal discussion on this issue and invite your thoughts and reactions.

October 14

Originally from Ohio, Howard Hobbs grew up at the First Universalist Church of Kent. He graduated from Kent State in 1970 in Geology, and went to graduate school at the University of North Dakota, where he specialized in glacial geology. He came to the Minnesota Geological Survey in 1977, and has been there ever since. The MGS is a department in the School of Earth Science at the University of Minnesota. Howard has mapped the glacial geology of many parts of Minnesota, including a generalized map of the whole state.

Howard says, “I've always been interested in music, generally the folk variety, but a little country and other genres. I used to go to the Blind Owl coffeehouse in Kent, in awe of the performers. Later I started performing at the Needle's Eye coffeehouse in Kent. Currently I do occasional open stages at coffeehouses, and attend some jam sessions in the area. I'm in the Universal Folk Band at First Universalist Church in Minneapolis. But I also sometimes play at geology and soil science gatherings. I have accumulated a number of songs relating to geology

and soils, generally new words to familiar tunes. Some are my own, some written by others.

For this program, I have woven together a very general story of glaciation in Minnesota with songs on the topic. It's kind of an experiment, and you will be the first audience. “

October 21

This talk, presented by friend of Lake Fellowship Louis Asher, will shed light on the U.S. energy situation as a whole, highlighting tar sands oil and the Keystone XL Pipeline. It will also touch on another hot topic, that of fracking.

Tar sands oil from Alberta, Canada is currently being extracted and shipped to the U.S. Midwest, including Minnesota, through pipelines. Canadian companies would like to build more such pipelines, including the Keystone XL Pipeline, which would carry Canadian tar sands oil to Texas. The Southern portion of this pipeline is now being built. The Obama administration postponed the Northern portion (which would link the Canadian tar sands oil fields through the U.S. heartland and join the Southern segment) until a more complete environmental review is conducted.

Tar sands oil extraction uses a lot of water and energy and is a very environmentally-destructive method of obtaining oil. The Keystone XL Pipeline will send tar sands oil to Texas for refinement into jet fuel and diesel fuel, which will be exported, and not used domestically. This will lead to less gasoline and therefore higher gas prices for us in the Midwest.

Louis Asher Biographical Summary:

Over the last 25 years Louis has had a very strong interest in the area of renewable energy and has greatly researched that area. Louis is a retired Researcher/ Statistician and instructor. He worked at 3M Co. for 39 years and was known as a very practical, motivating and extremely entertaining/fun instructor. He now volunteers in organizations that deal with habitat conservation, climate change and renewable energy.

October 28

Based on a practical example, Douglas Owens-Pike will demonstrate some steps his family has taken to live a more sustainable lifestyle. These include designing and building a new home, anticipating impacts of climate change and rising energy costs. While his example is rural, these principles can be applied in both urban and suburban homes, either remodeled or new construction. In his case, Douglas' family now receives a monthly credit from their utility for the power they generate from a photovoltaic collector. They have no natural gas or propane tank (except a small one for their grill). Their primary heat is the sun, since their home is a passive solar design (back-up systems are wood fired or electric radiant in-floor). Their landscape is designed for minimal care using native-plant communities that provide summer cooling and block winter winds. Their 300' well is backed up by a 1,000 gallon cistern filled with roof runoff or snow melt. The home includes two root cellars to store produce grown in their raised-bed systems and orchard. An apiary provides both honey and pollination for crops. Sacred aspects of their landscape include a labyrinth for walking meditation as well as a trail system through rolling

Program Catch-up continued

woodland and restored meadow that will be sustainably grazed. A significant aspect of their rural lifestyle is a reliance on neighbors who have specialized skills or equipment for raising and preserving local foods.

Speaker Information:

Douglas Owens-Pike founded EnergyScapes in 1989, with the goal of promoting native plants for energy and water conservation, year-round natural beauty, and to preserve Minnesota's biodiversity.

Doug's MS in Plant Ecology (UW – Seattle) resulted in EnergyScapes ecological focus, creating the most durable landscapes requiring the least care. Since 1990 he has been an active member the Minnesota Nursery and Landscape Association (MNLA). In 2006, Douglas was appointed to the international Association of Professional Landscape Designers (APLD) board of directors. He is the founding president of the APLD chapter in Minnesota. In addition to awards for his designs, Douglas was named 1997 Ecopreneur of the Year by the Minnesota Environmental Initiative.

He was selected to represent the Midwest for the "Fine Gardening" magazine special on waterwise garden designs for their April, 2003 issue. In February 2004, Douglas was a featured speaker at a conference for professionals, "Creating Healthy Ecosystems on Suburban Lots."

At the March 2011 MNLA Awards Gala Douglas was recognized as "Designer in Bloom." A feature about the award was in the June/July issue of "Midwest Home." The award required at least 15 years of experience and presentation of five projects that demonstrated Doug's contributions toward advancing the landscape design profession.

Newsletter Articles' Submission

The editors welcome articles or updates from Lake Fellowship committee heads or members for publication in our newsletter. The preferred submission format is digital (copied to an email). Submissions can be sent to

Terry McGlynn - terry.mcglynn@mchsi.com or
Beatriz Aguerrevere - baguerff@mac.com

The deadline for submissions to the next Newsletter is Wednesday, December 26, 2012

Web Connections...

Lake Fellowship Web Page: www.lakefellowship.org

Unitarian Universalist Association, representing over 1000 liberal congregations in North America: www.uua.org

Prairie Star District, the upper midwest district of the UUA: www.psduua.org

Friends and members of Lake Fellowship of Unitarian-Universalists are invited to

Sangha

...a community to practice mindfulness and compassion in the spirit of the Buddha

9:10 to 10:10 am, Sundays
before the regular program at the A-Frame

All are welcome regardless of meditation experience.

Bring pillows or a meditation cushion and 1 or 2 blankets

Questions? Contact Fellowship member Peggy Muehlberg: mmuehlberg@gmail.com or (952) 470-9214

Save the date...

Saturday, November 17, 7:30 p.m. – Movie Night at the A-frame

Our celebrations guru, Les Kraus, has arranged a movie night for us at the A-frame.

Les would like our input to help him choose movies, frequency, etc. for future movie nights.

PLEASE FOLLOW THIS LINK AND ANSWER THE QUICK SURVEY:

<http://www.surveymonkey.com/s/LCGFDBF>

What do Unitarian Universalists Believe? The Seven Principles of the Unitarian Universalist Association

- The inherent worth and dignity of every person;
- Justice, equity and compassion in human relations;
- 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 within our congregations and in society at large;
- 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.

This newsletter is published bi-monthly for the Lake Fellowship Unitarian-Universalists and friends. Editors are Terry McGlynn, 952-470-9501, terry.mcglynn@mchsi.com and Beatriz Aguerrevere, 952-937-8725, baguerff@me.com c/o Lake Fellowship, PO Box 174, Excelsior, MN, 55331.