

**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

OCTOBER, 2015

**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

use the monthly themes, and they are also spending one Sunday a month on NVC, as well. There is a sense of anticipation in the air with high hopes for what this year will bring. Thanks to all who are making it happen!

There was also great sadness this summer with the loss of one of our newest but instantly loved members, Donn Hanrahan. The whole Fellowship will miss him, and we all ache with the Dana family who had come to love him as a husband, son and daddy and who were just weeks away from making that official with a much-anticipated wedding. Rachel and Donn had a heartwarming and inspiring love that will never be forgotten here at LFUU.

*Dave Wahlstedt, Chair*

*Lake Fellowship of Unitarian Universalists  
Shorewood, Minnesota*

## Chairman's Corner

*by Dave Wahlstedt*

Welcome back to a new year at Lake Fellowship! We had a big summer with several committees doing great work during our hiatus and some great help from UU Minister Leslie Mills. We had a big push last spring to raise funds to allow us to hire Leslie as a consultant to our Kids' Religious Education (RE), Programs and Social Action committees, and all of us who were involved are very excited about the results! The Programs Committee, among other things, has mapped out an entire year of monthly themes to help give our programs focus, and to give the committee and our speakers a guide to help create inspiring programs each week. The Social Action Committee has started a new initiative to offer more exposure to Marshall Rosenberg's "Non-Violent Communication" (Google it!), both for members and for the broader community. We have an NVC practice group going on Sundays from 4:00 – 6:00PM that involves people from both inside and outside the Fellowship. The Kids RE committee is creating parent-led programs that

## Programs

### Sunday, September 13, 2015 — Water Ceremony & Welcome Back

Welcome back! This is our traditional first program of the new season. Each Fellowship member and friend is invited to bring a small amount of water from a place that is special to him/her. Each of us will, one by one, pour our water into a larger vessel while we explain the significance of the water (where did the water come from, why does it have special meaning for us?). The Water Ceremony, also sometimes called "Water Communion," was first used in Unitarian Universalist worship in the 1980's.

Members of the Program Planning Group and the Kids' Religious Education Planning Group will also share some of the changes they've made to the structure and creation of the year's programs, with special opportunities for everyone to get involved.

**Sunday, September 20, 2015 — Deepening Our Connection**

We'll explore how the tools of Non-Violent Communication can help us deepen our connection to each other and live our UU principles. Led by Laurie Gauer, Dave Wahlstedt, and Yvette Erasmus.

**Sunday, September 27, 2015 — How to Hope as a UU**

Hope – Feeling of expectation and desire for a certain thing to happen. The significance of hope varies with the circumstances of one's life. Some people will have a hope to get to their destination on time, for others they hope they will get to the destination safely. Some people hope they will get a good education, others just hope they will get an education.

Fellowship member Chris Hall will present a TED talk by Sheryl WuDunn, co-author of *Half of the Sky*, chronicling women's stories of horror and especially hope. After the TED talk, Chris will lead a discussion on how hope functions in Fellowship members' lives compared to the hopes of the women in the TED talk.

**Sunday, October 4, 2015 — Where is Home?**

To kick off our October theme of Heritage, we'll be watching a TED Talk by Pico Iyer titled, "Where is Home?" Following the video, Marnie Karger will lead a discussion about where we call home, based on our past, our present, and our dreams for the future.

To watch the video ahead of time, or if you're unable to visit, you may see the video here: [https://www.ted.com/talks/pico\\_ayer\\_where\\_is\\_home?language=en](https://www.ted.com/talks/pico_ayer_where_is_home?language=en)

**Sunday, October 11, 2015 — Broken Covenant**  
Guest Speaker: Rose Schwab

A covenant is a promise about how we are going to be together. It is a special practice that keeps our beloved UU tradition alive and transforming in the face of dogma. This beautiful Unitarian Universalist belief uniquely offers an important concept of community accountability to the current questions we are facing across Amer-

ica around racial justice. But we are not the only ones who have a long and beautiful history of co-existence. Please join us for a program that highlights the similarities between our practice of covenanting and Prophet Mohamed's early Islamic thought... all in the context of post-Ferguson America.

Rose Schwab is a new UU minister from St. Paul. She recently graduated from Union Theological Seminary in New York City, and worked for one year as the ministerial intern in St. Louis, Missouri, during the Ferguson crisis. She is now happily home again, and working as a chaplain at Fairview Riverside hospital while she enters her "search" for a congregation.

**Sunday, October 18, 2015 — Living in a World of Kindness: Music of the DeMasi Brothers**

Join award winning UU singer/songwriters "the DeMasi Brothers" as they bring alive UU values and principles through story and song. With John on fiddle, Joseph on guitar, and harmonies that have been compared to Simon and Garfunkel and the Everly Brothers, these identical twin brothers will have you clapping and singing along for a presentation that is insightful, entertaining and one you won't want to miss.

**Sunday, October 25, 2015 — Our UU Heritage**

Please join us for a multi-media presentation by Lake Fellowship member Tim McGlynn. His presentation will be about our heritage as Unitarian Universalists.



**Halloween Party**

Get your costumes ready and plan to be at Lake Fellowship's Halloween party at the A-frame on Friday October 30th. Rachel Dana will provide details soon; look for emails or check the website. Let Rachel know if you're available to help!

## In Memoriam



With great sadness we note the loss of one of our Lake Fellowship members this past summer. Donn Hanrahan suffered a fatal heart attack in early July, just after his 39th birthday. Donn's ready smile, his quiet strength, his ability to focus on what really mattered, and his willingness to share his love of life with all of us ensured a place for him in each of our hearts. We feel gratitude for having him in our lives, and deep sadness that his time with us was so short.

## Sangha Meditation

### Sundays, 9:00am to 10:10am

Our Sangha meditation group meets each Sunday from 9:00 - 10:10 am at the Fellowship for stretching, check-in, and 20 minutes of meditation. We focus on breathing and quieting our busy minds. You can sit on the floor, stand, walk, sit in a chair, or any combination of these.

No time to meditate? Mahatma Gandhi once said, "I've got so much to do today, I'm going to have to meditate for two hours instead of just one!" Meditation can increase your focus and concentration. Can't sit still for 20 minutes? You probably need meditation more than anyone.

Questions? Call Peggy Muehlberg (612.790.0242).

You'll find our group to be positive, supportive, friendly, and understanding as we all journey through life.

## MOVIE NIGHT AT THE A-FRAME

Join us for Lake Fellowship movie night at the A-frame on Saturday October 3rd. New format: we'll have a variety of DVDs available and make a joint decision that evening. If you have a favorite, bring it along for the group to consider! The equipment at the A-frame is Blu-ray compatible.

The movie starts at 7:30PM; come at 6:30 if you'd like to share a pizza dinner before the show (typical cost is \$10 for the meal including drinks). Be sure to RSVP to Les Kraus if you are coming and whether you want dinner: leskraus@gmail.com. Children are welcome to come and enjoy an age-appropriate movie downstairs on the small screen!

## LF Book Club

Our Lake Fellowship book club met pretty regularly on the third Sunday of every month this year. The books scheduled for the remainder of the year are: October, *Walden Two* by B.F. Skinner; November, *The Boys in the Boat* by Daniel James Brown; and December, *The Tale of the Unknown Island* by Jose Saramago, who was awarded the 1998 Nobel Prize for Literature.

The Book Club usually meets monthly at member Beatriz Aguerrevere's home. They start with dinner at 6PM, followed at 7PM by a discussion of the current book selection. New members are always welcome, as well as suggestions regarding meeting format/location, book selection, etc. Book choices are made by the group, considering such things as literature type (fiction, nonfiction), seriousness, humor, length, and recommendations. The group has read some classics, like Mark Twain's *Huck Finn* and John Steinbeck's *Cannery Row*. They value books that provoke good, lively discussions; sometimes the best discussions come with books that they don't like much! Member Marilyn Vialle comments that some of the books she would not have read on her own were books that turned out to carry a lot of meaning for her!

## Our help to Haiti

Message from Colin Wendt to LF members/friends who contributed money for Colin and Amelia Black (now 2nd year medical students at the University of Minnesota) to bring medical supplies with them to Haiti this summer.

August 5th, 2015:

Amelia and I are in our last week here at Port au Prince, and we wanted to give the final report about where/what all the donated money went to fund!

- We brought over 2 suitcases full of medical supplies that we donated to the neonatal intensive care unit at St. Damien Hospital. Many of the suppliers that the hospital usually receives their lines/tubes/etc. from were not servicing the hospital as frequently anymore, so when we asked the hospital what to bring they gave us a full list. So, with the help of physicians at the UMN med school (and the donated money), we helped a lot of very sick children.

- The rest of the money was donated directly to St. Luc's foundation. They are \$800,000 in debt currently; there was a large influx of money that came in after the earthquake, but donations have since died down. Father Rick, who started the hospital, thanks you all for your donation! Here is a list of services that your money will help fund:

- Both St. Luc's (adult) and St. Damien (peds) hospitals
- FWAL and St. Ann's, which are orphanages for older and younger kids. Attached are pictures of Amelia and me at St. Ann. (fix this sentence based on what pictures are attached)
- Francisville, which cooks all the delicious food for the patients and the visiting volunteers
- A school and orphanage in Kenscoff, which is south of Port au Prince in the mountains (another picture is attached)
- ....and many more!

Thank you all again for your support!

-Colin



## Music Committee

The music committee (Marilyn Vialle, Beatriz Aguerrevere, Maia Larson, Matt Fulkerson, Don Penn) met several times this past summer to discuss and practice songs for our new program year. They focused on selections that people would enjoy singing: ones in an attainable range, without too many verses... some basic songs. They plan to try some new things to add variety and increase everyone's enjoyment. Some of the new additions are geared more to the kids (of course we adults still have kid qualities in us...). Marilyn has written lyrics to incorporate our monthly topics into simple rounds (like "Row, Row, Row your Boat"); she would love to tap into YOUR creative ideas, so if you can suggest lyrics for upcoming programs feel free to share with Marilyn and the committee. (Editor's note: Remember, we will sing louder if we already know the tune!).

## 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: [terrymcglynn@qwestoffice.net](mailto:terrymcglynn@qwestoffice.net) or  
Beatriz Aguerrevere: [baguerff@mac.com](mailto:baguerff@mac.com)

**The deadline for submissions to the next Newsletter is Wednesday, November 15, 2015**

## Web Connections...

**Lake Fellowship Web Page:** [www.lakefellowship.org](http://www.lakefellowship.org)

**Unitarian Universalist Association**, representing over 1000 liberal congregations in North America: [www.uua.org](http://www.uua.org)

**MidAmerica Region**, the upper midwest region of the UUA: [www.midamericauua.org](http://www.midamericauua.org)

## Non-Violent Communication Weekly Practice Group

Sundays, 4-6 p.m. at the A-Frame  
Led by Dr. Yvette Erasmus

### FREE to Lake Fellowship Members

(Though gifts are welcome and enjoyed)

**Non-members \$10-25/person requested contribution**

**If interested, contact Dave Wahlstedt,**  
[dwahlstedt@gmail.com](mailto:dwahlstedt@gmail.com), 612-281-7611.

(Day of week and time may change,  
so do contact Dave before your initial visit.)

Nonviolent Communication (NVC)\* is a potent and simple communication tool that can also be a healing modality, a spiritual practice, a theoretical orientation and a worldview. Developed by Dr. Marshall Rosenberg in the 1960's, it reframes how we hear others, how we express ourselves, and how we resolve conflicts by moving towards collaboration, connection and shared power.

Open to anyone with any level of experience with the NVC model, however, basic familiarity with the core concepts may be helpful.

Visit [www.cnvc.org](http://www.cnvc.org) for more information.

Dr. Erasmus is a therapist, consultant and educator at Integral Psychotherapy, Chiron Center, and the Aslan Institute

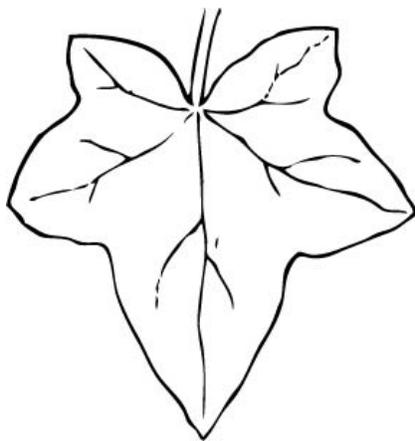
\* aka Compassionate Communication

Sponsored by the LFUU Social Action Committee

## 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, [terrymcglynn@qwestoffice.net](mailto:terrymcglynn@qwestoffice.net) and Beatriz Aguerrevere, [baguerff@mac.com](mailto:baguerff@mac.com), c/o Lake Fellowship, PO Box 174, Excelsior, MN, 55331.



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