

**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

MAY, 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

There are so many people to thank who have made all of these positive changes possible that I dare not start naming names, for I will literally consume the entire newsletter. However, one person that I want to give a very special thanks to is someone who has always held me accountable to a slightly higher standard: Sharon Dana. Not only has she looked out for the well-being of the Fellowship these past several years as board member, Treasurer, and in-house Design Consultant, Sharon has been the "wind beneath my wings" by constantly reminding me of THE most important thing for us to remember whenever we reach an impasse: that as a Fellowship we are a family, and that our friendships with one another must ALWAYS take priority over the differences we will sometimes have.

To do that requires each of us to be generous, patient and exceedingly kind to one another, and provided we continue to do that, I'm certain that Lake Fellowship will continue to thrive and provide another 55 years of spiritual and social enrichment to all those fortunate enough to walk through the doors of the A-Frame.

Happy sailing, see you on the water!

Don Penn

## Chairman's Corner

*by Don Penn*

As I wrap up my role as Board Chair/President this Spring, there's so much to say and so many people to thank. When I wrote my first "from the chair" back in the Fall of 2012, I promised to recognize the historical significance of the A-frame and see that it was well-maintained, and yet the changes and improvements to the building and the property since then have been more than I would have dared to dream thanks to the efforts of so many.

I also said that I considered it a true privilege to have been given this opportunity to lead, and these many years later I still feel the exact same way. This has been a very defining role for me and one that I've both taken seriously and thoroughly enjoyed. Though some will disagree, I've always seen the Chair/President role as something just a little different than the role of "5th board member." Far more than just titular, it's a role that requires vision, extra-hard work, and those who enjoy (and bear) its title should set an example for others to follow—raise the bar for those to come—and leave a legacy that is a positive contribution to the general welfare and well-being of the people and property of the Fellowship. I sincerely hope that ALL of your future Presidents will embrace that challenge and "take up the mantle." I hope in retrospect you have been pleased with my efforts, for it most certainly has been a labor of love for a place—and a people—that have given me so much in return.

## More Meaningful Programs in 2015-16 (for kids and grown-ups alike!)

*by Marnie Karger*

One of the most exciting and productive events of the 2014-15 Lake Fellowship season has been our collaboration with UU Minister-to-be Leslie Mills. Leslie has presented outstanding programs at our fellowship over the last few years, and recently expressed interest in working with us to create a more meaningful and enriching Religious Education (RE) plan for our kids. While the design for this plan as well as Leslie's role in it has undergone several iterations, the underlying result will mean a more cohesive and sincere framework on which we'll collaboratively build the format and curriculum for the kids' RE programs. We'll be taking this framework "upstairs" as well to use similarly for the adult programs.

Why the change? There are few who would complain or find faults with the current structure of either the adult or kid programming. We're an adaptive and easy-going bunch who tends to pitch in where necessary to get things

## **More Meaningful Programs** *continued*

done, and every week, sometimes at the last minute, we manage to present a decent program upstairs as well as an activity to at least occupy the attention of the kids downstairs. But, there are many who believe we could be doing a better job on each floor of our precious A-frame in the woods. Instead of just surviving week to week, can we succeed week after week? Can we make coming to Lake Fellowship about more than just good community vibes?

There is little interest and even less funding to bring in someone from the outside to make these improvements for us. Lake Fellowship began as and proudly maintains its status as a lay-led congregation. Outside speakers usually expect or outright charge a speaking fee, and qualified and competent child supervisors and/or teachers require adequate compensation. Our modest budget simply cannot expand to meet these financial costs. Therefore, it's entirely up to us as a fellowship to make these improvements ourselves, and I firmly believe that we'll be a better fellowship for the work we do toward these improvements.

What will the changes look like? The Program Planning Committee as well as the newly formed Kids' RE Committee will take on the task of charting out the entire year for both the adult and kid programs. To do this, we'll be creating a more thematic approach, and the themes explored upstairs with the adults will mirror those that the kids will be studying downstairs. Once the themes are selected, we can begin to nail down topics, speakers, programs and discussions for each Sunday. This general framework will hopefully afford us a better method for planning both sets of programs, as well as an increased opportunity to connect both programs each Sunday to one another.

Here's an example of how this might play out. Let's predict that the theme for the month of February will be "love and kindness." Knowing this in September, we can start soliciting ideas, speakers, topics and discussions around that theme well in advance. Perhaps one week in this month, the adults will hear a program about the UUA's "Standing on the Side of Love" campaign, while the kids discuss the UU principle about "the motive force of love." And, perhaps, one week in that month, we'll meet as an entire fellowship, young and old, to share stories of giving and receiving love.

The Kids' RE Committee will also create an easy-to-follow protocol for working with the kids as well as a basic template for planning a program with them. These steps will hopefully invite and encourage more of our members to lead the kids in a Sunday program, while still afford plenty of flexibility to work with them in a way that suits each volunteer.

This basic structure is what we've already worked out with Leslie Mills' guidance. Over the summer, both committees will continue to meet with Leslie to build a more robust foundation for moving forward. Our goal is to plan with the future in mind, and put to use what we map out this summer for as long as it's needed.

I am a Lake Fellowship member. In addition to being on both committees mentioned here, I'm also a parent of two awesome kiddos who will directly benefit from a re-vamped RE program plan over the next decade. I realize that I have a unique position and vested interest in this planning, and I fully intend to do my part to make it happen. I hope you'll join me in making our adult and kid programs well prepared and more meaningful, and I look forward to an excellent 2015-16 season at Lake Fellowship!

## **THIS SUMMER AT LAKE FELLOWSHIP**

### ***Sangha Meditation Group***

Our Sangha meditation group meets each Sunday (summers and holidays included) at 9:15 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 at (612) 790-0242.

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

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### ***Lake Fellowship Summer Party*** ***Sunday 8/2/2015***

Once again Jo Hermann has graciously opened her beautiful home on Christmas Lake for our Lake Fellowship annual summer extravaganza!

As in past years, there will be plenty of activities: volleyball (land or lake), bocce ball, ping pong, water-skiing, board games, visiting, resting, eating, etc...

Plan to arrive anytime after 11 a.m.; we'll start the buffet at about noon. Please bring a dish to share and your own beverages (coffee and orange juice will be provided).

Don't forget your bathing suit, towel, and sunscreen!

Questions? Contact Terry: [terrymcglynn@qwestoffice.net](mailto:terrymcglynn@qwestoffice.net). We hope to see you on the 2nd!

### **Non-Violent Communication**

(aka Compassionate Communication)

#### **Weekly Practice Group**

Mondays, 6:30-8:30 p.m. at the A-Frame

Led by Dr. Yvette Erasmus

\$10-25/person requested contribution

**If interested, contact Dave Wahlstedt,  
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.

Sponsored by the LFUU Social Action Committee

### **The Lake Fellowship Annual**

#### **Camping, Picnicking and/or Canoeing Trip**

**August 21, 22 and/or 23, 2015**

**Wild River State Park, North Branch, Minnesota**

This is a family (whatever your family consists of) trip.

**All members and friends** of the Fellowship and their guests are **welcome!**

#### **Choose what you want to do:**

The park is only 90 minutes away,  
so come for the weekend,

just for canoeing on Saturday and/or  
the Saturday evening potluck picnic & campfire.

For more info contact Laurie Gauer, 952-474-4951  
(email: [gauer\\_mn@yahoo.com](mailto:gauer_mn@yahoo.com))

### **Lake Fellowship Book Club**

The Lake Fellowship book club meets on the 3rd Sunday of every month. Everyone is welcome for potluck dinner at 6 pm and discussion at 7 pm.

These are the books we are reading for the summer:

- May 17 - *The Lizard Cage* by Karen Connelly
- June 22 - *The Orphan Train* by Christina Baker Kline
- July 19 - *The Cellist of Sarajevo* by Steven Galloway
- August 16 - *The Long Way Home* by Louise Penny
- September 20 - *Reclaiming Prophetic Witness* by Paul Rasor
- October 18 - *Walden Two* by B.F. Skinner

For more information contact Marilyn Vialle, [marvial@frontiernet.net](mailto:marvial@frontiernet.net)

### **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, August 15, 2015**

### **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@me.com](mailto:baguerff@me.com), c/o Lake Fellowship, PO Box 174, Excelsior, MN, 55331.

### **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)