

**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

FEBRUARY, 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

Chairman's Corner

by Don Penn

Chairman's Column:

Greetings everyone, I hope you are enjoying our unseasonably warm weather this winter - I know I am! It seems this year is moving right along so quickly and there are some new things in the works to tell you about.

Firstly, a big thanks to everyone who contributed these past few months to the operating budget of the Fellowship. Looking at things on a calendar-year basis, we are showing that donations are a bit up from last year and for that we're thankful. Something that has made giving to the Fellowship SUPER convenient is the option of setting up automatic, recurring payments on your credit card to go right to our account. You can give as little as \$10, and you can choose weekly, monthly, annual, or 1-time contributions. Once you set up a recurring payment, you never have to worry about writing a check again!

Those regular donations this year will come in handy as we start to budget for a couple of LONG overdue upgrades to the building, including the replacement of the 20+ year old furnace downstairs and the possible replacement of the scratched and worn out plexiglass panels upstairs that are likely even older. Since we'd like to use our auction funds for special projects, it's even more important that members try to contribute regularly to the operating budget during the year, as in some years we've had to use

the auction funds to cover operating expenses when they should ideally be going for capital improvement.

Speaking of which, we've also made some important technology improvements to the Fellowship. For the first time ever you can actually catch up on some programs you might have missed by going to our website's "programs" page (<http://lakefellowship.org/past-programs>) and searching that page for the word VIDEO. If a program has been videotaped, you'll be able to stream it directly to your computer, tablet, or phone and enjoy! Thanks to Matthew Tift for his efforts in implementing the streaming technology behind the scenes. There has also been an upgrade to the quality of the audio system in that a member has donated a substantially-upgraded new mixing board to the rack system we have.

We've also done some small building improvements.

- Thanks to the donated labor of a local boy-scout troop, we have applied a long-term ceramic-based paint to the exterior of the Fellowship that should go a long way toward preserving our wood siding. A big thanks to Tim McGlynn for managing that effort, and to Donn Hanrahan for lending a hand where needed.

- We are also grateful for the walking path that the scouts built for us through the woods behind our building; we enjoyed a really nice mid-winter walk to celebrate the Solstice led by Vicki Larson.

- Since the basement is also finished, the board has agreed to allow the facility to be rented and we'll be updating the web site soon with details on that. If you're a member you can rent the Fellowship at no cost; outside parties may rent the space for a fee. Please contact Peggy Muehlberg to make reservations.

Book club, movie nights, Sangha meditation, and a whole variety of new and interesting programs and speakers each week give members and guests and exciting reason to keep active in the Lake Fellowship community. As always, thanks for being such an important part of it!

Don Penn, Chair

Lake Fellowship Board of Trustees

Programs

Sunday, February 8, 2015 — Terry Forliti from Breaking Free

Our guest speaker today is Terry Forliti. She'll be speaking with us about her work with the group Breaking Free. Breaking Free was established in October 1996, by Vednita Carter, Founder and Executive Director, as a non-profit organization serving women and girls involved in systems of abuse, exploitation, and prostitution/sex trafficking.

For more information about this group, visit their web site at: www.breakingfree.net.

Sunday, February 15, 2015 — Current Events

Join us for a discussion of current events, moderated by Les Kraus. Come with a topic and information in mind, or just join in as you like as we tackle news spanning local, national and global issues.

Sunday, February 22, 2015 — UUs: Are we REALLY that open minded?

As a fellowship of Unitarian Universalists, we bring the diversity of our religious backgrounds and of our current faiths to the larger group. We often take pride in how open we are to those with differing thoughts and beliefs. But just how open minded are we, really? Several times already this year, many of us have felt a bit "prickly" when our guest speakers talk about their connection to God, their belief in Angels or other signs that they put faith in anything other than tangible matter. Why does this happen? What does it do for us to react this way? And what might it keep us from achieving? We'll share anecdotes, hold an informal discussion, and hopefully come away more like the open-minded people we think we are. Marnie Karger and others from the Building Your Own Theology group will facilitate this program.

Sunday, March 1, 2015 — Immigration Policy

Our speaker today will be Alberto Monserrate, CEO and Co-founder of NewPublica. Alberto will speak to us today about immigration policy, how it impacts Minnesota and how people can get involved.

Sunday, March 8, 2015 — Be your authentic self

Our guest speaker today will be Pastor Kathleen Abel. The topic of her program is "BE YOUR AUTHENTIC SELF - Where Social Justice Begins - Within"

For thousands of years, humanity has unconsciously allowed itself to be emotionally, intellectually, and physically enslaved by a small group of global power elites. These controllers have taught limitation in religion, education, medicine, law, politics, and more. The shutting down of humanity's potential for self-empowerment, creativity, wealth (in all areas), joy, and personal freedom has created suffering on a global scale for generations upon generations. The great news is that we are the ones for whom we have been waiting. In a world that strives to

make you into someone less than your amazing Self, you may choose again. BE your authentic, powerful, and supported Self! Bring along your notebooks and pencils to gather whichever spiritual tools catch your interest. Join us for this opportunity to help us all better focus on who we wish to be (in love and service) within this beautiful world.

Pastor Kathleen Abel, who grew up in Minnetonka, Minnesota, has been on a spiritual quest since 1992. Her studies to allow more happiness and sovereignty into her own life have led her to become a Sports & Therapeutic Massage therapist in the Twin Cities; to California, Rhode Island and Pennsylvania as a trained Waldorf teacher; and to Boston to earn her Master of Divinity degree. In New England she made a special personal inquiry into the unique American Spiritual Impulse, which included Transcendentalists (See:<http://transcendentalism-legacy.tamu.edu/>) and New Thought movements, as well as the Divine Feminine Impulse. She preached in King's Chapel (Boston, MA) <http://www.kings-chapel.org/> and spoke at Paramahansa Yogananda's ashram in Providence RI <http://www.meetup.com/ANANDA-CENTER/photos/>. Eager to bring home all that she had learned, she created her own interfaith worship sanctuary in Duluth, Minnesota, as well as a home school for special needs children, and the Daughters Of Abraham- a spiritual peace-centered support group for Muslim, Jewish, and Christian women. Kathleen has returned to the Twin Cities to assist her ex-husband on his journey with Alzheimer's disease and to create a nurturing spiritual support circle in the western suburbs.

Sunday, April 19, 2015 — Fresh Energy

J. Drake Hamilton is the Science Policy Director at the nonprofit organization Fresh Energy (<http://fresh-energy.org/>). Minnesota is on a clean energy path that is creating thousands of jobs and protecting human health and natural resources, while cutting carbon pollution that causes global warming. But our work is not done. Join J. Drake Hamilton at Lake Fellowship on April 19th to learn more about the historic opportunities Minnesota has to make big strides in clean energy in 2015.

MOVIE NIGHT

AT THE A-FRAME

Our next movie night is right around the corner on Saturday, March 7th. Join us for the movie at 7:30 pm or come early for pizza (6:30). If you have questions please contact Les Kraus (leskraus@gmail.com). SurveyMonkey will be sent soon. Kids are welcome too – bring their favorite DVD and we'll set them up downstairs.

A guaranteed fun evening!

BYOT — Building Your Own Theology

Join us most Sundays from 1pm to 2pm at the A-frame to enjoy smaller group discussions on a variety of topics (the topic for the next meeting is usually posted on the website under "Events," <http://lakefellowship.org/>).

Our plan, with few exceptions, is to meet weekly. Please note that our starting and ending times are flexible based on the day's regular fellowship program, attendance, and the natural flow of the discussion. You need not attend regularly or at all. We look forward to seeing as many of you as can make it!

If you have any questions, please contact either Marnie Karger or Dave Wahlstedt (Lake Fellowship members, and BYOT coordinators).

February 8, 2015 - 1:00pm to 2:00pm

We invite you (and those you know) to join us this Sunday for another discussion.

Our topic to consider and discuss is related to a task we invite you to try. At some time (or multiple times) during this week, try to take advantage of an opportunity to either "Pay it Forward" for someone, or to relax your guard a bit and open your mind to something you might ordinarily resist. Come prepared to talk about your experiences, successful or not, and to discuss the effects of the trial.

We'll share our thoughts, and figure out what our next topic will be after this. As always, come with an open mind, and an open heart.

LF 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:

- February 15- Adventures of Huckleberry Finn by Mark Twain
- March 15- The Sparrow by Mary Doria Rus
- April 19- Harvest of Hope by Jane Goodall
- May 17- The Lizard Cage by Karen Connelly
- June 21- 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

Web Connections...

Lake Fellowship Web Page: www.lakefellowship.org

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

MidAmerica Region, the upper midwest region of the UUA: www.midamericauua.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

*9:15 to 10:15 am, Sundays
before the regular program at the A-Frame*

*All are welcome regardless of
meditation experience.*

Bring pillows or a meditation cushion

Questions? Contact either Peggy Muehlberg, 612-790-0242, mmuehlberg@gmail.com or Janice Leafer, 952-474-8256, j.leafier@mchsi.com

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
or Beatriz Aguerrevere: baguerff@mac.com

**The deadline for submissions to the next Newsletter is
Wednesday, March 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, 952-470-9501, terrymcglynn@qwestoffice.net and Beatriz Aguerrevere, 952-937-8725, baguerff@me.com
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