

OPEN CIRCLE UNITARIAN UNIVERSALIST FELLOWSHIP NEWSLETTER

MARCH/APRIL 2012

MESSAGE FROM THE BOARD PRESIDENT...

By Paisley Harris

Spring is in the Air

Open Circle friends,

Spring is in the air. We can feel the earth making its way in a magic somersaulting circle around the sun, moving us toward the spring Equinox and new life and growth. As I write this, snow is on the ground, but there's a bird song and some warmth in the breeze.

Spring is in the air at Open Circle, too! It has been a joy to welcome many new people to Open Circle in the past months. We are now fifty seven members strong in terms of official membership. Mary Arrigoni and Lisette Aldrich have agreed to be Co-coordinators of our membership work. An ENORMOUS THANK YOU! to Madonna Bowman who has served as our membership Coordinator as we grew from zero to fifty seven members!

Our Sunday morning services have called us to consider the role of love, compassion, and justice in our spirituality and our lives. In March and April, we'll have a wonderful opportunity to hear from two outstanding UU ministers, Kelly Crocker of First Unitarian of Madison and Roger Bertschausen of Fox Valley UU. They will share their experiences and understandings of the transcendent mystery and wonder which brings spiritual meaning to our existence. We will also be welcoming a number of new visiting ministers and will be led in rituals from two different native earth-based traditions.

This spring, we are offering several opportunities to grow spiritually and intellectually: UU 101, an introduction to Unitarian Universalism and Open Circle led by our student minister Ian Riddell on Sunday March 18; a Tuesday evening class on Articulating your UU Faith in March; and a study of Ethical eating to be held three Sunday mornings before church starting April 15. In addition to this, we have several on-going discussion groups. And our Religious Education program has added some special social events for families and the whole fellowship.

In our social justice work, the Eco Food Committee just got featured in a wonderful article in the Action Advertiser's Progress Edition. The article raised awareness of issues of justice and sustainability related to food and called attention to Open Circle's commitment to honoring the interdependent web of life of which we are all a part. The Eco Food committee is working on organizing a food buying club that will buy organic and locally grown and processed food direct from the producers. In addition, a new social justice group is forming around issues related to education and members of the Fellowship are considering ways to pursue the goal of furthering economic justice.

And, last but not least, thanks to the hard work of Jeff Reed and others, our new, more visually appealing and user-friendly website is almost ready to "launch." Things are getting busy enough that we've formed a Program Council that will meet about quarterly to keep track of what is being scheduled and work to avoid conflicts! **I love the spirit of new life and growth I'm feeling at Open Circle this late winter and early spring!**

Continuing the theme of new life and growth---seeds planted in January 2011 at a very productive planning retreat of the Board and Fellowship are starting to sprout! At this year's January Board retreat, we assessed our progress toward some of the Fellowship goals identified last year. Besides the progress on our new website, we have begun a healthy congregation process. (The Healthy Congregation team's first meeting will be March 7.) Decorating of the sanctuary has moved forward significantly. We've revised and clarified job descriptions and lines of communication for our employees, and the Board has formed a ministerial exploration team to begin to look into our options for ministerial leadership.

Finally, I've been asked by a particularly important Open Circle member to exercise Presidential prerogative and invite all of you to his 50th Birthday Party! Help John Morris ring in his second half-century in style on Saturday March 31, from 7pm-?? at our Fellowship building. Open mike and Open House. Feel free to bring food and/or beverage contributions.

In the spirit of beloved community,
Paisley, President, OCUUF Board

GET INVOLVED AT OCUUF!

WoW: Religious Discussion and Coffee

OCUUF women are all welcome for coffee and conversation at Gift and Gab in Peebles on the 1st Monday of each month (unless otherwise stated). For more information please contact Jane at jane.dennis@charter.net. The group will be meeting on March 5 at 10 AM and on April 2.

Women's Dinner Group

OCUUF women who are unable to attend the Monday morning group are invited to meet at Faro's Restaurant every 4th Tuesday of the month at 5:30 PM. The group will be meeting on March 27 and April 24.

Men's Group

Please contact John McDowell for further information regarding events for this group. He can be reached at eastbrook06@gmail.com. The OCUUF Men's Group meets on the first Sunday of every month (unless otherwise stated) at the Ramada Inn at 8 AM. This group will be meeting on March 4 and April 1.

RE (Religious Education)

RE classes are held on the 2nd and 4th Sundays for elementary age children, and child care is available every Sunday (including children up to 10 when there is no RE class). On Friday, March 9 a Family Drumming event will be held from 6:30 to 7:30 PM at OCUUF.



Book/Video Club

This group meets the 3rd Tuesday of every month from 6:30 PM at OCUUF. The next meeting will be held on March 20 discussing the book *12 Steps to a Compassionate Life* by Karen Armstrong.

Eco Food Group

Meetings are typically held on Saturday mornings from 8 to 10 AM with locations to be determined at a committee person's residence. If you think you might be interested in joining Eco Food or if you're just curious, please join us. Guests are always welcome. For more information contact Karen Lindberg-Schuppe, klindberg-schuppe@charter.net.

Food for Thought

This group usually meets on the 2nd Thursday of the month at 6:30 PM at OCUUF. The next meetings will be held on March 8 and April 12.

Drumming Circle

Join in with good fellowship and drumming on every second Friday of the month at OCUUF, regularly held at 7:00 PM. On March 9, a family drumming event will be held in conjunction with the RE program meeting from 6:30 to 7:30 PM (please note time change). The drumming circle will also be held on April 13 at 7:00 PM.

For additional information, please see the calendars provided in this newsletter and more up-to-date information provided on the OCUUF website calendar at <http://www.ocuuf.org>.

SERVICE SCHEDULE

FOR MARCH AND APRIL 2012

March

3/4 Service: 1st Source
Presented by: Kelly Crocker
Coordinated by: Karen

3/11 Service: The Wisdom in our Wounds
Presented by: Melissa Simonson & Joe
Coordinated by: Sylvia

3/18 Presented by: Ian Ridell
Coordinated by: Sylvia

3/25 Service: Kirtan call-and-response chanting
Presented by: Dennis Hawk
Coordinated by: Sylvia

April

4/1 Service: Aymara ritual
Presented by: Jill Stiemsma
Coordinated by: John

4/8 Presented by: Ian Riddell
Coordinated by: Sylvia

4/15 Service: 1st Source
Presented by: Roger Bertschausen

4/22 Service: Earth Day
Presented by: Green Sanctuary

4/29 EcoFood Potluck

All services are held at Open Circle Unitarian Universalist Fellowship at 10 AM unless otherwise stated.

OCUUF REGULAR OFFICE HOURS

Jane Ricchio will be in the OCUUF office on Tuesdays from 3:30 to 6:30 PM.

Email: ocuuf@tds.net
Phone: (920) 924-8598

MARCH 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 Men's Group meeting at Ramada at 8 AM Service: 1st Source with Kelly Crocker at 10 AM	5 WoW meeting at Gift 'n Gab at 10 AM 	6	7	8 "Articulating Your UU Faith" at OC-UUF at 7 PM Food for Thought meeting at 6:30 PM at OCUUF <i>International Women's Day</i>  <i>Storm Full Moon</i>	9 Family Drum Circle at OC-UUF from 6:30 to 7:30 PM  <i>Holi (Hindu)</i>	10
11 Service: The Wisdom in our Wounds with Melissa Simonson & Joe at 10 AM <i>Daylight Savings time begins</i>	12	13	14	15 "Articulating Your UU Faith" at OCUUF at 7 PM	16	17 <i>St Patrick's Day</i> 
18 Service: With Ian Riddell at 10 AM UU101 at OC-UUF from 1:30 to 2:30 PM	19	20 Book/Video Club meeting 6:30 PM at OC-UUF, <u>12 Steps to a Compassionate Life</u> <i>First Day of Spring Ostara/Spring Equinox</i>	21	22 "Articulating Your UU Faith" at OCUUF at 7 PM 	23	24
25 Service: Kirtan chanting with Dennis Hawk at 10 AM	26	27 Women's Dinner Group at Faros Restaurant at 5:30 PM	28	29 "Articulating Your UU Faith" at OCUUF at 7 PM	30	31

APRIL 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Men's Group meeting at Ramada at 8 AM Service: Aymara ritual with Jill Stiemsma at 10 AM</p> <p><i>April Fool's Day Palm Sunday</i></p>	<p>2 WoW meeting at Gift 'n Gab at 10 AM</p> 	<p>3</p>	<p>4</p>	<p>5</p>	<p>6 <i>Good Friday</i></p> <p><i>Wind Full Moon</i></p> 	<p>7 <i>First day of Passover</i></p>
<p>8 Service: With Ian Riddell at 10 AM</p> <p><i>Easter</i></p> 	<p>9</p>	<p>10</p>	<p>11</p>	<p>12 Food for Thought meeting at 6:30 PM at OCUUF</p>	<p>13 Drumming Circle at OCUUF at 7 PM</p>  <p><i>Orthodox Good Friday</i></p>	<p>14</p>
<p>15 "Menu Highlights" presented by the EcoFood Group at 9 AM at OCUUF</p> <p>Service: 1st Source with Roger Bertschausen at 10 AM</p> <p><i>Orthodox Easter</i></p>	<p>16</p>	<p>17 Book/Video Club meeting 6:30 PM at OCUUF</p> <p><i>Tax Day</i></p> 	<p>18</p>	<p>19 <i>Yom HaShoah</i></p>	<p>20</p>	<p>21 Highway Cleanup at 8:30 AM</p>
<p>22 Service: Earth day with the Green Sanctuary</p>  <p><i>Earth Day</i></p>	<p>23</p>	<p>24 Women's Dinner Group at Faros Restaurant at 5:30 PM</p>	<p>25</p>	<p>26</p>	<p>27 <i>Arbor Day</i></p> 	<p>28</p>
<p>29 Eco Food Potluck at 10 AM</p>	<p>30</p>					

INTERESTED IN OCUUF MEMBERSHIP?

If you feel you have found a spiritual home in the Open Circle, but have not yet joined OCUUF, we hope you will consider signing the membership book. Signing the membership book means that you feel you have found a spiritual home here and that you are committing to support the Open Circle Fellowship financially and with your time and talents. Feel free to talk to Paisley Harris (paisley.harris@uwc.edu), Lisette Aldrich (aldrichla@charter.net), or Mary Arrigoni (arrigonis@juno.com) about membership.

RE News and Events

Dear UU Families,
Happy soon-to-be-Spring! The UU RE Program has some exciting new programming coming up to put on the calendar:

Friday, March 9th - Family Drum Circle from 6:30-7:30pm in the sanctuary. Parents and kids are invited to be expressive and bond through music. You can bring your own instruments or kid-friendly instruments will be available. All ages welcome!

Sunday, May 6th - UU Tye Dye Extravaganza from 11:30 to 1pm in the side parking lot (weather permitting) or side room (weather not permitting). Bring white t-shirts, socks, skirts, undies - anything you want tye dyed - to color as we grow closer as a congregation. White t-shirts will be provided upon request.



Sunday, June 3rd - 2nd Annual Children's Picnic during regular service hours in the front room. Excited to celebrate the end of the school year? Join us as we play games, make crafts, and eat delicious food! Parent participation is optional.

RE classes will continue to be offered the 1st and 3rd Sunday and childcare will be provided the 1st - 4th Sunday of every month thru the rest of the school year. If you haven't already, sign up to assist with teaching one of our remaining classes! The Ashanti Proverb "It takes a whole village to raise a child" applies to us here at OCUUF.

The RE class calendar for the Spring Semester:

- 02/19 - Service is the Rent we Pay for Living - John Morris
- 03/04 - Privilege is the Blessing We Give Away to be in Community
- 03/18 - Making Visible the Invisible
- 04/01 - Images of Injustice
- 04/15 - All Work has Honor
- 05/06 - Prayer is a Place to Grow a Soul
- 05/20 - Choose to be UU
- 06/03 - 2nd Annual Children's Picnic

If you have any questions, comments, or a desire to volunteer; please contact me at tea11y@hotmail.com or 920-579-2128.

Take care,

Teale Greylord
Family & Elementary Religious Education Coordinator
Fond du Lac Unitarian Universalist Fellowship

UU 101

UU101 is an orientation class for newcomers and friends of OCUUF. Participants will have the opportunity to:

- get acquainted with other new people
- be presented with a brief history of the theology and beliefs of Unitarian Universalism
- explore whether their beliefs and values are consistent with Unitarian Universalism

This class is also a good opportunity for current members to reacquaint themselves with their knowledge and understanding of Unitarian universalism.

DATE: Sunday, March 18

TIME: 1:30 - 2:30

PLACE: OCUUF

A sign-up sheet is available in the kitchen area at OCUUF, or e-mail your interest to Mary Arrigoni arrigonis@juno.com.

The Highway Cleanup Crew will be doing Highway 23 from County I to County Y on Saturday, April 21, beginning at 8:30 AM. The clean up begins at County I west of Fond du Lac and goes 2 miles west to County Y. Garbage bags and legal vests are supplied. Please dress appropriately for the weather. If the weather is not conducive to an application of our cleaning skills to said highway Mike will email all members of the crew beforehand. We certainly need your help!

OCUUF ON YOUTUBE!?

Thanks to John Morris and Jane Ricchio, OCUUF now has a YouTube site page. Additional material will be added on a regular basis. The videos will typically be loaded by Thursday morning following the service.

Check it out.

Here is the link to the OCUUF YouTube site:

<http://www.youtube.com/ocuuf>

MEATLESS MONDAYS INTERVIEW

By Jeanne McDowell

This is part of the series of Meatless Monday interviews. The following is an interview I had recently via Skype with Mary Arrigoni. I hope you enjoy it!



Q: How are your "Meatless Mondays" going?

A: They're going pretty well. I almost always remember it's Monday (ha ha), although that might not be 100% of the time. I don't usually eat a lot of meat anyway so it's not that difficult for me to do.

Q: Are you a vegetarian, or have you ever thought of becoming one?

A: No, I'm not a vegetarian although I am pretty close to one. I wouldn't be happy to completely give up meat. I like Italian sausage on occasion. I do enjoy turkey on Thanksgiving. I wouldn't want to limit my choices for meals. I am conscious of how much meat I eat and do enjoy many different meatless meals.

Q: What is your eating style and what are some of your favorite meatless meals?

A: I really like Italian food, as well as Asian food. I do like lots of veggies with rice. I am also somewhat of a "junk food junkie" too, who is trying to eat better. I have to work at eating "real meals". I can eat a bowl of popcorn for dinner and call it a meal.

Q: How long have you been eating consciously and what got you started?

A: I do like to watch my weight; so one reason for eating more consciously is to make sure I don't gain too much. Also, I think I have become more conscious of eating locally, seasonally, and also thinking about eating organic food because of the influence of the UU Eco Food Committee and the UU Fellowship. I feel members of our UU Fellowship are more aware of these issues.

Q: Let's look at some of your favorite meatless meals. What do you like to eat for breakfast?

A: I love steel cut oatmeal. I make a big pot and then use it during the week. One pot usually lasts me about 4 meals. I microwave a portion of the oatmeal and then include yogurt, chopped walnuts, raisins and blueberries.

Q: What about lunch?

A: If I'm working, I don't do much for lunch. I may have some sort of energy bar. Sometimes I'll have something like baked pita chips with hummus and then have an apple. My lunches are pretty simple.

Q: What are some of your favorite dinners?

A: As I mentioned earlier, I do love Italian food. I have a great Italian recipe for pasta with springtime vegetables of baby peas, asparagus, and young leeks. Another favorite of mine is risotto with peas, garlic and onion. I sometimes add shrimp to this dish. A simple meal I have on occasion is to have a baked potato with cottage cheese and broccoli. I frequently microwave a veggie burger (spicy black bean) sandwich with cheese and salsa on top. This is a quick, satisfying supper when I'm stressed for time (meaning I haven't really planned anything else).

Q: Do you have any advice or tips for people who are just getting started with "Meatless Mondays"?

A: I think hummus is a very satisfying meatless food. It's great with fresh raw vegetables or with flat bread or pita chips. If I'm disciplined, I have a menu planned for the week. I'll make sure I have all the ingredients for some nice meatless and otherwise healthy meals. Planning ahead really helps; that would be my tip.

ARTICULATING YOUR UU FAITH

Join Sylvia Reed and Bev Gudex on Thursdays during March 8, 15, 22, and 29 at 7:00 PM at OCUUF to explore the Unitarian Universalist faith.

MENU HIGHLIGHTS

The Eco-Food Group would like to present a Sunday morning program series entitled "Menu Highlights." The first of the three possible presentations will be offered on April 15 at 9:00 AM at OCUUF. Childcare will be provided *on request*. Dates for the following two presentations will be scheduled later if there is continued interest. If there is further interest, future presentations may be scheduled for the end of May and June.

LEADERSHIP DEVELOPMENT WITH A UU SPIRITUAL CORE: CENTRAL MIDWEST DISTRICT ASSEMBLY 2012

The 2012 District Assembly will be held in the Chicago land area at the Marriott Oak Brook Hill Resort on April 27-29. Because you asked for it, we are going back to having a full weekend DA!

Friday night's opening ceremony will feature special guest Rev. Bill Schulz, president of the Unitarian Universalist Service Committee and past president of the UUA. Rev. Marilyn Sewell will be our keynote presenter on Saturday morning. She has been interested in the theological and spiritual dimensions of leadership development for some time and is looking forward to exploring this with us. There will be two sessions of workshops on Saturday afternoon and then in the evening, we will show Rev. Sewell's documentary film, "Raw Faith."

Sunday morning, the winner of our DA Sermon Contest will lead a worship service open to all. There will be lots of music throughout the weekend, opportunities to connect with old friends and meet new ones, and times for spiritual reflection. Save the dates on your calendar now and let us know if you're interested in being a part of our DA planning team or offering a workshop.

www.cmwd-uua.org
www.regonline.com/DA2012

Central Midwest District of the UUA

HABITAT FOR HUMANITY

RE: 357 4th Street FDL Construction

We build on Tuesdays and Saturdays from 8am-4pm. This house will be built with Nora Wehner and Son Easton. We need volunteers for building, food and devotions. If your group or members of your church would be able to help this summer we would truly appreciate it.

We hope to hear from you soon!

Sincerely,
Kelly Tennie
Administrative Assistant
Habitat for Humanity of FDL Co., Inc.
150 S. Brooke Street
Fond du Lac, WI 54935
Office: (920)921-6623
www.habitatfdl.org
kelly@habitatfdl.org

Please contact Kelly Tennie for additional information.

Newsletter Editorial Changes Afoot!

About 2 years ago, spurred on by some discussion with OCUUF members, the OCUUF newsletter was created. Believe it or not, it has been nearly 2 years since the newsletter was first conceived! The time has come for me to move my Unitarian Universalist service in different directions. Never fear...I'm still devoutly UU and will be around for a good long time, just in different capacities. While I've learned much about layout and newsletter design, I'm looking forward to *writing* more for the newsletter and continuing to work with the amazing community I've found at OCUUF.

Jane Ricchio, our OCUUF office administrator will be taking on the task of layout starting with our next publication in May/June 2012. Please note the change in sending articles and calendar updates on the last page of the newsletter. These should now be sent to ocuuf@tds.net. Please add "newsletter" in the subject line.

Blessed be!
Stephanie Catrina Evergreen

"SILENCE OF THE BEES" VIDEO PRESENTATION

On March 8 at 6:30 PM at the fellowship, the sisters from the Sunseed Eco-Education Center will present the PBS Nature video, "Silence of the Bees."

The video explores the phenomenon of the vanishing honeybees: what researchers think may be causing the epidemic and possible solutions. All are welcome. Popcorn provided.



UNITARIAN UNIVERSALIST GUIDING PRINCIPALS

1. The inherent worth and dignity of every person;
2. Justice, equity, and compassion in human relations;
3. Acceptance of one another and encouragement to spiritual growth in our congregations;
4. A free and responsible search for truth and meaning;
5. The right of conscience and the use of the democratic process within our congregations and in society at large;
6. The goal of world community with peace, liberty, and justice for all;
7. Respect for the interdependent web of all existence of which we are a part.

OPEN CIRCLE MISSION STATEMENT

We come together as Open Circle Unitarian Universalist Fellowship open to experiencing transcendent mystery and wonder, honoring diversity and religious freedom. We come to pursue Unitarian Universalism's prophetic vision of peace, justice, compassion and sustainability and to create Beloved Community.

OPEN CIRCLE VISION STATEMENT

*To be a
transforming
presence in the
live of individuals
and the
Fond du Lac
community.*

CONTACT INFORMATION

OPEN CIRCLE UNITARIAN UNIVERSALIST FELLOWSHIP

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Fond du Lac WI 54935
Phone: (920) 924-8598
Email: OCUUF@tds.net

Board Members:

Paisley Harris—President
paisley.harris@uwc.edu
Madonna Bowman—Vice
President
Tracy Gravelle—Secretary
Sylvia Reed—Treasurer
Jerry Danner—Member-at-
Large

Committees and Chairs

Membership: Madonna Bowman
Religious Education: Jerry Danner
Service Planning: Sylvia Reed
Hospitality: Jane Dennis
Facilities: John McDowell
Eco Food Group: Karen Lindberg-Schuppe
Men's Group: John McDowell & Tom
Schuppe
Green Sanctuary: John McDowell
Library Committee: Linda Moore
Décor: Madonna Bowman
Book/Video Club: Bev Gudex
Women's Coffee Group: Theresa Riggs
Newsletter Editor: Stephanie Evergreen

NEXT NEWSLETTER DEADLINE:

Please send submissions for the May/June newsletter to Jane Ricchio via email at OCUUF@tds.net no later than April 20, 2011. Please include the word "newsletter" in the subject line. Thanks in advance!