

Open Circle Unitarian Universalist Fellowship Newsletter

September
2010

Message from the Fellowship Vice President

Dear Open Circle Friends,

Greetings. Hope you enjoy the September edition of the Open Circle Newsletter as we soak up the ever-shortening summer days and look toward a new program year at Open Circle.

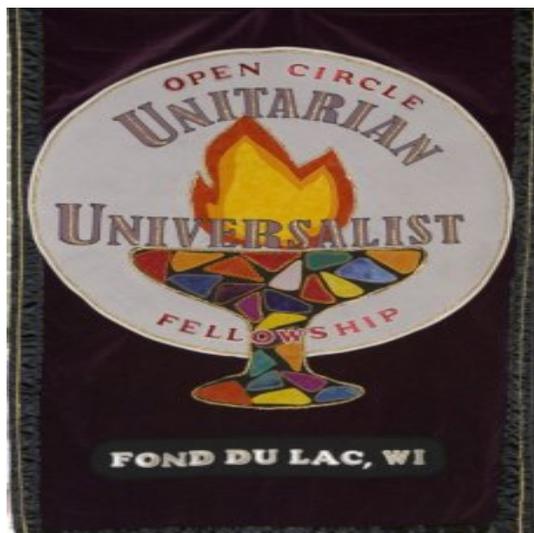
Let me begin with a 'thank you' to Service Planning Chair Sylvia Reed for spearheading our fun and relaxed [summer services](#) and to [Madonna](#) Bowman for helping to keep us connected through announcements and social times over the summer. As we "gear up" for a more active time in our church year in terms of Sunday programming, Religious Education, committee and [social justice work](#), and other kinds of programming and social events, I wanted to take a moment to think about why we do all of this.

Our [Mission statement](#) indicates that, "(w)e 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."

The first sentence reminds us that we are fundamentally a spiritual community that comes together for exploration and growth while respecting a variety of spiritual paths. The second sentence states what we come together *to do*, calling us to make a positive difference in our world, our community and within Open Circle by living and acting in ways that are grounded in Unitarian Universalism's fundamental moral values.

In our Vision statement, we affirm that it is our goal, "to be a transforming presence in the lives of individuals and the [Fond du Lac](#) community."

Our mission and vision ideally should guide us in our Sunday programming, our social justice work and our life as a fellowship. To a great extent, I think our mission and vision are reflected in what we do and who we are.



Our 2010-2011 Sunday programming theme of sustainability is one of the core values of Unitarian Universalism mentioned in our mission statement. In many of our Sunday services and programs this fall, we will use Rev. Michael Schuler's broadened approach to the concept of sustainability as a springboard to explore how we can care for the environment, our communities, our relationships and ourselves. This approach to sustainability seems to invite exploration of how sustainability, peace, compassion, and justice intertwine.

Our 2010-11 student minister, Christina Leone, will lead us in worship once each month. Stina has served as an intern in Annapolis, Maryland, and will be back at [Meadville Lombard](#) this fall. She is joining us for our [Water Communion service on Sept. 12](#) and will lead us in worship for the first time on Sept. The Board, Committee Chairs, and other interested leaders will meet with her to have a start up conversation [on Saturday Sept 18](#). The start up conversation is a time to get to know each other, discuss expectations, and so on. Thank you to Jeff Reed for making the arrangements for Christina to work with us.

(Board article...continued to page 4)

Welcome, Christina Leone, new student minister!

I am originally from Ft. Worth, Texas, and I went to college in Dallas, Texas where I "discovered" Unitarian Universalism. I attended the First Unitarian Church of Dallas for a year or two.

After college, in 2004, I moved to Memphis, Tennessee to go to graduate school. I have a Master's degree in pediatric clinical psychology. In Memphis, I was a member of Neshoba UU Church, and they are my sponsoring congregation with Bill Neely as the minister of Neshoba.

In 2007, I moved to Chicago to attend seminary at Meadville Lombard Theological School and I worked as the Director of Religious Education at the Third Unitarian Church of Chicago and the Young Adult/Campus Minister for the First Unitarian Church of Chicago. (I also know Leslie Kee, Eliza Gallaher, and Erin Gingrich.)

This past year (2009-10), I have been the Intern Minister in Annapolis, Maryland at the UU Church of Annapolis with Rev. Dr. Fred Muir as my supervisor.

I am passionate about everything within the ministry! If I had to choose one or two things that I am most passionate about, I would say children/youth and teaching. My skills are varied. I'm very organized, and I am good at helping organizations figure out structures that will work for their growth and development.

I am also very passionate about membership and would love to help in that area. I'd be glad to work with (or create) a membership team, help teach New UU or Roots classes, explore outreach opportunities, and possibly work on starting up Covenant Groups. (Small Group Ministry is a great way to grow a congregation.)

I am looking forward to the upcoming year with OCUUF, and I can't wait to meet everyone at the Water Communion celebration.

Blessings,
Christina Leone

Get Involved with OCUUF!

OCUUF Men's Group Announcements

The UU bicycle gang continues to meet at the North end of the Highway 151 bike path every Tuesday at 7:00 AM (weather permitting). The group will continue until it gets too cold and dark. All are welcome.

Men's Group will resume monthly breakfast gatherings in October.

When: First Sunday of the month at 9:00 AM

Where: The Ramada Inn

For additional information contact John McDowell at: johnmcdowell55@yahoo.com

Church Music

Starting in September, we will practice the service hymns prior to the service so people who wish to practice need to be there 15 minutes early. We will also be doing sign-ups for special music for 1st and 3rd Sundays. Choir practices will be at 9 AM for the occasional larger group TBA. Any questions? Ask Lisette.

Religious Education

Be a teacher! We *need* adults to teach in the Religious Education program on the first and third Sundays of the month. Lessons are fully prepared and ready to go--if you can read, you can teach RE! Please contact RE Director Monica Walk at monicawalk@hotmail.com to talk about teaching and to get on the schedule. We will need four teachers for each RE Sunday, beginning Sept. 19--two for the younger classroom and two for the older classroom.

OCUUF OFFICE HOURS

Monday: 10:00 AM until 1:00 PM

Friday: 10:00 AM until 12:00 noon

If any member needs to schedule an activity that requires the use of the building, please contact Deb Dool by e-mail (OCUUF@tds.net) or speak with her personally.

Thank you,
Deb Doll

Tip from Eco-Foodies on Meatless Mondays (or any day)

Submitted by J. Dennis for Eco-Foodies

You might want to try Meatless Mondays as a way to cut down on your carbon footprint or as a way to boost your health or to make a statement as a veggie activist. You can start trying to do a little bit at a time whatever your reason is.

Many Americans eat far more protein than they need to be healthy, and much of that extra protein comes from meat and meat products. Protein is essential to our health, but do we really need all that meat? The answer is that we don't need animal protein all the time, or even ever! Beans, legumes, whole grains, greens, nuts and seeds have protein, too. They also have fiber, vitamins and minerals but not the saturated fat that meat has.

Both animal and vegetable protein are made up of the same amino acids. The difference is in the content of certain amino acids. Alone, meat is a complete protein source, but plants are not. You can combine plant protein sources to make a complete protein dish that provides all of the essential amino acids. A serving of rice with beans is a common combination.

How can we compare lentils to a porterhouse steak in terms of protein? One cup of cooked lentils has 18 grams of protein but less than 1 gram of fat. A 6-oz. porterhouse steak has 34 grams of protein and 44 grams of fat, 16 of them saturated!

The following recipe is a delicious alternative to having a serving of meat for protein. It can be combined with another plant protein source to make it a complete protein.

Apple Walnut Lentil Salad

Cook 1 C of green or black lentils until tender. Drain and let cool. Toss with 1 chopped apple and 1/4 C each chopped walnuts, sliced scallion, and crumbled blue or goat cheese. Dress with balsamic vinaigrette.



For additional information visit these websites:

<http://www.meatlessmonday.com>

http://www.jhsph.edu/clf/programs/eating/proj_meatless.html

<http://www.meatoutmondays.org/index.php>

Religious Education Announcement

By Monica Walk

Parents:

If you attend Open Circle and have children, please contact RE Director Monica Walk ASAP with the names, ages, and grades of your children, as Religious Education classes are now in formation. At this time, we are planning our classes to accommodate the majority of ages we know to be attending: Kindergarten and Grades 4-6. (If you have children ages 4K, and grades 1, 2, or 3, please visit both classrooms to determine if the content will be appropriate for your child.) We would love to have a youth group for grades 6 and older and need adult volunteer leaders. Please contact RE Director Monica Walk with any questions at monicawalk@hotmail.com.

CUUPs

By Tammy Prus

The Covenant of Unitarian Universalist Pagans (CUUPs) is an organization that has provided a way to welcome Pagan-identified individuals and others who follow earth spirituality paths to Unitarian Universalism. It has provided networking, support, and education. CUUPs also promotes interfaith dialogues and inspiration for fellowship services. If you are interested in exploring the possibility of starting a CUUPs chapter in Fond du Lac, WI, please contact me, Tammy Prus, by email (smartiecrow@yahoo.com). I would love to set up a time and place to discuss this project. Everyone is welcome to participate and to express any joys and concerns. Thanks and Blessed Be!

(Board article... continued from page 1)

We carry out our mission and vision in our work in the community. Through the Eco-Food Committee, we pursue sustainability by working to raise awareness of the environmental and social impacts of our food choices. We've worked towards peace through participation in the peace cranes project which encourages education about [nuclear disarmament](#). We are living out the values of justice and compassion by supporting anti-racist efforts and by becoming the only congregation in Fond du Lac that is openly welcoming to Lesbian, Gay, Bisexual and Transgender people. We have given charitable donations to a variety of worthy causes, from helping with the Gulf Oil spill clean up to supporting the efforts of our next door neighbors at Friendship Corner who provide a drop-in social center for [people with mental illness](#).

In many ways, our mission and our vision also weave through our congregational life. Last year we completed the several year process of becoming an official UUA [Welcoming Congregation](#). This year, we will begin to pursue receiving UUA Green Sanctuary status. The Green Sanctuary Program encourages self reflection and Congregational reflection and study around sustainable practices and [environmental stewardship](#). It also encourages the adoption of environmentally sustainable practices in all areas of Congregational life, from how we build and maintain our buildings, to our programming topics.

Even in our everyday committee work, we try to live out our mission. [Board President Jeff](#) Reed and I have both recently been inspired by reading *Serving with Grace* by Erik Walker Wikstrom. This book encourages us to think of lay leadership as a spiritual practice. We are looking forward to co-leading our Water Communion service to begin our new church year. (As many of you know, the [water communion](#) in a special Unitarian Universalist ritual where we mingle waters from our summer journeys to honor our individual experiences and celebrate our coming together as a community.)

Our new board members Ruth Lane, Treasurer; Tracy Gravelle, Secretary, and Jerry Danner, member at large, have all jumped into their work with both feet, contributing great ideas and taking on projects. A special word of thanks to Ruth for her research into short term CD's. By investing a portion of our Building and Vision funds in these, we can earn slightly better interest than our Mutual fund. This won't earn us millions, but we should earn us about as much as a quite successful fundraiser. And if we have less to pay on our mortgage, we have more resources to spend on our spiritual growth and outreach.

Finally, I want to take a moment, in closing, to personally thank just-"retired" Board members Terry Kueler, Lisette Aldrich, and Linda Struye for their outstanding work. I know Jeff thanked them last month, but I also want to thank them for their hard work, dedication, and common sense.

Namaste,

Paisley
OCUUF Board Vice President Paisley Harris

HEART TO HEART COUPLES RETREAT

The following is a message from Cheri Bricco from the Fox Valley Unitarian Universalist Fellowship (FVUUF). They would like to open the retreat to area UU fellowships. This is their third annual Heart to Heart Retreat. If you are interested or have any questions, please direct them to Cheri at cbricco@gmail.com.

When: Friday, April 15 through Sunday, April 17

Where: Pilgrim Center in Ripon, Wisconsin

Presenters: Beth & Bart De Stasio, Tim Watson & Pete Smaby, Cheri Bricco & Paul Reiser

The Fox Valley UU Fellowship is offering a couple's enrichment weekend retreat. This retreat for couples is patterned on the well-known Marriage Encounter program and, although our presentations come from a Unitarian Universalist perspective, the opportunities extend far beyond any boundaries of faith. Couples have been enriching their partnerships for years based on this model at programs around the country; we are pleased to offer this experience here!

All couples committed to their partners and to their relationships are welcome — same-sex and opposite-sex, married and unmarried. This will be an opportunity to focus on your relationship and to deal with important issues.

The Heart to Heart retreat is designed to enrich the communication and intimacy of your relationships by emphasizing personal reflection and couples dialog. A team of experienced Unitarian Universalist volunteer couples will lead you through a series of presentations. Participants are not asked to share with the group, but rather to spend time reflecting on their feelings and then talking privately with their partner.

The cost of the retreat is \$340/couple and the registration deadline is February 1, 2011. For further information please contact the Heart to Heart leaders at h2hfvuuf@gmail.com.

September 2010 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 Labor Day-No service	6	7 7:00 AM UU Bicycle Gang (weather permitting)	8	9	10	11
12 10:00 AM Service topic "Water Communion" by Paisley Harris & Jeff Reed	13 5:45-6:45 PM UU Yoga with Jeanne McDowell	14 7:00 AM UU Bicycle Gang (weather permitting)	15	16	17	18
19 10:00 AM Service topic "The Off-Center Church" by Christina Leone	20 5:45-6:45 PM UU Yoga with Jeanne McDowell	21 7:00 AM UU Bicycle Gang (weather permitting)	22 7:00 PM Kathy Kell, peace prize nominee speaks at Marian University	23	24	25
26 10:00 AM Service topic "General Assembly" by Paisley Harris and Audrey	27 5:45-6:45 PM UU Yoga with Jeanne McDowell	28 7:00 AM UU Bicycle Gang (weather permitting)	29	30		

"The freedom of the mind is the beginning of all other freedoms."

-Clinton Lee Scott

http://uuvisalia.org/uu_quote.html



Creative Corner

UU Haiku

By Tammy Prus

As many of us may have learned this summer at OCUUF, creativity is a great way to explore and express our own spirituality. Writing has been my choice of art, and one form that I enjoy is the Japanese poetry style known as "haiku." A haiku is three lines. The first line is five syllables long. The second is seven syllables, and the third line is five syllables. If you add on two more lines of seven syllables each to the haiku, you create a tanka style poem. Traditionally, the haiku is based on an observation of nature. The last two lines of a tanka are the reflection of one's thoughts on the haiku. Rhyming is not required. While the haiku and tanka usually focus on nature, I have also used haikus as a way to observe and reflect on events and feelings in my life. Try haiku and have some fun!

UU Haiku #1

By Tammy Prus

Follow the laughter
A home at Open Circle
A hug for the heart

UU Haiku #2

The stained glass shimmers
Like finding a rainbow pearl
A downtown treasure

UU Haiku #3

The chalice is lit
Joys and concerns are expressed
Here grows peace and love



<http://web.vdo.org/teachers/edtech/Images/clipart.jpg>

August Sunday Services

9/5

Labor Day
No Service

9/12

Service topic:

"Water Communion"

By Paisley Harris and Jeff Reed

**Please bring water from the places you visited this summer (or use substitute water provided) and share with the fellowship.*

9/19

Service topic:

"The Off-Center Church"

By Christina Leone

9/26

Service topic:

"General Assembly"

By Paisley Harris and Audrey

***All services are held at Open Circle Unitarian Universalist Fellowship located at 19 E Third St in Fond du Lac at 10:00 AM unless otherwise noted. ***



Banner, Sylvia Reed/Photo, Conrad Brimhall



Theme for 2010-2011 Service Year: Sustainability

By Sylvia Reed

Once again, we are adopting a theme for our service year. After some discussion, the theme the Service Planning Committee adopted is "SUSTAINABILITY." This theme includes, but is broader than, the conventional meanings related to environmental stewardship.

It was derived primarily from the work of Rev Michael Schuler of First Unitarian in Madison, who published a book on this topic called Making the Good Life Last. In this work, Rev. Schuler takes a much broader view of sustainability that includes how we sustain individuals within our families, communities, and societies. This broader view includes a variety of topics that we considered as alternative themes, such as peacemaking. His observations on all aspects of sustainability make for a very readable and thought-provoking work, which we are able to recommend enthusiastically. We are pleased that Rev Schuler will be visiting us for a discussion of this theme in the spring, though it would be nice to begin our service year with that.

The way we have decided to work with our theme is that we are contacting ministers or speakers who have particular interest or experience related to the theme, but we will also include other speakers who are available and have a topic of interest to the fellowship. Please let committee members know if there is something you would especially like to see included in our services or topics.

Kathy Kelly, Nobel Peace Prize Nominee, to Speak at Marian University

Submitted by John Morris

Marian University is pleased to announce a presentation by Kathy Kelly, 3-time Nobel Peace Prize nominee, at 7:00 pm on Wednesday, September 22nd in the Stayer Center dining room. The title of her talk is "The Cost of War and the Price of Peace". Here is a brief biographic sketch of Kathy Kelly:

Kathy Kelly co-founded Voices in the Wilderness, a campaign to end U.S. military and economic warfare against Iraq. Voices activists formed 70 delegations, from 1996 - 2003, that openly defied economic sanctions by bringing medicines to children and families in Iraq. Kathy and her companions lived in Baghdad throughout the 2003 "Shock and Awe" bombing and they maintained a household in Baghdad during the first year of the U.S. occupation.

In 2009, she lived in Gaza during the Operation Cast Lead bombing; later that year, Voices formed another small delegation to visit Pakistan, aiming to learn more about the effects of U.S. drone warfare on the civilian population and to better understand consequences of U.S. foreign policy in pressing for Pakistani military offensives to dislodge Taliban fighters. Kathy's most recent trip to the region, in 2010, included a visit to Afghanistan, focusing on surgical centers serving victims of war.

Kathy was sentenced to one year in federal prison for planting corn on nuclear missile silo sites (1988-89); she spent three months in prison, in 2004, for crossing the line at Fort Benning's military training school.

She and her companions at the Voices home/office in Chicago believe that non-violence necessarily involves simplicity, service, sharing of resources and non-violent direct action in resistance to war and oppression.

Church of the Larger Fellowship Online Course Offerings

Submitted by Paisley Harris

Have you seen the latest online courses available at the CLF website? There are some wonderful offerings! Some courses are free of charge. Some courses cost \$40. Check out this link: www.clfuu.org/learn

The following is a partial list of course offerings:

Welcome In: An Introduction to Unitarian Universalism and the Church of the Larger Fellowship

On-going

Welcome to this program for new Unitarian Universalists. You can move through the sessions at your own pace. This online class is intended for people who would like to learn more about Unitarian Universalism, the CLF, and how their own spiritual journey might connect with our organization and faith tradition. For each session there are readings, as well as a variety of other resources such as links to relevant web sites. Once you have explored the readings and resources you will be able to answer the questions which will guide our discussion. Free!

In Our Mothers' Footsteps

Ongoing

This course shares information about important women from our Unitarian and/or Universalist heritage, but more than that, it offers the opportunity for modern women and men to reflect on how our own lives connect with those of our foremothers, and what we might have to learn from their struggles and successes. The course is divided into five sessions: Suffragists, Abolitionists, Writers, Educators and Ministers. This free course is made possible by the CLF through a generous grant from the UU Women's Federation. Free!

Action and Reflection: Living Our Seven Principles

Taught by Rob Moore: October 2, 2010 - November 20, 2010

In this class we will take one or more readings per week representing each principle as a starting point for open discussion to try to appreciate and reflect on our 7 Principles in new and fresh ways. Then toward the second half of each week we will discuss concrete and practical actions which we can take to bring each principle to our home lives, our work lives and/or other areas of our lives. All participants will be teachers and learners together! So come with your ideas and an open heart for the ideas of others. \$40

Humanism Today: Issues and Origins

Taught by Kendyl Gibbons and Bill Murry: January 17, 2011 - March 14, 2011

The heritage of humanism is a central strand in Unitarian Universalism. We will explore the history of this idea in classical philosophy, western intellectual development, and American religious development. We will also examine the variety of institutional forms of contemporary humanism, the issues it confronts, and the unique spiritual resources that it offers in the context of our UU movement. \$40

The Soul of Nature: A Journey into the Poetry of Mary Oliver

Taught by Amanda Aikman: February 7, 2011 - March 14, 2011

Mary Oliver has been lovingly called "the poet laureate of Unitarian Universalism." Through keen observation of the natural world, Oliver finds delight, sorrow, mystery and paradox. Her poems are deceptively simple, containing rich layers of meaning that are illuminated in unexpected ways when we discuss them with like-minded readers. In this six-session class, we will find a safe container for our reflections on the spiritual and personal meanings of Oliver's poems, using her themes as pathways into a spiritual practice of close observation of nature. There will be optional weekly writing exercises for those who wish to try their hand at poetry. The class will be based on Oliver's "New and Selected Poems, Volume 2," which is widely available. \$40

For information about these courses and more, contact

The Church of the Larger Fellowship (CLF):

www.clfuu.org/learn

617-948-6150

re@clfu.org

"We Unitarian Universalists have inherited a magnificent theological legacy. In a sweeping answer to creeds that divide the human family, Unitarianism proclaims that we spring from a common source; Universalism, that we share a common destiny." -Forrest Church

http://uuvisalia.org/uu_quote.html

Unitarian Universalist Guiding Principles

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

Contact Information

Open Circle Unitarian Universalist Fellowship

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Email: OCUUF@tds.net

Board Members:

Jeffrey G. Reed - President
jreed@marianuniversity.edu
Paisley Harris - Vice President
paisley.harris@uwc.edu
Tracy Gravelle - Secretary
Ruth Lane - Treasurer
Jerry Danner – Member-at-Large

Committees and Contacts

Membership Coordinator: Madonna Bowman
Religious Education: Monica Walk
Service Planning: Sylvia Reed
Hospitality: Susanne Dennis
Building Maintenance: John McDowell
EcoFood Group: Jeanne McDowell
Men's Group: John McDowell
Green Sanctuary: John McDowell
Library Committee: Linda Moore
Décor Committee: Madonna Bowman
Diversity: Paisley Harris

Next newsletter deadline:

Please send submissions for the October 2010 newsletter to Stephanie Erickson via email at erickson_steph@yahoo.com no later than September 20, 2010. Thanks in advance!