



The Communicator

[Unitarian Universalist Congregation of Lake County](http://www.uuclc.org)

Like us on Facebook! [facebook.com/UUlakeco](https://www.facebook.com/UUlakeco)



January Programs

Discussion Group Sunday at 9:30 am

January 5 Open Discussion

January 12 Open Discussion

January 19 Julie Champion will lead discussion.

"TMI & Florida Trivia"

How much do you know about Florida's past? Julie Champion, will present a preview of the Florida Seminars that will occur on four Friday mornings in February and on March 6th, from 10:30 to 11:30 am. Books on Florida are now available in our UU Library!

January 26 Open Discussion

Woerscippen Sunday at 11:00 am

January 5 Kristen Hughes

"To Dwell Together In Peace - A New Beginning"

January 12

January 19 Rev Tracie Barrett

January 26 Rev Tracie Barrett

Membership Orientation 1

Sun, January 26, 12:45pm – 2:15pm

This class covers the history of Unitarian Unitarianism and the principals on which our church is based. The church's committees and activities as well as UUCLC's own history are also covered. This class is open to anyone new to UUCLC or anyone who has been with us for some time and would like to know more about UU. Visitors are encouraged to attend so they can get to know more about us. For those who are interested in membership, this is the first step in the path to membership.

UUCLC Information & Contacts

Address: 1235 Mt. Homer Rd., Eustis, FL
Mail address: PO Box 1761, Eustis, FL 32727
Office Phone: (352) 805-8451
Email contact: lakecountyuu@gmail.com
Website: lakecountyuu.net

Officers

Betty Emery, President
Pete Conde, Vice President
Julie Champion, Secretary
Chris Higgins, Treasurer
Kristen Hughes, Assistant Treasurer

Trustees

Suzie Lockwood
Janeane Reagan
Lois Sanford

Rev. Tracie Barrett Phone: (863) 206-9086
To schedule an appointment with Rev. Tracie, please use <https://calendly.com/tbarrettwelser>

The Communicator is published monthly.
Editor: Christy Millat Phone: 248-921-0541
Email: UUCLCCommunicator@yahoo.com
Submit articles for the February Communicator by Sunday, January 26.



January 26--Potluck 4th Sunday of every month.





Minister's Message...

Normally I use my newsletter article space to write something profound and hopefully inspirational. However, after the past couple of weeks, I wanted to use it to update everyone at once as to what's going on with me.

As some of you heard at the end of December, I was very ill during Christmas. Christmas morning I woke with what I thought was the stomach flu. After four days of not being able to keep anything but small sips of water down, I agreed to go to urgent care. Testing proved I did not have the stomach flu (which was good, because I spent most of my time sick worrying I had passed the flu to everyone at Christmas Eve service).

However, the doctor was very concerned and sent me to the emergency room.

Once there, after fluids were started, they decided to perform a CT scan to see what was wrong. I was admitted and after an endoscopy it was discovered that I have a massive stomach ulcer. Thankfully, that is treatable, so I was happy with that diagnosis as opposed to many others it could have been. I stayed in the hospital until New Year's Eve, receiving double bags of fluids at a time, a total of eight bags of potassium, and a multitude of other medications.

I am going to be okay. I have a lot of changes I need to make to both my diet and my lifestyle, but I will be okay. I want to thank you all for your well wishes and thoughts and prayers during this somewhat frightening time in my life. I now ask you for your grace and patience as I continue to recover and focus on my healing.

May 2020 be a year of healing and hope for all of us.

~ Rev. Tracie



resident's Message:

Greetings

Happy New Year! Today is the last day of this decade and tomorrow starts a new day for the next one. As this year comes to a close, I have spent the last 2 days with two friends who have lost their spouses. This is a hard time for them. One is planning the memorial service for her husband; the other does just not want to be alone. These women are very different from each other with very different backgrounds and beliefs. Yet there is so much that is similar. They do not know each other. One has the Holy Bible on her coffee table, the other would not dream of displaying a Bible in her home. Yet, both need love and kindness and as much friendship as possible to help them through this very painful time in their lives. They still talk about their spouses in present tense and use "we" quite often. They both sit in the chair that used to be occupied by their husband. I wonder if this is universal. So, helping these ladies with what little comfort I can provide them makes me all the more aware of how fragile and precious our life is.



Please remember to hold the ones you love close and tell them you love them as often as possible. I believe that our UUCLC community has enough love and friendship to carry any one of us through a difficult time if needed. I feel so blessed to belong to UUCLC and am grateful for the love and kindness that we give each other every day of the year! Happy New Year to all UUCLC members and friends. I wish you all much happiness and joy in the coming decade!

Here are some important dates and information about the Board of Trustees for the congregation:

The next BOT meeting will be January 9th at 2pm.

Deadline for comments/questions regarding the proposed By-Laws is January 10th.

Open forum/discussion group with the BOT is January 19th at 9:30am.

Special congregation meeting to vote on proposed By-Laws immediately following service on January 26th.

The proposed By-Laws are available for review on the UUCLC website in the members only area. They are also available in the UUCLC library.

The BOT wishes to announce the nominating committee for the upcoming election of officers. The UUCLC 2020 nominating committee is: Bernie Greenberg, Barbara Hill, and Carl Skiles. In April, we will be holding the election of the following BOT officers: President, Treasurer, and Secretary. These are all two-year terms. If you are interested in the leadership of this congregation, please reach out to any of the members of the nominating committee. We would love to have you join the Board.

Betty Emery



UUCLC CHILDREN'S PROGRAM

When children appear at UUCLC, we are prepared with two teachers per classroom, and a fine curriculum centering around the Seven Principles of Unitarian Universalism.

A plan for contacting and meeting with parents who have appeared with their children in the past year is in the works. Child care for this evening or Saturday daytime meeting will be needed. Those members who have background checks would be needed during that 2-hour span, so parents and the team leader can discuss ideas about future curriculum and possible group activities. We are open to ideas and welcome volunteers for such a project.

Please contact Sylvia Wince if you are interested in helping. sylviawince@centurylink.net (352) 669-2078.



Circle Dinners are potluck meals at UU members' homes where you can get to know a small group of UUs in a deeper way. If you are interested in hosting a UU dinner in your home, please contact Diana Reed at DiReed@aol.com or phone 352-735-1520.

CLASSES AND GROUPS

Meditation for All group meets weekly for an hour of readings and meditation. Meditation is simply another word for concentration and is a way of getting in touch with the spiritual nature. Open to all. Mondays 6- 7 pm.

Tai Chi, a healing, slow motion martial art will meet every Tuesday from 9:00-9:45 am in the Social Hall. All may attend, including non-UUCLC members. All skill levels are welcome, from beginner through experienced. For information, please consult Janeane Reagan at janeane99@gmail.com.

Dharma Book Club meets on the first and third Wednesdays from 5:30 to 7 pm. Open to all.

Graceful Aging is a thoughtful conversation conducted by and for members and friends of UUCLC. It meets the second and fourth Monday of every month from 10:30 to noon in the Social Hall. It is an open group, which means folks are free to come and go as they wish, and the drift of each meeting emerges from the concerns of those present. For information, please consult Janeane Reagan at janeane99@gmail.com.

Peacemakers Covenant Group This will be a small group, which will meet at 1:00 pm on the fourth Friday of each month to learn compassionate communication in which we listen deeply to the stories of others.

The Science and Philosophy Group is a meeting of persons to discuss and express their knowledge of various topics and exchange ideas and opinions. Thursdays 10:30 am open to all. For information, please consult Franklin Pennington at fdpennington11@gmail.com.

Jan 02 Faith and Cultural celebrations, songs, festivities... HOW do you relate to programs that are well, NOT part of your chosen path? Just how is this "multiculturalism" supposed to work anyway? Do you join the PARADE or Protest the event? Sing along or ask someone to PLEEESE turn down their NOISE?? Are you somehow being FALSE if you sing along and dance to programs that represent beliefs very different from your own? Will you be attending the slaughter of the Sacrificial Beast this evening, eh? Please share some of your own experiences on navigating this precarious path and what it feels like to be OUT OF STEP with the crowd and their chosen drummer.

Jan 09 "HOW WE DECIDE" by Jonah Lehrer offers a peek into the HOW of that "black box" of the human PSYCHE! OH and it is MORE complex than the cartoon image of Devil on one shoulder and Angel on the other, darn FAR worse in fact, with the thousands of INFLUENCE messages sent at us daily! With new tech tools ah HA, we can SEE what parts of the brain are pushing well, just HOW we will decide! Going one step further, WHAT goes on when (on RARE occasions), WE CHANGE OUR MINDS? Our complex world demands that we have a better understanding of this process. OH and want a NEW job that pays GREAT and lets you work at home? Become an INFLUENCER!

Jan 16 Last month we talked about DREAMING -- the physiological, cognitive and emotional aspects of the slumber land. Today you will hear DETAILS of the Robert Monroe Hemi-Sync program for developing lucid dreaming skills and by the way, tell us of your own practice on dream focus and recall over this last month. OH and have any of you been floating or flying in your dreams? HOW would you like to become a Frequent Flyer?

Jan 23 VIOLENCE seems an integral part of the evening NEWS. Shootings, stabbings, even physical or vehicular assaults -- WHY? It is

not just between nations (SO glad we had 'the WAR to end all WARS' a century ago) but includes neighbors, co-workers, and family members. To what extent does the MEDIA fuel this problem OR merely reflect it and are YOU personally offended by the action movie formula of car chases, shootings and huge explosions ? The TAO suggests it is a great misfortune to have AN ENEMY -- uhhh, how are we doing ? Who do you believe is acting in a way that well, will WORK to reduce violence ? Should we build more prisons?

Jan 30 The U.S. spends a LOT more money (per capita) on health care than other nations, maybe 2 or 3 TIMES more? So HOW are we doing ? Just what is meant by a "single payer system" and possible benefits or problems ? OH and now we have SO many more companies of "health care providers" with their collection of physicians, etc. THIS is all SO SO complicated, so FIRST any problems you have met in the current system and then maybe a SECOND opinion and ... WHERE can we possibly go from here ???

The following classes will be offered this winter. You may sign up in the narthex at the activities table by the Social Hall. If you are interested in teaching or facilitating a class complete a Class Proposal Form (available in office or print from church website). Give forms to Chris Cleveland (mail folder in office or chrisclleveland1951@gmail.com).

Building Your Own Theology

Thursdays, 5:30-7:30 pm, Jan. 2-Mar. 5 with Rev. Tracie Barrett
Limited to 10 participants

This program, based on the assumption that everyone is their own theologian, guides participants to develop their own personal statement of faith. Book needed: *Building Your Own Theology, Vol. 1*. Some copies are available in our library.

Life Stories

Wednesdays, 10:00-11:30 am Jan. 8, Feb. 5 & Mar. 4 with Peter Pitzele

Participants will be guided in writing their personal memoirs, reflecting on life experiences, learning and sharing with each other.

Florida Seminars

Fridays, 10:30-11:30 am Feb. 7, 14, 21, 28 & Mar. 6 with Julie Champion

Kicking off the Florida Seminars is a Discussion Group program on Sunday, January 19, beginning at 9:30 a.m., first, with the Florida Trivia Game. Next, the folks there will suggest seminar topics for the seminars scheduled for February 21st, 28th, and March 6th. Topics already set are as follows: 10:30 a.m., Friday, February 7th, "Hurricanes", and 10:30 a.m., Friday, February 14th, "Seminoles". An expert scholar and researcher, Christopher D. Kimball, will be the guest seminar discussion leader. He has published three works about the Seminole Indian Wars. The Seminoles remain an undefeated Tribe! Europeans established St. Augustine before settlers founded Jamestown! Meanwhile, you may check out all sorts of Florida-related media from the UU Library, located across from Rev. Tracie Barrett's office. For even more details contact Julie Champion (407) 929-9796, juliemilamchampion@gmail.com.

Do you have an idea for a class? If you are interested in facilitating or teaching a class, please complete a class proposal form and give it to Christie Cleveland (chrisclleveland1951@gmail.com). Forms are available in the church office in wall rack beside the door.

If you are interested in taking any of these classes, please sign up at the table in the narthex and put it on your calendar.



Basic First Aid and fire extinguisher training will be offered to any congregant who would like to attend! It is free to participate!

January 11, 2020 10am-12pm in the social hall.

Brad Carroll of the Eustis Fire Department will be the instructor for this vital training.

For more information, contact Julie Twist at jltwist@yahoo.com.



The Board of Trustees' secretary keeps up the UU World magazine subscription mailing list. It's possible to have your subscription go to 2 addresses in a year. Give Julie Champion your information for when and where you want your magazine mailed or if you are not receiving your copy. juliemilamchampion@gmail.com or (407) 929-9796.

