



February 2020

# Prairie Lakes Unitarian Universalist Fellowship

Like  
Us  
On  
Face  
book



*In the bleak and cold winter,  
We gather ourselves in  
To light the fire to warm our spirits,  
To kindle the flame of love and hope*  
By Rev. Cynthia Landrum

Photo of PLUUF taken on 1/30/20 . Daytime temperature of 30-degrees. On this very day last year, daytime temperature was minus 15-degrees!

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## Calendar At-A-Glance [More details on page 3](#)

**ENGAGE Sunday, February 2: 10:00 AM** Prairie Lakes moderator Becky Feyen will lead a discussion about the complexity of social justice, religion and politics and the current Unitarian Universalist Association initiative.

**Worship Service Sunday, February 9: 10:00 AM** We welcome back Norbertine Brother Steve Herro. Brother Herro will discuss the relationship between the Unitarian Universalist 5th Principle and voting and voting districts, *The Fifth Principle and Election Year 2020*.

**Please stay after the service for our second Sunday Potluck!!**

**ENGAGE Sunday, February 16: 10:00 AM** Professor of Philosophy Emeritus Robert (Spud) Hannaford of Ripon College will lead a presentation, *A Life Well Lived*. A handout is available at PLUUF with more information and will be sent via e-mail before the presentation.

**Worship Service Sunday, February 23: 10:00 AM** We welcome back Paul Jeffries. Paul is Associate Professor of Philosophy at Ripon College and will present "Learning from Heroes, Saints, and Sages." His teaching and scholarly activities focus on the area of ethics. In addition to his work in philosophy, Paul also has a degree in Theological Ethics from Yale Divinity School.

**ENGAGE Sunday, March 1: 10:00 AM** Jeromy French will review the basic tenants of Daoism and then lead a discussion of the Tao Te Ching. We will focus on various passages and discuss how they relate to life as we know it. Any translation is acceptable to read.

**Every Thursday from 7-9 p.m. Families United** meets at PLUUF. Families United is a support group open to anyone who has been affected by addiction. These meetings are open to the public.



## Message from the Moderator by Becky Feyen

Hello – It has been far too long since I have submitted a message in the newsletter. I am back on track & want to start catching you up on what is happening in the background. February 1<sup>st</sup> your board of directors will be meeting for a new-year retreat. Last year we had a great time, brainstorming ideas to enrich the message and activities at Prairie Lakes. As often happens, the year slipped by filled with the day-to-day planning and events, and not enough attention to our goals.

This year's retreat will be a review of the ideas from last year & the goals discussed at our annual meeting. We will determine our next steps to complete or move forward on the projects. Sound like fun? Well, it is & you have the opportunity to be part of all the fun! Seriously, we need people to help run our Fellowship. Yes, we are a small group & it seems difficult to fill all the roles and help with activities. I assure you: This Fellowship has a great group of people for taking on a leadership role. The board members & administrative manager provide a wonderful support system. Personally, I feel such gratitude for what our group is able to create on a weekly basis & a great sense of accomplishment. This Fellowship is worth the time & energy it takes to keep relevant & growing.

"The function of leadership is to produce more leaders, not more followers." --Ralph Nader

Looking forward to the next 5 months!

## Bathrooms at PLUUF Get a Makeover by Becky Feyen

I want to thank Tanya Schwartz Roeper for our lovely re-decorated bathrooms. Tanya did all the work on her own – removing old cabinets, painting, adding new shelving, hanging artwork, etc. I also want to thank Ellen and Bruce Mueller for creating the \$200 matching gift challenge at the Art & Service Auction last year to raise funds for the bathroom project. Seven donors bid a total of \$200 and several individuals contributed to the loose offering. With the Mueller's matching gift, a total of \$464 was raised for bathroom improvements! Thank you to all of you who participated in donating funds at the Art & Service Auction. Your generous contributions were critical to undertaking & completing the project and, since we were able to keep the costs to a minimum, we still have more than \$200 left over! We still need to investigate new exhaust fans & possibly lighting, but at least the rooms are beautiful. Thank you so much!



Bathroom #1 (left) painted and decorated in December. Bathroom #2 (right) painted and decorated in January. It showcases three beautiful watercolor paintings by PLUUF members Pat Dobrinska and Randy Jawor and past PLUUF member/moderator Lyn Corder



## February 2020

### 2<sup>nd</sup> & 4<sup>th</sup> Sunday Worship Services and 1<sup>st</sup> & 3<sup>rd</sup> ENGAGE Sundays



**1<sup>st</sup> Sunday ENGAGE February 2 10:00 AM** Let's talk about the complexity of social justice, religion, & politics. YES, this thorny intersectionality will either be in the forefront or an underlying tone of many presentations & service. Becky Feyen will also share information from the Unitarian Universalist Association initiative: #VOTELove, #DEFEAT HATE, & #UUTHEVOTE IN 2020! & other social justice programs. YES, this is a questionable topic for a religious organization; but handled with grace and love, we are living "our UU values of interdependence, democracy, and the inherent worth and dignity of all people" (UUA - #VoteLove and #DefeatHate. Let's UU the Vote in 2020!)



**2<sup>nd</sup> Sunday Worship Service February 9 10:00 AM:** Norbertine Brother Steve Herro will lead a service titled "The Fifth Principle and Election Year 2020." What is the relationship between the Unitarian Universalist Fifth Principle and voting and voting districts? Local, state, and a national election and new maps for voting districts provide lots of opportunities for us to demonstrate our membership in a democratic society.

**Please stay after the service for our second Sunday Potluck!!**



**3<sup>rd</sup> Sunday ENGAGE, February 16 10:00 AM:** Professor of Philosophy Emeritus Robert (Spud) Hannaford of Ripon College will lead a discussion, *A Life Well Lived*. Can we explain or suggest how to attain a life well lived? We will look to historic philosophers and contemporaries for prospective in questioning what is a life well lived. Spud developed a handout to reference prior to the discussion, which is available at Prairie Lakes & will be emailed with the Sunday announcement.



**4<sup>th</sup> Sunday Worship Service, February 23 10:00 AM:** We welcome back Paul Jeffries. Paul is Associate Professor of Philosophy at Ripon College and will present "Learning from Heroes, Saints, and Sages." Come explore how we might live more ethically excellent lives by following the examples set out what Linda Zagzebski calls moral exemplars. Her approach to understanding ethics attempts to develop a theory of the virtues, both moral and intellectual, that is grounded in our experiences of admiration of those who live lives that teach us what it means to be excellent human beings.



**1<sup>st</sup> Sunday ENGAGE, March 1 10:00 AM:** Jeromy French will review the basic tenants of Taoism and lead a discussion on the Tao Te Ching. We will focus on the various passages & discuss how they relate to life as we know it. If possible, please read the Tao Te Ching before attending, this will be a discussion based on your input and interest. Any translation of the Tao Te Ching is acceptable – there are free versions on line.





## MESSAGE FROM Jill Stiemsma in El Salvador

*(Jill is PLUUF's Worship Service Coordinator and primary piano accompanist)*

Hi, all. Tanya asked me to give a brief overview of my first (almost four!) weeks in El Salvador. I'd like to say things have gone very well, but we've faced a lot of blips. First, two teachers who'd confirmed they would teach this cycle reneged at the last minute, so we were short teachers right from the git-go.

Performing my usual "extra" job at the Center for Intercultural Exchange and Solidarity (CIS), I cleaned the library and reorganized the books two days after my arrival. Everything was terribly dusty (and old), so much so that I immediately started coughing up a storm that continues to this day. So, that cough has meant I wasn't volunteering for any extra tasks at CIS but rather simply trying to keep my teaching schedule. This cycle didn't start out well for any of us!

And the last thing that wasn't going well were "the bees". Every year, I've had 15-20 bees flying around my bedroom light in the morning. By noon, they'd all disappear. But this year, those 15-20 brought all their friends. After a week and three bee stings, Morena (see info below) finally hired an exterminator. I just hate that we had to kill hundreds of bees, but...

Despite the setbacks, I still love being here. Morena has been a great nursemaid. Stay well – no coronaviruses, please!

### More Details...



CIS: Center for Intercultural Exchange & Solidarity

Where: San Salvador, El Salvador

How long: I've been teaching for CIS almost every January- March since 2011

Student population: Adults  
Speaking English can be a critical condition for employment or graduating from a university + many students have family living in the US, Canada, Australia, and Great Britain.

Morena: Originally, Morena was one of my students. I observed her taking an active role as she hosted other CIS English teachers or Spanish students. When I needed to move, I asked her if staying with her would work out. Indeed, I've lived here since 2015. I don't really consider her my "host," rather my good friend. She's unemployed more than employed, pretty typical here for "older workers" (those over 40), so I serve as a financial base for her whether or not I'm in El Salvador.



## In Case You Missed It In January

### ENGAGE Sunday January 5 with Becky Feyen Happy 2020 –Take Good Care of Yourself!

PLUUF moderator Becky Feyen kicked off the New Year by leading a discussion on mindfulness and reflection.



She led the discussion by presenting “The Four Aspects of Life” as outlined by Nalda Parker. She began by discussing what we can do to nurture the Physical Self: Drink plenty of water, eat raw fruits and vegetables, move and stretch (see photo).

She also presented ways to nurture *The Emotional Self* such as being aware of how our feelings cause us to act. Presenting *The Mental Self* seemed to spark the most discussion among the group in attendance. Becky emphasized that we must ask open-ended questions and listen with an open mind to initiate deeper conversations. Several individuals shared their emotional response to the current political climate and how it affects their relationships with family and friends. The 4<sup>th</sup> aspect was The Spiritual Self. To nurture the *Spiritual Self*, Becky suggested spending time in nature, expose yourself to art, meditate, and spend Sunday mornings at Prairie Lakes ☺

### ENGAGE Sunday January 19 The Power of One with Becky Feyen

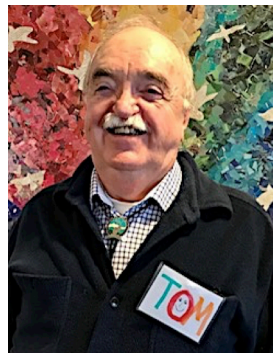


Becky Feyen led a discussion titled, *The Power of One*. She pointed out that this would be a re-occurring theme throughout the year in various contexts, including our summer kids camp. She gave a handout to inspire conversation. She explained that personal power is based on strength, confidence, and competence that individuals gradually acquire in the course of their development. It is self-assertion, and a natural, healthy striving for love, satisfaction, and meaning in one's interpersonal world.

Below are some things to keep in mind when managing your personal power (The True Meaning of Personal Power by Seline Shenoy, February 2017)

1. Become aware of your energy patterns
2. Build your self-esteem and emotional stamina
3. Make self-care a priority
4. Use your power as a force for good

### Worship Service January 12 with Thomas A. Zuhlke



*We are all in one spirit, one truth, one physical Universe. Every creature, each of us, has a place in the choir of the music of the spheres. – Tom Zuhlke*

Tom believes our life journey is filled with growth and change that comes in positive ways. We discard the old and put on the new. It's like outgrowing shoes or changing tastes in styles.

He said slow and rapid changes have occurred to his body, mind, and spirit in his 74 years of life. He described very personal experiences on his faith journey including his experience on a ropes course where his world became one. He continued his reflection by sharing that he took a 3-month sabbatical during his ministry to retreat from the world. This is when he began practicing meditation. He described that meditation led him to the understanding that he is connected consciously with Creation and Truth

*Tom is a graduate of Garrett Evangelical Theological Seminary with a Master of Divinity degree. He served two urban churches and specialized in small rural, multiple denomination and multiple church parishes in a 30-year ministry. Tom became a member of Prairie Lakes in June 2019.*

### Worship Service January 26 The Chinese New Year Celebration with Nicole Roost

It was another festive Chinese New Year celebration! Thank you to Roost family for decking the sanctuary and entryway with bright, colorful and festive Chinese New year decorations. The sanctuary came to life with Chinese lanterns, paper umbrellas, platters of citrus representing symbols of happiness plus a variety of sweet fruits each having its own meaning. During the reflection, Nicole not only shared the history and traditions of the Chinese New Year but also explained what it



means to her personally and how she enjoys exploring this tradition. The celebration concluded with a dragon parade. The children brought the dragon to life while the adults joined in the merriment by shaking their noisemakers. The service concluded with “poppers” representing the firecrackers used during the traditional Chinese New year celebration.

## Fellowship Notes



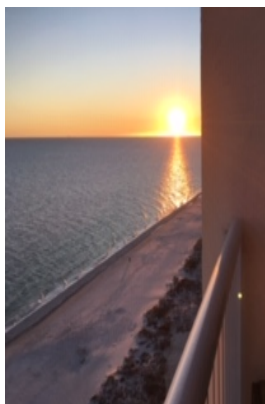
Lois Mockridge  
12/18/1925-1/11/2020

We express our deepest condolences to PLUUF friend **Marcia Jackson** and her sister Diane in the passing of their dear mother, Lois Mockridge. Many years ago Lois was a regular attendee at Prairie Lakes until health issues began to interfere. She will be remembered for her intellect, kindness and creativity.

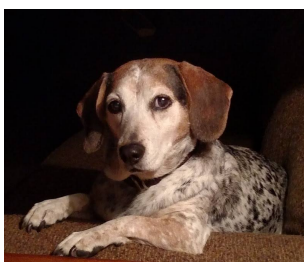
Wishing PLUUF member, **Lee Barczak**, a quick recovery from a dental procedure that cracked her mandible. She writes, "I have better dental care (now) and they tell me I must be patient and let time do its work. Not getting a lot of rest so not driving for the moment, but all will be well." We hope to see you soon, Lee!



Thank you to **Nicole, Brad & Brody Roost** for transforming PLUUF into a decorated, festive venue to celebrate the Chinese New Year! Special thanks to Nicole for creating and leading the service and to the children for bringing the dragon back to life!



Snowbirds, **Dave & Judy Harris**, are spending the winter in Alabama and sent a beautiful sunset photo from their balcony. Judy writes, "Alabama weather changes daily: rain & wind one day, sunny & pleasant the next. Bocce ball outside, various card games inside with friends & Dave's brother, shared meals in, delicious seafood lunches out keep us active. I swim every morning & we both read a good deal. Fairhope Unitarian Fellowship continues to draw us to Sunday services: One member lived in Turkey & shared some history of the Ottoman & current issues. Last Sunday a precious 10-year old presented a PowerPoint highlighting his research & excitement about Australia followed by their monthly potluck. Next week our niece will be with us & we have lots of activities going on. Life is good! Miss you all & rejuvenating to come back ready to charge ahead."



Our deepest and most heartfelt sympathy to **Jim Goyette** on the passing of his beloved dog, Precious. Precious was almost 17 years old and was a regular attendee at the Animal Blessing services at PLUUF and the Green Lake Area Animal Shelter Dog Walk event. We will hold a special place in our hearts for this sweet, loyal and lovable canine.

### Treasurer's Report as of January 30, 2020

	December 2019	Year to Date	Annual Budget
Income	\$5,787	\$15,017	\$26,004*
Expenses	\$1,793	\$29,707	\$41,375**
*Annual Budget Income does not reflect Restricted Funds or Common Endowment Fund			
**Annual Budget Expenses will use Restricted Funds and Funds from the Common Endowment Fund to cover outdoor renovation project.			

Detailed monthly financial reports are always available at PLUUF or by request:  
[tanyapapermaker@gmail.com](mailto:tanyapapermaker@gmail.com)

All the donation statements have been sent or handed out showing what you contributed to PLUUF during the 2019 calendar year. If you have any questions or concerns regarding this document please let Tanya know  
[tanyapapermaker@gmail.com](mailto:tanyapapermaker@gmail.com).

To the left is just a snapshot of our income and expenses so far for the 2019/20 fiscal year beginning 7/1/19 to 1/30/2020.