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# ComUUnicator

*Bringing you the news of the United Unitarian Universalist Congregation*

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Office hours  
Tuesday, 9-3 p.m.  
Friday, 9-3 p.m.  
262-544-1050

November 2018



United UU Congregation  
506 N. Washington Avenue  
Waukesha, WI 53188  
uniteduuc@gmail.com  
uniteduuc.org

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## **November 4 - Come Before Winter: Answering the call to those in need - Rev. Annie Holmes**

There are people everywhere in our lives that need help. Why do we help some and ignore others? The apostle Paul had this same problem. His experience may help see why we make these decisions. Worship facilitator, Jennifer Beiriger.

## **November 11 - Something Larger Than Oneself - Rev. David Kraemer**

In observance of Veteran's Day, what it means to serve a cause larger than oneself. Worship facilitator, Meg Whaley.

## **November 18 - To Live in Hearts that Love - Rev. David Kraemer**

How do we know and honor loss? Worship facilitator, Kaye Wickenberg.

## **November 25 - Good Grief - Rev David Kraemer**

On the eve of the birthday of Charles Schulz, creator of the comic strip "Peanuts" can we find humor in regret? What things make you exclaim, "Oh, Good Grief?". Worship facilitator, Jennifer Beiriger.

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## Letter from David

The first thing I can remember – I mean actually remember, as opposed to what other people have told me that has now become part of my story – is eating raisins on the front porch. We lived in an apartment in Madison. I was maybe two. There was a sandbox out there, as well.

Memory is so central to who we are, as individuals and as a group. Reggie Jackson, who has been speaking this month in a series on racial justice that we are helping to organize, says that you can't understand who someone is until you understand their history.

Each of us is shaped by our experience, by the lives we touch and the lives that have touched ours. It is the awareness of our experience – our memory – that shapes our future, that gives rise to our hopes.

Even now, as memory loss and memory care become increasingly relevant to an aging population, a shared memory offers a saving grace.

When one of us dies, we say that "to live in hearts that love is not to die." We live, in memory and in honor, for the things we have done in our lives and how they live on in others.

Memory is our theme for November. It is a good month for memory, as we will be sharing in collective holidays, recalling who we are and where we come from, and those who have served our country. In worship, we also will celebrate the marvelous gifts of memory that the Threads sewing group offers to the community. And we will have a little fun, finding humor in regret.

We will welcome former United minister Rev. Annie Holmes to the pulpit on the first Sunday of the month. I will be traveling to the

Parliament of World Religions in Toronto on that weekend, where I will join Patty Kies from our congregation, who also is attending.

And as always, we will enjoy a potluck on the second Sunday. If you can contribute something to the potluck, please see Kaye Wickenberg.

Our new youth group, open to youth age 12 and up, will meet at 6 p.m. Wednesday, Nov. 7 and 28. The Exploring Spirituality group meets at 6:30 p.m. on Thursday, Nov. 8. And our Strange Brew/Soul Matters groups will meet at 6 p.m. Wednesday, Nov. 14, at Magellan's Pizza in downtown Waukesha for beverages and food, and at 10 a.m. Thursday, Nov. 15, at Café De Arts for coffee.

My office hours will be somewhat limited this month, due to travel to Toronto, Thanksgiving and a birthday party I cannot miss. But I am always available for appointment by email or phone.

Come join us, and help make some memories.

Rev. David Kraemer can be reached at 515-231-2536 or [minister@uniteduuc.org](mailto:minister@uniteduuc.org).





## Host an International student for the holidays

Open your heart to the world this holiday season and adopt an international student from Carroll University.

During our traditional holidays, Carroll international students generally stay in empty dorm rooms as we celebrate at home with our families. If you have an extra seat at the table for Thanksgiving or an extra cup of cocoa for Christmas, please consider including one of these young people in your festivities. They are genuinely excited to join in on an "American Holiday" and truly enjoy getting a chance to be back in any type of a family setting.

For more information, please contact Megan Couch at [mcouch@carrollu.edu](mailto:mcouch@carrollu.edu) and she would be delighted to assist.

## Threads United quilt viewing, Nov. 18

Before donating 30 quilts to Healing Hearts in December, Threads United would like to share their work with the congregation. A viewing of the quilts will be held after service on November 18. Threads United members include Sabrina Benson, Lisa Bieri, Tudy Bolling, Michol Ford, Patti Kies, Dona Lundin, Jenny McAllister, Paula Pambianco, Carol Pauly and Kaye Wickenberg. Last spring, Threads united made and donated 37 quilts to Healing Hearts, a local organization that focuses on supporting grieving children and their families.

In addition to the viewing, the group will raffle one of the quilts. The proceeds will go towards materials for future quilts.



## November Greeters and Coffee hosts

### Greeters

11/4 Gilles and Sarah Fouquart  
11/11 Dave and Maria Hinnens  
11/18 Erika Winkler and Edna Pfeiffer  
11/25 Lisa Rosenthal

### Coffee hosts

11/4 Alex and Marcia Romashko  
11/11 Kim Johnson and John Harvie  
11/18 Meg and Moni Whaley  
11/25 Peggy Ann Harris and Jenny McAllister



Please find a replacement if you are going to be absent.

## 2018 Potluck schedule

Potlucks will follow service on the second Sunday of the month

Nov. 11 Baked potato extravaganza!  
Dec. 9 Holiday Pancake brunch

A sign-up sheet will be available in the Fellowship Hall two weeks prior to a potluck. If you have any questions regarding potlucks, please contact Kaye Wickenberg at [kwickenberg@wi.rr.com](mailto:kwickenberg@wi.rr.com).

## Threads United, Nov. 14 and 28

Threads United will meet at Marcia Romashko's house 9:30 a.m. on Wednesday, November 14 and 28. The group is currently making quilts for Healing Hearts, a local non-profit agency that offers grief support.

Contact Marcia at [owasseh@yahoo.com](mailto:owasseh@yahoo.com) for information.

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## Social Action news

**The Social Action committee, which is growing in membership, met on Sunday, October 21 to continue discussion of projects for the upcoming church year.**

### **MEAL PREPARATION**

We might branch out to the Milwaukee area, but that will take a while.

Until then, our first meal preparation and delivery to Hebron House will be Sunday, January 27 after service. If you're interested in helping, join us in the kitchen!

### **HOMELESSNESS**

David provided an update on the ongoing situation in the city of Waukesha. The number of homeless people is increasing, and there seems to be a mixed response from the community and government leadership in addressing the problem.

### **CHRISTMAS CLEARING COUNCIL**

As in previous years, the church will sponsor 2 or 3 families and collect money and gifts requested by the families in need. The families have to meet income requirements for program eligibility.

The Congregation's Christmas tree will go up soon simply to help get this project under way. It concludes with delivery of the gifts in early December. The youth group will soon make the gift tags. Congregation members and friends are welcome to contribute money (See Ellen Poplawski) or gifts as listed on the tags. Contributions of any amount are accepted and help these families.

### **COAT COLLECTION**

With the weather turning colder, please keep those less fortunate in mind as you clean out your closet or purchase a new coat or jacket for yourself or a sprouting child. Michol Ford will put collection barrels at a couple of hot spots in East Troy and Mukwonago. There will also be a bin in the church lobby.

### **FOOD PANTRY COLLECTION**

The basket for collections of non-perishable food items is in the lobby.

Although there is a specific food item requested for the Food pantry each month, any donations are appreciated.



### **November Food pantry collection**

In November, the focus for the food pantry collection will be baking items such as flour, sugar, baking powder, etc.

Donations of non-perishable, portable food items such as granola bars, fruits cups, small bags of nuts and beef jerky are an on-going need. These items are very much appreciated.

**The next Social Action: Service committee meeting is scheduled for November 25 at noon.**

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## **Mindfulness Meditation Group, Tuesday Evenings**

The mindfulness meditation group meets every Tuesday evening from 7 to 8:30 pm in the UUUC sanctuary. We have members from the UUUC and the Lake Country UU Church as well as people from various parts of Waukesha County. This friendly and welcoming group provides an opportunity to learn or deepen a mindfulness practice. No previous meditation experience is necessary; an introduction and guided meditation will be provided for anyone new to meditation.

Various studies have shown the benefits of mindfulness meditation: reduced stress and anxiety, increased peace of mind and happiness, improved health, and stronger relationships.

The format for the group includes different types of meditation practice, selected readings, and discussion of readings and practice. During November, we will be reading the chapter, From Addictive to Enlightened Relationships, from Eckhart Tolle's Practicing the Power of Now. Copies of the book will be available to share.

For the month of November, our meetings will be facilitated by several different members of our sangha. Please contact Lynne at [lynnethetwin@gmail.com](mailto:lynnethetwin@gmail.com) with any questions or simply join us any Tuesday.

## **Buddhist study group in Mukwonago, Nov. 7 and 21**

The Buddhist study group will meet on November 7 and 21 from 6:30 to 8 p.m. at the Linden Grove campus, 837 Veterans Way, Mukwonago.

Any interested members, friends, or anyone who wishes to bring greater peace to their own minds are encouraged to stop in and find out if this group might assist you, or someone you know.

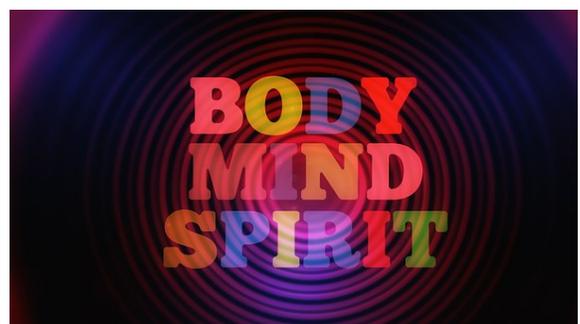
Questions can be directed to Patti Kies at [buddha@uniteduuc.org](mailto:buddha@uniteduuc.org).

## **Nonviolent Communication Practice Groups, Tuesday morning and Thursday afternoon**

There are two Nonviolent Communication Practice Groups here at United. The Tuesday Morning group meets on the second and fourth Tuesday of the month from 10:30-Noon. The Thursday Afternoon group meets on the first and third Thursday of the month from 1:00-2:30 pm.

Everyone is welcome. No experience necessary. The groups will practice the communication concepts taught in the book, Nonviolent Communication: A Language of Life by Marshall Rosenberg using a variety of different methodologies such as private introspection, partner dialogs, role-playing, and interactive games. A formal syllabus will be provided by e-mail with a proposed schedule for the sessions when asked to be put on the contact list. You can join at any time. However, it is encouraged to review the material on the syllabus prior to attending a session. There is no fee for the practice group.

Please contact Linda Gaughan at [LMGaughan@yahoo.com](mailto:LMGaughan@yahoo.com) or Bonnie Koehler at 414-940-2805 or [cre8livng@yahoo.com](mailto:cre8livng@yahoo.com) to learn more and to be put on the contact list.



# November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 1pm NVC practice group	2	3
4 Daylight saving time ends Fruits and Nuts sale orders due	5	6 7pm Mindful Meditation	7 6pm Youth group 6:30pm Buddhist study group	8 6:30pm Exploring Spirituality	9	10
11 Potluck Sunday	12	13 10:30am NVC practice group 5pm Board meeting 7pm Mindful Meditation	14 9:30am Threads United 6pm Strange Brew	15 10am Soul Matters 1pm NVC practice group	16	17
18 12pm Threads United quilt viewing	19	20 7pm Mindful Meditation	21 6:30pm Buddhist study group	22 Thanksgiving	23 December newsletter deadline	24
25 12pm Social Action committee meeting	26	27 10:30am NVC practice group 7pm Mindful Meditation	28 6pm Youth group	29	30	