

**Lake Fellowship
Mission Statement:**

*To provide opportunities
for learning, personal
growth and service
in an atmosphere of
freedom and fellowship*



Fellowship News

LAKE FELLOWSHIP OF UNITARIAN UNIVERSALISTS

MARCH, APRIL, MAY, 2011

Lake Fellowship is a lay-led Unitarian Universalist congregation. We meet Sundays from the week after Labor Day to the week before Memorial Day. There is no program between Christmas and New Year's.

Adult Program: 10:30 a.m.

- Childcare can be provided during adult program (please call to inquire).

Lake Fellowship is located in an A-frame building one block west of Hwy 19 on Glen Road in Shorewood.

- Mailing address:
Box 174, Excelsior, MN, 55331
Telephone: 952-474-8064

Chairman's Corner

by Dan Larson

Hello everyone. In keeping with my opening line theme of weather, "is winter over yet?" It has been a rough one this year. Despite the cold, snowy weather, Lake Fellowship is warm and vibrant. There is a lot of good energy flowing every Sunday and the sense of community is as strong as ever. We are lucky to have this sanctuary where we can openly discuss anything, enjoy fellowship, and get recharged for the week.

Our Social Action Committee created a sub-committee to support LFUU's involvement of providing a safe haven for GLBTQ youth in the Southwest suburbs. Nina Johnson (*niece of Alan and Helen Anderson*) from the West Suburban Teen Clinic in Excelsior gave an inspirational talk on January 9 and got everyone who was in attendance excited about supporting a partnership of LFUU and WSTC. A day later she had a baby; no doubt a future Unitarian who couldn't wait a day longer to get out and express an opinion. Watch for updates from Laurie on upcoming ways to lend a hand with our new partnership.

We had some rodent issues to deal with and at the moment they seem to have gone back into hiding. Thanks to all those that help clean up the mess they made and in working to eliminate the problem. The walls downstairs got a fresh coat of paint in preparation for some mural work the kids are planning. Tim McGlynn and Christopher Marshall have been busy this winter with all the shoveling needed; thanks guys. More progress was made on the new LFUU

website. A core team met a couple of times to discuss layout, content, security, and on-going maintenance. A program is planned in April to demo all the new features, answer questions, and discuss how we plan to utilize it as a more efficient means of communication and connecting with each other.

Speaking of programs, we had a number of interesting talks and entertaining performances. Anyone who missed out on Jeff Dayton's performance really missed out. Man can that guy play a guitar and sing. Our own Don Penn will be gracing us with a musical performance in May that will also be a Sunday you won't want to miss. Don played with Karen Wendt this past summer at our 50th Anniversary Celebration and brought the house down. There are plenty of other fantastic upcoming programs planned before the summer break. Check them out on the website and in the newsletter. As an early notice, I plan to propose to the Board that the annual meeting be held after our final Sunday program of the year on May 22. We'll do a talent show and have our traditional BBQ first. I will have some travel conflicts in May, so that date option for the annual meeting is not confirmed yet.

As we head into the last few months of our program year, please start thinking about volunteer opportunities you might want to do heading into next year. We are a small group and it takes many hands to keep things running smoothly. You can contact me, any member of the Board, or Committee heads (*names listed in the directory*) on how you can participate and get more involved. There are a couple of Board positions opening up that will need filling. You can talk to me directly about that if interested. Warning, I will come headhunting if I don't get some inquiries ;)

As always, feel free to contact me anytime you have a question or concern (*new email address*).

Dan Larson

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*"Change your thoughts and change the world." –
Norman Vincent Peale*

Programs

March 6 — Moral Roots of Liberals and Conservatives

Member Dan Larson will share a 20-minute video of a TED presentation by Jonathan Haidt regarding how and why Liberals and Conservatives think differently. He will then lead a discussion based on the topics within the presentation. You can preview the video here: http://www.ted.com/talks/jonathan_haidt_on_the_moral_mind.html

March 13 — Health First: Moving beyond dirty energy to a clean energy future

Our speaker today is J. Drake Hamilton, who is the Science Policy Director at Fresh Energy, a Minnesota-grown organization forging a path to a healthy new energy economy (<http://www.fresh-energy.org/>). J. directs the Global Warming Solutions program, where her responsibilities include scientific analysis, policy development, and advocacy of clean energy solutions to global warming that will maximize economic opportunities for the Midwest. She will speak to us about the human health consequences of our dirty energy system, and the reasons for moving expeditiously to clean energy.

March 20 — 2010 Health Care Reform Act: Timetable of Changes

Health care reform is, in reality, two new laws: the *Health Care and Education Affordability Reconciliation Act of 2010* and the *Patient Protection and Affordable Care Act*. These two laws entail much controversy, news, and confusion. Our own Peggy Muehlberg will clarify what the acts provide in order to promote better understanding of the changes that will impact us all. Peggy has been in the insurance profession for over 30 years, and in the health care industry for about half of those years. She has worked in the finance departments of United Health Group, Medica, and Park Nicollet Health Services, bringing the perspective of both the insurance provider and the health care provider to her presentation.

March 27 — An introduction and an invitation to Possibilianism

In 2009, Neuroscientist and author David Eagleman coined the term "Possibilianism" to define a new philosophy that neither supports or denies the existence of a supernatural, and instead embraces uncertainty and encourages active exploration in an attempt to learn more about what we know and don't know about all that is around us. Member Marnie Karger will share a short video of Eagleman's explanation of Possibilianism as well as lead us in small and large group discussions based on the topic.

April 3 — Our new Web Site!

Matthew Tift and other members of the LFUU Web site committee will present the new and improved Web site to the fellowship. The new site features more easily accessible information as well as an interactive forum that will foster an even greater sense of community and discourse among our fellowship members.

April 10 — Philosopher and Psychologist Friedrich Nietzsche on Atheism, Christianity, Creativity, and Suffering: An Examination of his Genius and His Tragic Flaw

Our presenter this week is Don Allan. Don has an M.A. in philosophy from the University of Florida and an M.F.A. in writing from Hamline University. He has contributed to a variety of journals including *Free Inquiry*, *Secular Nation*, *Present Time*, *Primal Renaissance*, and *The Meaning of Life*, and he's finishing his first book manuscript, a philosophical and psychological memoir, *Laughing at the Abyss*. He has been a guest speaker at UU, humanist, and atheist groups in Florida and the Twin Cities.

April 17 — A Sunday Morning of Pure Joy, Fun and Prizes

"We don't stop laughing because we grow old; we grow old because we stop laughing" (Michael Pritchard). Laughter will be the norm during this Sunday morning. Jokes will be told, interesting thought-provoking fun questions will be asked, games will be played, and many prizes will be given! In other words, Louis Asher will be our presenter! Louis, a long-time friend of Lake Fellowship, is a retired Researcher/Statistician and instructor. He worked at 3M Co. for 39 years and was known as a very practical, motivating and extremely entertaining/fun instructor. He now volunteers in organizations that deal with habitat conservation, climate change and renewable energy.

April 24 — Spring Celebration and Pot Luck

The children will present a brief program highlighting the gifts of Spring, and we'll follow that with a pot luck meal. Watch for a sign-up sheet on the bulletin board.

May 1 — Musical Performance by Don Penn and Carol Zimmerman

Carol "Z" has been singing and performing on all kinds of stages, as a solo artist, backup singer, songwriter, keyboardist and guitarist. Her unique style and passion makes it impossible to label her, since she tailors her sound to fit the lyrics she writes. Along with her own originals, she sings pop songs from eras past to present hits of today. She has done music for films, children's videos, company promos, jingles, churches, schools, and she is a regular performer/speaker for MOPS Intl. Carol can be found several times a week playing and singing with horn-player extraordinaire Jeff Carver at the "School of the Wise II" bistro in Chanhassen.

Don "P" was born naked, helpless and unable to provide for himself. He has since overcome these difficulties and taught himself to play three chords on the guitar. In addition, he occasionally utters noises which he calls "notes" into a microphone and thought it would be a fun social experiment to subject his friends at Lake Fellowship to a discordant cacophony of his inner expressiveness and see their reaction. When Don isn't kicking puppies and stepping on flowers, he spends his free time struggling to learn his 4th chord on the guitar.

(Don is also a well-loved member of Lake Fellowship, so let's cut him some slack!)

May 8 — Generations panel: Sex, Drugs, and Rock & Roll

The Generations Panel discussion is back! This time the multi-generational panel will be asked to present thoughts and stories related to the taboo world of sex, drugs, and rock and roll. We'll focus on how these varied perspectives have changed or remained static through the years.

May 15 — To Be Determined

May 22 — End of the Year Celebration

This marks our final formal gathering of the season. It will include a potluck cookout (bring a dish to share and something to grill), a talent show, and will be followed by the annual membership meeting.

May 29 — No Program (Memorial Day Weekend)

The Lake Fellowship congregation will not meet again until next fall. Please visit the Web site (www.lakefellowship.org) for updates and invitations to summer activities.

You asked for it.....

Here's the recipe from Cooks.com that Robin Ryan served at Fellowship early this year; her comments and additional suggestions appear below:

WHITE CHICKEN CHILI

- 3 1/2 c. water
- 1 tsp. cumin seeds
- 1 1/2 lb. boneless, skinned chicken breasts
- 1 tbsp. vegetable oil
- 1 lg. onion, chopped (1 c.)
- 3 cloves garlic, finely chopped
- 1 1/2 c. frozen white corn kernels, thawed
- 1 can (15 1/2 oz.) Great Northern beans, undrained
- 3 cans (4 oz. each) chopped green chilies, undrained
- 3 tbsp. lime juice
- 2 tsp. ground cumin
- 1/2 tsp. ground coriander
- 1/2 tsp. ground white pepper
- 1/3 c. reduced-fat sour cream
- 2 tbsp. cilantro, fresh, chopped

Combine the water and cumin seeds in a large saucepan. Bring to boiling. Add chicken. Lower the heat; cover the saucepan and simmer 20 minutes or until chicken is fork-tender. Drain. Cut chicken into 3/4 inch cubes.

In the same saucepan, heat oil over medium heat. Add the onion; saute 5 minutes. Add garlic; saute 1 minute. Stir in the corn, beans, chilies, lime juice, cumin, coriander and white pepper. Bring to boiling. Add the chicken. Lower heat. Cook just until heated through. Remove the saucepan from the heat. Stir in sour cream and cilantro.

Additional suggestions:

1. I use cumin powder in the water (plenty of it! Like a couple of tbsp!) instead of the cumin seeds
2. I cut the chicken into the cubes BEFORE cooking it with the cumin – adds more cumin flavor I think
3. Don't overcook chicken – makes it tough. Just about 15 min should be enough if you cube it first.
4. Use only enough water to cover the chicken cubes. That way more cumin flavor... don't worry about using too much cumin 'cause you're going to drain the water anyway.
5. Do not be afraid of using all those green chiles. Do not be afraid.

Also, I've been having a tough time lately finding white corn. The recipe works well with regular corn, but it's worth it if you can find the white 'cause it's so tender and sweet.

Enjoy!

Robin Ryan

Web Connections...

Lake Fellowship Web Page: www.lakefellowship.org

Unitarian Universalist Association, representing over 1000 liberal congregations in North America: www.uua.org

Prairie Star District, the upper midwest district of the UUA: www.psdoua.org

What do Unitarian Universalists Believe? The Seven Principles of the Unitarian Universalist Association

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

This newsletter is published bi-monthly for the Lake Fellowship Unitarian-Universalists and friends. Editors are Terry McGlynn, 952-470-9501, terry.mcglynn@mchsi.com and Beatriz Aguerrevere, 952-937-8725, baguefff@me.com
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