



NEWS FROM UNITARIAN UNIVERSALIST CHURCH WEST

WE ARE A PEOPLE OF WHOLENESS

Sunday, April 7, 2019 — 9:15 and 11:00 am

"Challenging Anti-Semitism"

The Rev. Suzelle Lynch

The rising wave of hatred towards “the other” in the United States has many targets. Immigrants, people of color, Muslims, the poor, LGBTQ+ people, and people with disabilities... It also targets our Jewish friends, neighbors and congregation members. “Jewishness” as “other” has been the experience of many generations of our fellow citizens, and anti-Semitism has long been bound up with social constructions of race and racialized oppression. To challenge white supremacy culture as we Unitarian Universalists have promised, we need to understand its basis in and connection to anti-Semitism. *Special music today from the UUCW Adult Choir.*

Sunday, April 14, 2019 — 9:15 and 11:00 am

"Where Water, Climate, and Justice Meet"

Pulpit Guest: Lynn Broaddus

Worship Leader: Almuth Soffee

Out of perceived necessity, we try to delegate problem solving to teams working on specific issues. What if it turned out that protecting water, solving climate change, and creating a just world were each a different side of a large Rubik’s Cube? Come, let’s explore where the solutions can be found. *Beautiful music by Craig Siemsen and Patty Stevenson.*

About our guest: Lynn Broaddus is a national expert on sustainable water practices, advising clients in the non-profit, philanthropic, investment, and water utility sectors. From 2000-2017 she and her husband Marc Gorelick lived in Wauwatosa, WI and were active members of UUCW. Their sons Evan and Girard Gorelick were raised in the UUCW family. Lynn and Marc now live in Minneapolis and attend First Universalist Church of Minneapolis. Still their hearts and membership remain with UUCW.

Easter Sunday, April 21, 2019 — 9:15 and 11:00 am

"Practice Resurrection"

The Rev. Suzelle Lynch

With the poet Wendell Berry’s “Manifesto: The Mad Farmer Liberation Front” as our text, the story of Jesus as our guide and Earth Day as our context, let’s explore what it might mean to “practice resurrection” in our day and age. *Soprano Saira Frank and Music Director Ruben Piirainen provide special music today.*

Sunday, April 28, 2019 — 9:15 and 11:00 am

"Beltane - An Earth Spirit Celebration"

The Rev. Suzelle Lynch and the Earth Spirit Team and Dancers

The crossing from April to May in our region is a time to see what’s blooming in our lives and to ensure that the soil in our gardens is fertile and good for the growing season. The earth-centered holiday of Beltane (May Day, to some) is all about fertility, productiveness, and generativity — moving our ideas from blooming toward fruition. *Come celebrate with us today!*



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SCINTILLATIONS

- A COLUMN FROM THE REV. SUZELLE LYNCH -

We are a People of Wholeness - Two Voices on our Soul Matters April Theme

We Are Whole by Beth Lefever

We are whole, even in the broken places, even where it hurts.

We are whole, even in the broken places, the places where fear impedes our full engagement with life; where self-doubt corrupts our self-love; where shame makes our faces hot and our souls cold.

We are whole, even in those places where perfectionism blunts the joy of full immersion into person, place, activity; where "good enough" does not reside except in our silent longings; where our gaps must be fast-filled with substance, accomplishment, or frenzied activity lest they gape open and disgust.

We are whole where we would doubt our own goodness, richness, fullness and depth, where we would doubt our own significance, our own profoundness.

We are whole, even in our fragility; even where we feel fragmented, alone, insubstantial, insufficient.

We are whole, even as we are in process, even as we stumble, even as we pick ourselves up again, for we are whole. We are whole.

encounter people who are very different from us. How to do this? If we long to be whole, we will find a way.

A couple of years ago, I had the opportunity to hear the wisdom of an extraordinary Chicago woman named Rasheeda Graham-Washington. She's a licensed minister in the Evangelical Covenant Church, and she's also the force behind Live Café — a restaurant that brings together people from the wealthy suburb of Oak Park and the poor neighborhood of Austin for intentional conversation and community-building.

In describing the theology that drives her work, Rasheeda said, "God has placed so many gifts inside each of us — more gifts than we can possibly imagine. But some of those gifts actually belong to someone else. We are carrying each other's gifts. How do we get others to give us the gifts they have that are for us? And how do we get the gifts we have that are theirs to them?" She went on to say that each one of us is like a work of art - a canvas full of blues and greens and yellows and violets, a canvas full of shapes and textures. But no matter how we try, our own brushwork and colors will never complete us. To fully realize the beauty, we are meant to be, we have to bump up against each other, and smear some of our colors and textures on each other. To be whole, to access the gifts you are carrying for me — the colors that will complete my canvas, and vice versa, we must truly encounter one another, and we must

Blessings to you,

Suzelle

The Rev. Suzelle Lynch, Minister



Workshop: Growing Trust and Leadership in the Service of Anti-Racism

Saturday, May 4 from 1:00 - 5:00 pm

Unitarian Universalists have made deep spiritual commitments to dismantling white supremacy and embodying racial justice. Yet it can be very hard to put these commitments into practice within our congregations. What keeps us from nurturing and empowering leaders who can move our congregation toward bold and prophetic ministry?

About the Workshop:

We will explore the connection between nurturing leaders, cultivating deep trust, and building racially just communities. Using appreciative inquiry, small group discussion, interactive exercises, and case study scenarios, UU leaders will develop tools for anti-racist organizational change that builds widespread buy-in among people at varying stages of racial identity development, spiritual growth, and political analysis.

Content:

Covenant: Radical Practices to Upend the Status Quo

When Do We Follow?

Whom Do We Trust?

Where Do We Come From? Who Are We? Where Are We Going?

Choosing Change: Interventions for Building Racially Just Congregational Culture

Who this Workshop is for: Participants should have a basic understanding of institutional and systemic racism, and a commitment to deeply engaging in shared work to dismantle white supremacy culture within, among, and beyond our congregations. This workshop is not for those who question whether white supremacy/racism exists, or who question whether it is important to eradicate white supremacy/racism from our spiritual community.

Workshop Leaders: Julica Hermann de la Fuente & the Rev. Ashley Horan

Julica Hermann de la Fuente coordinated the racism audit for the Unitarian Universalist Association's Commission on Institutional Change, and offers consulting and coaching on anti-racism to UU religious professionals and lay leaders. She was born and bred in Mexico, and

often finds herself living on the bridges between multiple identities: bicultural, bisexual, bilingual. Julica also is a candidate for UU ministry.

The Rev. Ashley Horan is executive director of the Minnesota UU Social Justice Alliance (MUUSJA). She is a lifelong UU with a passion for social justice. She has done work for reproductive, racial, economic and sexual/gender justice, and other issues, including local and national work with Resource Generation, organizing young people with wealth and class privilege to become transformative leaders working toward the equitable distribution of wealth, land and power.

Registration is required and spaces are limited; to express interest in registration, please contact Rev. Suzelle Lynch via the church office.

2019-2020 Pledge Drive Update

*Every Dollar Counts
Make Your Pledge Today!*

To bring you Sunday services, religious education for children, youth and adults; social justice opportunities and friendship-building groups - we need your help!

Head for the Stewardship Table in the foyer -- they will have what you need to pledge today.

OR: Call Administrative Assistant Mamie Garner in the UUCW Office and let her know how much you will pledge for 2019-2020. Simply dial 262-782-3535x10. You can also send Mamie an email indicating your pledge amount.



Thank you!

**BOLD VISION
BRIGHT FUTURE**

Church Life



Article Key:

Fellowship & Learning



Living Our Values





Strengthening Ourselves Through Spiritual Practice

Kimberlee Tomczak Carlson, Intern Minister

Last month I had the pleasure of talking with members of Wisdom & Whimsy, UUCW's affinity group for folks over 50 years of age. They asked me to reflect on "how to keep a positive attitude in this time of societal bickering and unrest," - a challenging question! One of the strategies we discussed was how to strengthen ourselves through spiritual practice.

Spiritual practice is the regular performance of actions and activities undertaken for the purpose of inducing spiritual experiences and cultivating spiritual development. Whether or not a divine power truly exists might be a matter of opinion, but the neurophysiological effects of spiritual practice are real. If you are interested in learning more about this kind of neuroscience, I highly recommend the book "Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom" by Rick Hanson. Often when we think of spiritual practices, we think of meditation. Meditation is great and studies have shown it is an effective path toward personal transformation. However, meditation alone leaves many areas of our holistic spiritual life unattended.

Integral Transformative Practice asks us to adopt practices that help us develop in four areas: mind, body, heart, and spirit. The good news is that many of these activities overlap and many of them are things you are already doing or love to do but need to make time for in your life. Mind practices include things like reading, discussion, journaling, book groups and studying. Body practices honor the container that your spirit resides and includes activities like walking, dance, yoga, balanced diet, or playing sports. Practices of the heart include those that develop self-understanding, enhance compassion and improve our relationships with others and the world. Some heart examples include psychotherapy, journaling, art, volunteer work, philanthropy and couples work.

Finally, other spiritual practices are mindful yoga, prayer, sacred song, worship, ritual, and practicing gratitude. In my own life, I have found that recognizing spiritual practice in this holistic model helps me add dimension and prioritize my spiritual health.

Learning about the neuroscience examined in "Buddha's Brain" empowered me to look at my own negative tendencies through the lens of science and history. Knowing that negative thought and perseveration is dominant in us as an evolutionary safety net helps decrease my own sense of personal failure. Additionally, knowing what is happening inside our mind empowers us to be an active participant in changing and creating its shape and nature. We can heal ourselves and each other in the most profound ways and now we have the science to prove it!

Contact Kimberlee Tomczak Carlson via the church office.



It's Bring-a-Friend Sunday at UUCW! Sunday, May 5th

We invite you to bring a friend to one of the services on **Sunday, May 5th**. For many of us this community and the values it stands for are dear to us. UUCW is an important part of our life. We want others to know about this wonderful place, but how do we talk about it?

You could try an invitation like this, "As you probably know, Unitarian Universalist Church West is very important to me. It is a place where I feel at home. As someone who is also important to me, I want you to see this place and to meet the people who mean so much to me. Would you like to come with me?"

For more info, contact Brianna Laux Kocis, Community Builder via the church office.



Newcomers and Friends Potluck

Are you a frequent visitor, new member, or are a long-time member interested in meeting new members? The Membership Committee will be hosting a Potluck on **Sunday, May 5 at 1:00 pm** in the Community Room for Newcomers and Friends. This potluck is being held in an effort to build community amongst those newer to the church, and to welcome them into UUCW. Membership Committee will be providing pizza, sides, and dessert for all those in attendance; feel free to come empty-handed!

Contact Brianna Laux Kocis, Community Builder, at via the church office for further information or questions.



April Split the Plate Supports America's Black Holocaust Museum

America's Black Holocaust Museum (ABHM) was founded in 1988 by lynching survivor Dr. James Cameron to share the under-told experiences of African Americans as a critical part of our collective history. The original museum closed in 2008. ABHM is reopening this year in a new building at 401 W. North Ave., Milwaukee on the same footprint as the original museum.

Like the original, the new ABHM highlights life before captivity in Africa; the trans-Atlantic slave trade; the eras of slavery, Reconstruction, Jim Crow, civil rights, and the present day; and the role of culture and the arts in the survival of the aforementioned atrocities. Exhibits explore the effect of slavery on economic, physical, emotional, and cultural health, as well as its residual impact on current race-related issues. Trained docents accompany museum visitors, providing narrative and perspective about the history and context surrounding the exhibits.

The museum offers sound and video for a fully immersive experience, a quiet contemplation room, a "reflective" room in which visitors can share their museum experiences, and a community space for events and programs addressing issues of race, inclusion, and equity.

The museum is managed by the Dr. James Cameron Legacy Foundation, whose mission is to build public awareness of the harmful legacies of slavery in America and promote racial repair, reconciliation, and healing.

Split the Plate is one of UUCW's programs of outreach and generosity. Each month we give half of all undesignated offering monies to a non-profit organization as a way to help us live our Unitarian Universalist values and serve our community.

For additional information, please contact Split the Plate member, Pat Rierson via the church office.



Tap Roots: A Pub Spirituality Group

Tap Roots will meet on **Monday, April 22 at 7:00 pm at The Silver Spur, 13275 W Watertown Plank Rd., Elm Grove.** This convivial drop in affinity group is for anyone, member and non-member alike, who likes dialog, not debate, over deeper philosophical, ethical and theological issues. Jim Gerber will host. RSVP's unnecessary but appreciated via the church office.



UUCW Member Anniversaries

Congratulations to all the UUCW Members who are celebrating their membership anniversary this April!

1 Year:

Susan Foley

Ahmad Perry

2 Year:

Sara Gooding

Brooke Winchell

Daniel Wiebe

Dale Yelich

Jess Hamel

David Kaye

Lynn Drea

Dave Hamel

Natasha Waldron

Terese Dineen

Bree Chamberlain

For more information about UUCW membership, contact Brianna Laux Kocis, Community Builder, via the church office.



Nominate Outstanding Church Members for 2018-19 Annual Awards

There are some folks who go above and beyond in their service to UUCW. Our annual awards are designed to acknowledge and honor these special members who give so much, and in some cases, for so long. Nominations are now being accepted, and award winners will be selected by the Board of Trustees and announced at the UUCW Annual Meeting on June 2, 2019.

The Annual Trustees Awards are given to up to three individuals each year. These awards are given to individuals or groups who took action exhibiting excellence, initiative and commitment, or enhanced the life of the congregation, or who represented our congregation in the community in a manner that had definable results or outcomes.

The Long Term Service Award, as its name implies, focuses on long-term commitment or activities. This award goes to one individual who exhibited, over time, commitment to a service or project, or to an individual who contributed to multiple activities or projects over a significant period of time.

To nominate someone for these awards, please submit the name and up to 75 words describing what the individual or group has done to merit the award. Submit nominations to the Board of Trustees by **Sunday, May 12** via the church office. Questions? Contact Kathy Herrewig via the church office.



Spring Offers RE Adult Enrichment

Marsha Thrall, Religious Education Coordinator

Since beginning my religious education journey with UUCW in July, I've been asked a lot of questions. It seems that questions are a high form of worship within UU spaces. I've come to deeply value the investment and interest that UUCW has towards Religious Education, and this investment shines through in all the questions that I have been asked.

The most consistent question asked is "what is RE going to look like for adults?" And I've had a lot of ideas, but ultimately, I'd like to answer this question with one of the other questions asked, which is "can we do an adult version of Neighboring Faiths?" And the answer to this question is "yes!"

I'm excited to announce an adults-only, five-week series that will take place during the months of April, May, and June. During this adult religious education experience, we will explore some of the world's religions through a reading of Stephen Prothero's bestseller "God is Not One – The Eight Rival Religions That Run the World and Why Their Differences Matter." You can learn more about this book here: <http://stephenprothero.com/books/god-is-not-one/>

Questioning produces hope. And I have a lot of hopes for this group, including hopes for adult "field trips" to the houses of worship that our neighbors gather in, hopes for spending more time getting to know members of UUCW, and most of all, hopes that by exploring the faith practices of our neighbors, that we, as a group, can live more fully into the sixth principle of being a Unitarian Universalist, which compels us to seek "a goal of world community with peace, liberty, and justice for all."

I'm looking forward to questioning, learning, and hoping with you. Contact Marsha Thrall, RE Coordinator, via the church office.



Men's Breakfast Group

Join this early-rising group on the second Tuesday of the month **Tuesday, April 9 at 7:45 am at Bakers Square at 15300 Bluemound Rd., Elm Grove.** Come again or for the first time for conversations on current events, philosophy, or movies, in a small group. Contact facilitator Jerry Kashmerick via the church office.



Neighboring Faiths for Adults

A seminar series facilitated by Marsha Thrall, UUCW Religious Education Coordinator

Five Monday Evening Sessions: April 15, April 29, May 13, May 27, and June 6

6:30 – 8:30 pm

During this series, we will explore some of the world's religions through a reading of Stephen Prothero's bestseller *God is Not One – The Eight Rival Religions That Run the World and Why Their Differences Matter*. You can learn more about this book here:

<http://stephenprothero.com/books/god-is-not-one/> This book is available at all Milwaukee County Libraries, and the ebook is available to download through CountyCat at <https://countycat.mcfls.org/>

April 15 – Introduction: During our first week we will talk about introductory matters, and dig into our first examined faith tradition: Judaism.

April 29 - Abrahamic Offspring: This week we will talk about the roots and commonalities of Islam and Christianity

May 13 - Eastern Traditions – Part I: What do the practices of Confucianism and Hinduism tell us about propriety and devotion?

May 27 - Eastern Traditions – Part II: We will contemplate the awakening and flourishing natures of Buddhism and Daoism.

June 6 - Faith in Connection and Reason: We will conclude our studies through active conversation.

Space is limited! Register by March 31 by emailing Religious Education Coordinator Marsha Thrall via the church office.

This series will also offer adult "field trips" to the houses of worship related to the faiths covered in the class. Dates and times will be scheduled based upon the availability of the house of worship being visited. Carpooling is encouraged.

March 31: Public Lecture at Lux Center – Sacred Heart Seminary, Franklin, WI

Attendance optional, but recommended. Advanced Registration through SHSST required. Register here: <http://luxcenter.shsst.edu/>

Go Digital West Wind, Go Green

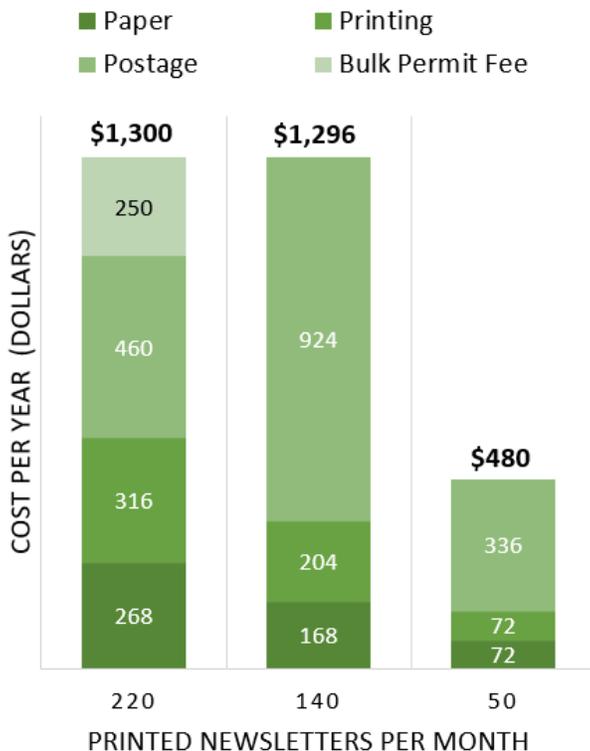


When Earth Day approaches, we usually take the time to review our Earth-friendly practices. Last year, a campaign was launched to reduce the mailing and paper expenses related to the West Wind, our monthly newsletter.

Members were asked to sign up to receive only digital issues via email. While numerous people did step forward, there was not enough participation to reduce costs. Here are some facts and numbers that will encourage you to support this year’s West Wind cost-reduction and Earth-friendly campaign.

UUCW currently prints and mails 220 West Wind newsletters at a cost of \$1300 per year. However, a small reduction in the number of newsletter mailings does not affect the cost. In fact, when mailing less than 200 newsletters, the church is ineligible for the USPS bulk rate and the higher first-class rate is applied. Savings can only be realized when mailing less than 140 newsletters.

WEST WIND NEWSLETTER



This campaign is about much more than saving money. Our 7th UU Principle reminds us that we must use our resources wisely. But you can always download and print your own copy if needed. This request is voluntary. Any Member or Friend who would like to continue receiving postal delivery of the West Wind may do so.

Make your request for the digital West Wind via email today. Contact Publications Coordinator Kelly Bognar via the church office. Small individual changes can add up to make a big difference.



New UUCW Discussion Group: Weaponization of Social Media

Thursday, April 18th at 6:30 pm

Have you noticed that our society has become increasingly, alarmingly polarized? Social Media accelerates this trend. And, this trend is probably beyond the awareness of most of us everyday citizens.

Jerry Kashmerick and Dennis Briley discovered a book that speaks to this issue: *LikeWar, The Weaponization of the Social Media*. A Discussion Group based on the book is planned for **Thursday, April 18th, 6:30 pm** to share what Jerry and Dennis have learned about this topic.

Through the weaponization of social media, the internet is changing war and politics. *LikeWar* charts the use and misuse of social media, where abuse of the internet has had profound political and military consequences. Activists and radicals understand the subversive potential of online campaigns, but so do governments that seek to stifle them and control information. Meanwhile, Facebook, Google, and Twitter realize how their creations are being used to stir up hate and spread false stories and are wrestling with ways to curb the worst offenses. *LikeWar* authors also explain why our attitudes and behaviors are so susceptible to manipulation. Social Media was designed to be addictive. The brain fires off tiny bursts of dopamine as a user posts a message and it receives reactions from others, trapping the brain in a cycle of posts, “likes,” retweets, and “shares.” The book includes ideas for addressing how the social media industry has failed their civic responsibilities.

Please consider attending, even if you can’t read the book ahead of time. This will be a discussion format rather than a lecture, so the discussion is open to expansion to other tangential issues. And, the plan is for the group to consider additional meetings.

Watch for a sign-up table in the Community Room after services. Contact Dennis Briley or Jerry Kashmerick via the church office if you would like more information, have questions, or are interested in participating.



Drag Queen Story Hour Comes to UUCW April 7

In connection with our theme of Wholeness in April, we are delighted to welcome Drag Queen Story hour to UUCW on **Sunday, April 7 at 1:00 pm**. Our special guests will be our very own Darth Jennings and Tempest Heat.

Darthe Jennings is a songwriter from the coast of Maine, where she was a clinical social worker by day, a musical theatre performer by night, and a lobsterwoman on weekends. She performed with Downriver Theatre, Penobscot Theatre, and Seagull Rock Players, enjoying leading roles in *Godspell*, *Dirty Work at the Crossroads*, and *Nonsense II*. Darthe is a founding member of Milwaukee Metro Voices, where she wrote, produced, and performed the show, *I Can't Believe this is My Life*, by GEORGE;-) Currently working in Wauwatosa on her third recording of original songs and two book projects, Darthe is thrilled by every opportunity to sing.

Tempest Heat is a Drag Queen in Milwaukee. She has been Mrs. CourageMKE where she works to raise funds for Courage House a Milwaukee area LGBTQ+ group home & resource center. She has been reading and performing for families and kids for over four years through various Drag Story Times and other LGBT Family activities. She currently has a Family Friendly Brunch show at Hamburger Mary's in Milwaukee, if you want to see her in action. Tempest can't wait to read and perform for DQSH at the UUCW.

Drag Queen Story Hour (DQSH) is just what it sounds like — drag queens reading stories to children in libraries, schools, bookstores, and our church. This public, all ages, family event will include stories and songs that promote service-learning, diversity, education, and creativity. Snacks and refreshments will be provided! DQSH captures the imagination and play of the gender fluidity of childhood and gives kids glamorous, positive, and unabashedly queer role models. In spaces like this, kids are able to see people who defy rigid gender restrictions and imagine a world where people can present as they wish and where dress up is real.

Save the date so you can stay and join Rev. Suzelle and Kimberlee after service for Drag Queen Story Hour on April 7! For more information, contact Kimberlee Tomczak Carlson, Intern Minister, via the church office.



Q Youth Club Welcomes Special Guest

The members of Q Youth Club have expressed an interest in learning about gender expression and Drag Shows. The next meeting will be on **Friday, April 12 from 6:00 - 9:00 pm** in the Community Room. Q Youth Club is pleased to welcome special guest, Jack O'Grady who has been doing drag for the past seven years. Jack will be talking to the youth about how they got started performing, what it is, and why they do what they do. We will also be having some fun with costumes and dress up, so bring your funky fashions to Q Club!

Q Youth Group is a social group for LGBTQI+ youth ages 13-18 in the Western Milwaukee suburbs. Q youth group provides facilitated support and social opportunities for youth and their families. The goal of Q Youth group is to create a safe space where you can hang out with other LGBTQI teens and meet some new people in a safe and respectful environment! Q Youth group is open to the public & free! If you are looking to meet new friends, this might be the opportunity you're looking for! If you have any questions, please do not hesitate to contact Kimberlee Tomczak Carlson via the church office or check us out on Q Youth Club on Facebook.



Religious Education Council Offers Family Potluck and Movie Night

“A Wrinkle in Time” – Saturday, April 27

Gathering will begin at 5:30 pm with the film starting at 6:00 pm. If able, please bring a dish to pass.

A Wrinkle in Time tells the story of Meg Murry, a girl who travels through time and space to save her father from evil forces. The film explores how the power of unconditional love and respect for human individuality are the keys for bringing light to a dark world. Rated PG, the film is appropriate for most children eight and older. For this reason, childcare will be provided for ages under eight years old.

For more details on this event, please contact Marsha Thrall via the church office.



May is UU Wellspring Month!

Spring is coming... and UU Wellspring month is coming, too. During Wellspring Month, you'll be hearing about the program and invited to consider whether you might like to participate.

UU Wellspring is a 10-month journey of spiritual exploration and deepening for Unitarian Universalists. The Wellspring program draws from our abundant UU history, Principles and faith Sources as a foundation for our personal and shared spiritual journeys. Here at UUCW, we are completing our seventh year of offering UU Wellspring programs.

During May, there will be opportunities to learn about UU Wellspring from UUCW members who have participated in the program. Information is also available at the UU Wellspring website: <https://www.uuwellspring.org>

We look forward to connecting with you in May. Please watch for details via the weekly e-news and Sunday announcements. For more information, contact Patricia D'Auria, UU Wellspring Program Coordinator, via the church office.



Meditative Handpan Concert April 6

Join us for an evening of peaceful meditation accompanied by the resonant songs of Kristie Vosburg, Russell Anderson, and Sarah Frey, performing as a handpan ensemble, on **Saturday, April 6 at 7 - 8:00 pm**.

The handpan trio will play a variety of meditative pieces in a continuously flowing session (there will be no talking between pieces).

The handpan is a steel pan played with the hands consisting of two metal half-shells glued together. Sounding similar to a harp, its music is very soothing and relaxing and goes well with meditation. Before the start of the meditation session, there will be a brief introduction to the handpan instruments.

For meditation, participants are encouraged to sit, lay on the floor, or even stand — whichever is most comfortable. If you feel you would like to move around or dance softly, this is okay too! No meditation experience is necessary. Please bring your own cushion, mat, blanket, pillow, or whatever you need to be completely comfortable.

Free will offerings accepted. For more information, contact Sarah Frey via the church office.



Mind and Body Benefit from Meditation

"The great Zen master Dogen Zenji ... taught that just the very expansion and contraction of the respiratory muscles involved in abdominal breathing by themselves will soothe and strengthen the automatic nervous system as well as help inhibit the proliferation of random thoughts. It is marvelous to recognize how the body itself can be such a servant and friend to the mind, helping the mind to slow down and focus."

— Cyprian Consiglio
Prayer in The Cave of The Heart

**Morning Meditation Group meets:
Every Wednesday - 10:00 to 11:00 am**

**Evening Meditation Group meets:
Every Tuesday - 5:30 to 6:30 pm**

Join us to "sit" meditate for 20 or 45 minutes. We do start promptly though permit late entry. For more info, contact Helen Klimowicz via the church office.



Final Performance for DUUiversity Theatre Group is *Ben Butler*

DUUiversity Theatre Group is open to everyone who enjoys theatre and an interesting discussion. The final play of the 2018-19 season is *Ben Butler* by Richard Strand.

Ben Butler

Sunday, April 14, 2:00 pm

**Milwaukee Chamber Theatre at the Cabot Theatre
158 N. Broadway, Milwaukee
414-291-7800 www.r-t-w.com**

The play is based on Major General Benjamin Butler of the Confederate Army who must decide what to do when an escaped slave makes a powerful case for not being returned to his owner. It is an extraordinary, artful script that is part comedy, part historical drama, and part biography.

Buy your own tickets but contact Kristin Fewel via the church office to RSVP for dinner reservations, to carpool, or for more information. We will see the play then discuss it over dinner at a nearby restaurant.



UUCW Food Donations Support Tosa Food Pantry

The Tosa Community Food Pantry, located at St. Bernard's Church in The Village of Wauwatosa, has been in operation for 35 years and is supported primarily by area churches. Clients are able to select their desired food off the stocked shelves or pick up food bags packed according to family size. On average, 274 individuals are served by the Pantry every month.

While all non-perishable items are accepted, items most needed are canned fruits, canned low salt vegetables, canned low-fat soups, and canned low salt protein (e.g. spam, tuna, beef stew, chili). It is most helpful if the canned items have pull-tops.

For more information, contact Ellen via the church office. Ellen Newbauer and Melanie Weston, Co-chairs.



PieceMakers Travel to Quilt Museum

The PieceMakers Quilting group meeting on **Saturday, April 20** features an outing to the Wisconsin Quilt Museum in Cedarburg to see the Native Fiber exhibit. The outing will include lunch at one of Cedarburg's many unique restaurants.

Watch the E-News for details and further updates. For more information about Piecemakers, contact Carolyn Lawrence, via the church office.



Next Donation Rotation to Be More Fun Than Ever!

The theme for **Sunday, April 28** is "What's Around the House?" featuring picture frames, small artwork or crafts, and linens and bedding. April is the month to start your spring cleaning, note how much stuff we collect, and clear out those nooks and corners. Tables will be set up in the Community Room to accept donations before both services. During coffee hour, browse and find a treasure. Everything is free.

Donation Rotations are sponsored by the Earth Ministry Team who promote the 3 R's: Recycle, Reuse and Reduce. If you know of an organization that would have a use for leftover picture frames, please contact Helen Klimowicz via the church office.



The Great Books Group Reviews a Love Story in April

Great Books is discussing *An American Marriage* by Tayari Jones on **Monday, April 8 at 10:00 am**. *An American Marriage* is a love story about three people trapped in a tragic situation who are at once bound and separated by forces beyond their control.

Great Books will be discussing *Strangers in Their Own Land* by Arlie Russell Hochschild on **Monday, May 13**.

If you have any questions, please contact co-facilitator Joyce Prewitt Kit Hansen via the church office.



Women's Book Group Discusses Fascism by Madeleine Albright

Madeleine Albright defines a fascist as "...someone who claims to speak for a whole nation or group, is utterly unconcerned with the rights of others, and is willing to use violence and whatever other means are necessary to achieve the goals he or she might have."

Please join the Women's Book Group on **Wednesday, April 10 at 7:00 pm** as we discuss *Fascism*, by Madeleine Albright. All are welcome. Questions? Contact Kathy Schwei or Marilyn Swanson via the church office.



Song Circle Celebrates the Earth

Friday, April 19, 7:00 – 8:30 pm

Let's gather to celebrate our connected lives and approaching Earth Day. Singing is good for your spirit, and it's a fun social time, too!

We enjoy using our copies of the book *Rise Up Singing*, along with our two UU hymnals, to give us ideas for songs to share together. This is not a concert and no instruments are required! Easy to learn songs will include classic songs of peace, nature, social justice, hymns and rounds. This adult Song Circle is open to the public, so bring your friends, too! Please bring a snack to share (optional), and/or your water bottle. Hot tea will be available. Contact Sarah Stokes via the church office with any questions. Hope to see you there!

YRUU Youth Conference Big Success

Jim Weitzer, YRUU Advisor

UUCW YRUU hosted the WisCONS in 2019 Spring Conference (March 8-10). We had an amazing conference this weekend! The YRUU hosted over one hundred Youth and Adviser UU's from Wisconsin and Illinois.

The youth bonded through service, worship: experienced yoga, dance, creative arts, tarot reading, writing workshops, and a very popular cold-blooded animal workshop. They met in small groups for icebreakers, activity discussions, and team building exercises. The youth hosted "Rocky" our social justice speaker, discussed current events and wrote over 100 letters to the incarcerated LGBTQIA people of color during their time together. There was laughter, tears (especially during our senior bridging), friendship building and growth all around.

A special thank you to all of the adults in the congregation who donated their time, money and energy to make our CON a success! We appreciate your support as we continue to work towards our Boston Trip in the summer of 2020..

For more information about YRUU, contact Jim Weitzer, YRUU Advisor, via the church office.

Wisdom & Whimsy Group Welcomes Rev. Suzelle Lynch

Wisdom & Whimsy is a lively group that meets once a month for people over 50. Our next meeting is **Wednesday, April 17, 11:30 am to 1:00 pm**. Bring a bag lunch if you wish and group leaders will provide tea, coffee, and cookies! Then participate in engaging dialogue on various topics and activities. Rev. Suzelle Lynch will join us to answer questions on how our church is doing, on our faith, and our place as elders in our church community.

Join us... our gatherings are a crucible of wisdom and humor and a place to celebrate aging! Any Questions? Contact Helen Klimowicz or Susan Endes via the church office.

UUCW Hiring Additional Sound and Set-Up Person

The church is seeking a part-time employee to join our Sexton Team. A Sexton's schedule is based on church activities; however, the Sexton will work at least one Sunday per month. Responsibilities include operating the sound system, lighting, and audio-visual equipment for services and events. The Sexton may also be scheduled to set up and/or take down room furniture configurations as needed. For Sexton job description and/or to apply, send resume, cover letter, and references to the church office.

All are Called to General Assembly Held in Spokane, WA - June 19-23

General Assembly is the annual meeting of our Unitarian Universalist Association. Attendees worship, witness, learn, connect, and make policy for the Association through democratic process. This year's Assembly will be held **June 19-23 in Spokane, Washington**. The General Assembly Ware Lecturer is Richard Blanco, the fifth inaugural poet who was selected by President Obama.

GA Registration is now open. More information is available at <http://tinyurl.com/y2gcavl5>

Learning Opportunity for Youth and Adults

MidWest Leadership School in Luther College, Decorah, IA - July 14 - 20

The Midwest Leadership School creates opportunities to learn about the history of Unitarian Universalism, yourself as an individual, and your role as a member of a congregation in a larger movement grounded in liberal theology. There is an Adult School and a Youth School, which do several activities together and safely interact.

Anyone wishing to increase their leadership skills in a church context is encouraged to attend. Many incoming board members and presidents find this to be an excellent preparation for their service. Many youth enjoy being with like-minded peers, and the supportive environment enables them to help discern and activate their leadership passions.

Read more about MidWest Leadership School at www.mwls.org

Article Key:

Church Life



Fellowship & Learning



Living Our Values





Unitarian Universalist Church West
13001 West North Avenue
Brookfield WI 53005-5219
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BROOKFIELD, WI 53005

TIME DATED MAIL,
POSTAL CARRIER:
PLEASE DELIVER BY 3-29-2019

Come As You Are, Leave Inspired!

Annual Earth Day River Cleanup

Saturday April 27, 9am - 12pm

WHO: Organized by Milwaukee Riverkeepers

WHEN: Saturday, April 27, 9:00 am – 12:00 pm

WHAT & WHERE: Pick up Garbage in and around Lincoln Creek at 51st St, Milwaukee

WHY: Live our values of Stewardship for the Earth and enjoy our UUCW community



Gloves, trash bags, and Free T-shirts provided!
Afterwards, celebrate the success of the cleanup with all the cleanup volunteers with Rock the Green at Estabrook Park where there will be food, music, and prizes!

HOW: Register at <https://www.milwaukeeriverkeeper.org/spring-cleanup-registration/> Make sure to register for the Lincoln Creek, N. 51st site and list your group as UUCW.

Carpooling is also available. Contact Almuth Soffee via the church office.