

NEWS FROM UNITARIAN UNIVERSALIST CHURCH WEST

WE ARE A PEOPLE OF ATTENTION

Sunday, November 3, 2019 — 10 am

"The Healing Power of Yoga and Meditation for Substance Abuse and Trauma Recovery"

Pulpit Guest: Rev. Dr. Monica Cummings

Worship Leader: Deb Ruesch

For many people who experience trauma, and/or abuse substances, numbing feelings and disconnecting from themselves and others becomes a way of coping with life. This sermon will touch on research that shows that yoga and meditation can help improve one's response to stress, create a sense of calm in body and mind, and decrease symptoms associated with PTSD. Rev. Dr. Cummings will share her experience offering yoga and meditation at the Kenosha County Detention Center, YMCA, and Evangelical Lutheran Congregations of America (ELCA) Outreach Center.

Beautiful Music today from jazz pianist Dan Dance.

About our Guest: Rev. Dr. Cummings is the founder of the Kenosha Center for Spirituality and Healing where she is a practitioner of Spiritual Guidance, Reiki Healing, and Yoga. She is a Recovery Coach at The Hope Council on Alcohol and Other Drug Abuse, and facilitates the "30/30 Yoga and Meditation for Recovery" class at the Kenosha YMCA, and has work published in Skinner House Books.

Sunday, November 10, 2019 — 10 am

"Too Important to Forget"

The Rev. Suzelle Lynch

Do you live in a world of constant distractions? There are so many things that demand our attention these days — so much information coming our way, and too much of it isn't good news. What if a simple algorithm, a brief maxim, could help untangle our frazzled minds, soothe our over-stimulated senses?

We honor the parents and children new among us with our Ceremony of Child Dedication today and hear beautiful music from the UUCW Adult Choir.

Sunday, November 17, 2019 — 10 am

"Paying Attention to Our History (So We Won't Repeat It)"

The Rev. Suzelle Lynch

We Unitarian Universalists have a proud history of religious radicalism and putting our values into action for the greater good. Let's take a fast romp through it today to see what we can learn — including a view towards how we and our faith are still unfolding.

Special music today from Kaleidoscope our UU Worship Band.

Sunday, November 24, 2019 — 10 am

"Attending Gratefully to the Spirit Within: A Taizé-Style Service"

The Rev. Suzelle Lynch, Ruben Piirainen, Music Director, and the UUCW Adult Choir

Taizé is a unique worship form featuring songs with simple phrases that are repeated as an aid to meditation and prayer. It includes readings and generous amounts of silence as well. We focus our attention on gratitude today as we hold ourselves and one another with in-deep hospitality and ask the questions: What do you need? How may I help?"



13001 West North Avenue
Brookfield WI 53005-5219

Phone: 262-782-3535

Fax: 262-923-3100

E-Mail: uucw@uucw.org

Web Site: <http://uucw.org>

Send comments and
submissions to

West Wind Editor
westwind@uucw.org

Minister

The Rev. Suzelle Lynch,

Church Administrator

Vicki Banville

**Director of Lifespan
Religious Education**

David Cicero

Publications Coordinator

Kelly Bognar

Community Builder

Brianna Laux Kocis

Administrative Assistant

Mamie Garner

Lead Music Director

Jennifer Nicolosi

Music Director

Ruben Piirainen

Board of Trustees

2019 - 2020

Scott Shulick, President
Laurie Boddie, Vice President
Jeanne Jarecki, Secretary
Leslie Peterson, Treasurer

Heather Bartlett
Pam Beattie
David Feil
Greg Kohnert
Stephanie Wahlen
Melanie Weston

SCINTILLATIONS

- A MESSAGE FROM REV. SUZELLE LYNCH -

A People of Attention

I fell down the other day.

I fell right down on the sidewalk after crossing the street. "Ouch!" I exclaimed as my knees hit the cement. I rolled over onto my back, meeting the very concerned gaze of Tom, my walking companion. "Let me help you up," he said.

"No. Just let me lie here for a minute," I replied, taking a deep breath. The sidewalk was cold beneath my back, and the sky overhead was gray and full of clouds. Then I heard a car whoosh by on my left and realized that we probably weren't safe there on the corner. It wasn't a very busy street, but Tom was standing half in the road and I was sort of sprawled out over the curb.

He helped me rise and brush myself off. My knees and the heels of my hands were smarting something fierce as we continued our walk down towards the Menomonee River Parkway. But I was okay — or at least I thought so. Maybe I'd have a bruise or two.

But why did I fall down? Was I simply not paying attention to where I was walking? Were my shoelaces untied? Did I trip over rough pavement or slip on fallen leaves?

Pay attention! Watch where you're going! Look out below! Timber! When we returned from our walk, Tom and I passed by the same corner where I had fallen. There were no obvious tripping hazards there. So why did I fall? There must have been SOMETHING, right? Or was it just a message from the Universe to slow down...

As I turned the situation over and over in my mind, I remembered that I had taken a fall in August, too. I'd blamed the uneven concrete on a friend's backyard patio. And I fell in March before that.

An image of bones flashed across my mind's eye. Bones? Yes! My own — my foot bones, in fact. It was the x-ray I'd had taken the week before at the podiatrist's office. An x-ray that explained why I've been having pain in my right foot; an x-ray that veritably shrieked, "PAY ATTENTION!"

Do you ever ignore the messages your mind or body sends you? "That pain will go away," we think to ourselves. "Oh, the itching isn't bad," we say. "I'll just put some cortisone cream on it." "My heart's not really broken — I'll just have another glass of wine..." How easy it is to ignore the signals our bodies, our minds, or the Universe sends to us.

It turns out that I can't ignore my body's signals anymore. I'm going to have to have foot surgery this winter. And I'm finding myself more fully tuning in to myself now, asking, what do I need to liven my spirits? To warm my heart? To energize my mind?

Don't wait until you fall down.... Pay attention!

With love and compassion,

Suzelle

The Rev. Suzelle Lynch, Minister

Win Dinner for Two Anywhere in the World!

Beginning on December 1, you'll be able to purchase \$20 raffle tickets at UUCW to win Dinner for Two Anywhere in the World! Just imagine — you could fly to one of the world's most spectacular destinations with your favorite companion and have a delicious meal in a restaurant of your choice. It sounds too good to be true — but it's definitely real! Read on for more details...



Frequently Asked Questions

- 1. How do I get a ticket?** Volunteers will be selling tickets at church on Sundays, and you can stop by the office during the week to buy tickets, too. They cannot be purchased online or through the mail.
- 2. What are my chances of winning? How many tickets will be sold?** We will only sell up to 2500 tickets — so your chances of winning are much higher than most raffles of this kind.
- 3. Why is UUCW doing this Raffle?** The Dinner for Two Raffle is a fund-raiser for our church operating budget — a creative idea we know has helped other congregations and non-profit organizations. Your support will help it succeed!
- 4. When is the drawing?** The winning ticket will be drawn on Sunday, January 12, 2020 during or after the worship service. We're inviting a very special secret guest to draw the winning ticket for us!
- 5. Do I have to be present to win?** No — though we hope you will be there to celebrate! If the winner is not present, however, we will get in touch with them right away.
- 6. Can I REALLY have dinner ANYWHERE in the world?** The travel agents we are working with will do their very best to make your dream dinner a reality. The prize dollar amount is intended to cover travel and accommodations as well as the meal.
- 7. Can I buy a ticket for a friend or family member?** Yes, you can — in fact, we hope you will gift tickets to all your loved ones!

- 8. Can I sell tickets?** Yes. We are counting on our members as the primary ticket-sellers. More information about how to sign up to sell tickets will be coming soon. And there will be prizes awarded for the top ticket-sellers in mid-December and early January.
- 9. Will I be taxed on the winnings?** UUCW will withhold 25% for tax purposes before winnings are distributed to the winner.

If you have additional Raffle questions, contact Church Administrator Vicki Banville via the church office.



November Food Collection Benefits House of Peace - Milwaukee

The food collected in November is for the House of Peace at 17th and Walnut Streets in Milwaukee. A tour of the facility can be arranged at the time of delivery. Persons needing food are given a chicken from the House of Peace. This month any items for a holiday meal would be appreciated: sweet potatoes, canned veggies and fruit, maybe a pie crust and pie filling, canned pumpkin, gravy and grape or apple juice (plastic container).

A Volunteer is Needed: If you are able to deliver the food shortly after November 30, please call Ellen via the church office. Thank You! Ellen Newbauer and Melanie Weston, Co-chairs.



Wisdom & Whimsy Group Shares Stories of Joy and Gratitude

Wisdom and Whimsy is a fun and friendly group for people over 50, which meets the second Wednesday of the month from October through May. The next meeting will be held on **Wednesday, November 13th from 11:30 am until 1:15 pm.** We will share things that bring us joy and/or things we are grateful for. Bring your own lunch and a beverage. Please contact Susan Foley or Kathy Allison via the church office with any questions.

Article Key:

Church Life



Fellowship & Learning



Living Our Values



Beloved Conversations is Coming Soon to UUCW



A message from Rev. Suzelle

Beloved Conversations is a powerful program that helps us explore the role of race/ethnicity in our individual lives, and in the life of our congregation. In the program, through conversation, compassion, risk-taking, and vulnerability, we build skills for more authentic cross-racial relationships.

Beloved Conversations recognizes how centuries of racially informed social, emotional, and spiritual practices wound every person, no matter our racial and/or ethnic identity. It uses a small-group ministry format to help us talk with one another about our experiences, while we work to identify places where we need to grow. It helps us learn how to live and act in a spirit of reconciliation that brings growth and spiritual healing. Beloved Conversations also offers real-time faith formation resources designed for people of color, and it offers support to help us make change at UUCW: real, institutional change.

Beloved Conversations promises to be both positive and life-changing for you and for UUCW! Mark your calendar now, and plan to participate. The program will begin with a Large Group Opening Retreat held Milwaukee, in collaboration with First Unitarian Society of Milwaukee and United UU Congregation of Waukesha. That retreat will be on **Friday, January 17, 2020, from 6:00 - 9:00 pm** and **Saturday, January 18, 2020, from 8:30 am to 5:00 pm**. The Retreat will be followed by eight two-hour sessions of small group conversation (small group schedule still under development; we hope to offer multiple small group times).

For more information, contact Ann Heidkamp, Social Action Council Chair, or Rev. Suzelle Lynch via the church office.

Q Youth Club



Join the Q Youth Club on **Friday, November 8th from 6-8:00 pm**. Q Youth Group is a social group for LGBTQI+ youth ages 13-18 and provides facilitated support and social opportunities for youth. The group creates a safe space where youth can hang out with other LGBTQI teens and meet people in a respectful environment! For more info, contact Brianna Laux Kocis via the church office.

Join the Meditation Group: Be Centered, Present, and Alive!



“... when life throws you off-center meditate for one minute. Don’t expect to have a great mystical experience, though it’s always possible. At the end of your meditation, notice if you feel better. If not, merely do it a little longer, maybe five minutes. You’ll be less disturbed, less distracted from the inner source that gives you the inner answers. You’ll be more centered, more present, more alive, and more able to face whatever is going on.”

Anonymous

Drop-in and meditate with others.

Tuesdays: 5:30 - 6:30 pm

Wednesdays: 10-11 am

We do not advocate a particular meditation style. Typically, it is a 20 or 45-minute silent period (your choice) either on a cushion on the floor or in a chair. We start promptly but permit late entry. Afterward, we join in fellowship and dharma talk. We look forward to sitting with you.

If you have any questions, please contact Helen Klimowicz via the church office.

DUUversity Theatre Pick Provides Stimulating After-Play Discussion



The next play selected for the DUUversity Theatre group is a riveting two person discussion between a black student and her white professor about race, history, and power in this entertaining and thought provoking look at the history of America. Described as a bristling, provocative debate play about race and privilege in the United States, this performance should provide a good start to a stimulating after-play discussion.

Niceties by Eleanor Burgess
November 3 – 2:00 pm

The Rep’s Stiemke Theater, 108 East Wells Street
For tickets: 414-224-9490 or tickets@milwaukeeerep.com

Buy your own tickets and then contact Kristin Fewel via the church office to join the group for dinner and conversation. If you are interested in attending other performances, pick up the DUUversity Theatre Group brochure on the table in the Community Room or go to <http://bit.ly/DUUversity19-20>

November Split the Plate Supports Tricklebee Cafe



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.

Tricklebee Café is a pay-what-you-can community café that offers healthy meals, foodservice training, and spiritual nourishment, and is located at 4424 W. North Ave. in the historic Uptown Crossing District of the Sherman Park neighborhood. Access to healthy food helps people to better care for themselves and their neighbors, which heals and strengthens the community.

By providing fresh, healthy, locally grown food to anyone regardless of the ability to pay, the cafe addresses food insecurity by feeding the immediate need of hunger, while also providing resources to educate and inspire people to make a habit of healthy eating. Tricklebee Café is a safe, inviting place for neighbors to gather to promote reconciliation and peace in a neighborhood that has experienced violence and neglect. The cafe works to eliminate prejudice and discrimination against the economically and socially marginalized by creating a space where individuals from all backgrounds may gather around the concept of a community table.

For more information about the Tricklebee Café, see <http://tricklebeecafe.org> For more information about Split the Plate, contact the Committee Chair, Kathy Herrewig via the church office.

Deck the Church Halls for the Holiday Season



Join members and friends at **10:00 am on Friday, December 3** to help decorate the church foyer and Sanctuary for the upcoming holiday services. You do not need to have a special talent for decorating... just an interest in helping to make it happen! Guidance and decorating supplies will be provided. We'll have cookies, tea, coffee and festive music! Decorating will finish around 12:30 pm. Come and stay for as long as you are able.

For more information, contact Kelly Bogner, Publications Coordinator, via the church office.

Split the Plate Welcomes Suggestions for Future Recipients!



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. From time to time, the Split the Plate Committee asks our members to nominate organizations to be one of our monthly Split the Plate partners. If you are aware of or are associated with, an organization doing valuable work in our community that would benefit from being a Split the Plate partner with UUCW, please send your suggestion to the Split the Plate Committee. You may submit your suggestion in the Split the Plate office mailbox or by contacting STP Committee Chair Kathy Herrewig via the church office. Please include a contact name with an email address or phone number. Any other information such as non-profit status, web-site address, or mission statement is also helpful. Thank you.

UUCW Welcomes New Members and Celebrates Anniversaries



Please say "Hello" to our New Members:

Susan Barranco Chloe Barranco, Kiara McFarland Caldwell

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

1 year: David Gross Carey Balistreri Kate Hamm
Chris Friedl Callenda Hacker Katie Malin

10 years: Donna Schweda Jackie Degenhardt Marilyn Kupka

15 years: Sheila Reynolds

For more info about UUCW membership, contact Brianna Laux Kocis via the church office.

Rise Early for Coffee & Conversation



The next meeting of the Men's Breakfast Group will be on **Tuesday, November 12 at 7:45 am at Bakers Square at 15300 Bluemound Road, Elm Grove** Come again, or for the first time, for conversations on current events, philosophy, movies, vacations, seminal books, current UUCW developments, in a small group, usually 6-10. For info, contact Jerry Kashmerick via the church office.

Earth Ministry Potluck: Socialize and Learn about Sustainability



The Earth Ministry Committee invites you to a potluck and learning opportunity on **Friday, November 22 at 6:30 pm**. After food and fellowship, take part in a telesummit featuring “Sustainability Now — Shaping A World That Works.”

This presentation features an interview with Dutch environmentalist and diplomat Alexander Verbeek. He created the Planetary Security Initiative, held at The Hague's Peace Palace, where representatives from 75 countries meet annually on the climate change-security relationship. Along with international scientists and policymakers, Mr. Verbeek shares trans-environmental dialog regarding problems associated with increasingly violent storms. These storms threaten global financial security, disruption in the delivery of food and essential goods, access to clean water, and displacement of millions of people. Some damage is already “locked-in” according to Mr. Verbeek, but there is much we can and must do. He emphasizes the capability of the United States' leadership role in this response gives its historical successes in creating jobs during the great depression, landing a man on the moon via the space program, etc. It all begins with awareness of the problem and education.

Come join us to learn more! For further information, join Mr. Verbeek's large social media followers via Twitter at @Alex_Verbeek and @ArtForOurPlanet which features art that captures the beauty of our planet, and that warns us to preserve the only home we have. We hope to engage with you on this important challenge facing us all.

For more information, contact Almuth Soffee via the church office.

New Phones, Same Phone Number!



UUCW office staff have changed their phone system to OOMA Office, a Voice Over Internet Protocol (VOIP) provider. After evaluation to upgrade the current analog phone system, the cost was too high compared to using a VOIP provider. This change has required a change in extensions for staff.

The main phone number for **UUCW will stay at 262-782-3535**.

Guest at Your Table Supports Women Leaders for Strong Communities



Every year, friends and families of Unitarian Universalist Church West participate in the UU tradition of Guest at Your Table, a human rights program sponsored by the Unitarian Universalist Service Committee (UUSC). This year, UUSC is partnering with women leaders who are increasing representation for women in their communities, while strengthening access to justice for all.

Pick up your Guest at Your Table box or donation envelope from the display in the church foyer beginning Sunday, November 3. Boxes and envelopes will be collected during the service on Sunday, December 15.

Participating households put their Guest at Your Table box or envelope in a prominent spot, often the family meal table. Then every time families gather for a meal; they think about the people around the world who need our support and put their spare money in the box or envelope.

The UUSC puts our shared UU principles into action in the United States and around the world. Through a potent combination of advocacy, education, and partnerships with grassroots organizations, UUSC promotes economic rights, advances environmental justice, and preserves the rights of people in times of humanitarian crisis.

And thanks to the Unitarian Universalist Congregation at Shelter Rock in Manhasset, N.Y., gifts of \$125 or more are eligible to be matched, doubling your good works!

Your generosity with the Guest at Your Table is tax deductible! Be sure to turn any cash into a check made out to UUSC and complete the form on your box or envelope. If you would prefer not to bring home a box or envelope, you can support UUSC directly online at www.uusc.org. For more info, contact Dave Cicero, Director of Lifespan Religious Education, via the church office.

Join Gen UU for Friendsgiving



On **Sunday, November 17 between 1:00 - 6:00 pm**, Gen UU's very own Friendsgiving will be hosted by Derek & Alyson at their home. Please bring your favorite drink, side dish or dessert. Build the community of young adult (18-35-year-olds) at UUCW by coming together for camaraderie and socializing. Text or call Chelsey Nisbet via the church office with any questions.



Autumn Handbell and Brass Concert Friday, November 16 at 7:00 pm

The Windy Hill Handbell Choir and the Windy Hill Brass will present their fall concert at UUCW on **Saturday, November 16 at 7:00 pm**. This family-friendly concert for all ages is directed by Dr. Craig Hurst and Dr. Nancy Van Brunt and will include musical selections loved by everyone. A freewill offering will be collected to benefit the House of Peace Food Pantry in Milwaukee.

The handbell ringers will play a group of Impressionistic pieces including arrangements of "The Little Shepherd" and "Golliwogg's Cake-Walk" from Children's Corner by Claude Debussy as well as Prelude No. 2 from the Three Preludes by George Gershwin.

The second group of handbell pieces on the program will include seasonal favorites arranged for handbells including three impressions on "This Is My Father's World", "Thanksgiving Bells," and "Count Your Blessings."

The centerpiece of the brass quintet's repertoire will be Kurt Weill's "Threepenny Opera Suite." The brass will also perform "Scherzo" by Cheetham, "Stardust" by Hoagy Carmichael and a special arrangement of Erik Satie's Gymnopédie No. 1 featuring a tuba solo.

Please join us for a varied program of beautiful music at UUCW. For more information about this musical performance, contact Jennifer Nicolosi, Lead Music Director, via the church office.



It's Time to Help at Guest House!

You're invited to help make a change in the lives of those in need. **Saturday, November 16th** will be our next turn to help at Guest House. Every month the UU churches of Milwaukee provide a meal to over 100 homeless at the Guest House, a shelter for men in downtown Milwaukee. We need volunteers to provide food or soda and servers and adult assistants to help with transportation and serving.

Please be sure to sign up at the Social Action table on **Sundays, October 27, November 3 or 10 after service** or contact Eileen Gleeson via the church office if you can help. You can also use our new online sign-up at <http://bit.ly/GuestHouse2019> Please note: Children are generally welcome to help serve, but please consult with us before signing them up.



Holiday Music Opportunities for Young and Old!

The Holiday Music Services on December 15 will feature a Multigenerational choir. All ages are welcome to participate, no experience necessary! Rehearsals will be Tuesday, November 26, 6:00 – 6:45 pm, Tuesday, December 3, 6:00-6:45 pm, and Thursday, December 12, 6:00-6:45 pm. Participants should plan to attend at least 2 of the 3 rehearsals.

The 7:00 pm Winter Solstice Service on Friday, December 20 will feature the Solstice Singers singing special music and leading the congregation in singing. All are welcome to join the Solstice Singers for this special service. Rehearsals will be Tuesdays, December 10 and 17, from 6:00 – 6:45 pm.

The 4:00 pm Christmas Eve Service on December 24 will feature a Christmas Eve Choir. All are welcome to join the choir! Rehearsals will be Tuesday, December 17 from 7:00-8:00 pm and Sunday, December 22 after service.

Rehearsal tracks will be available for all of these choir opportunities. For more information, contact Lead Music Director Jennifer Nicolosi via the church office.



Lay Pastoral Care: A Ministry of Caring and Presence

Lay Pastoral Care at UUCW is provided by a group of trained lay leaders whose mission is to offer comfort and support to members through compassionate listening. Lay Pastoral Care Team members may visit church members at home, in the hospital or a community setting, or talk by phone. Team members support those going through major life transitions or personal crisis. They show caring in a non-judgmental way through active listening. They do not provide therapy or a cure. Lay Pastoral Care relationships are built on trust with a respect for confidentiality.

People may refer themselves for support, or sometimes a concerned friend will suggest that the Lay Pastoral Care Team contact a person in need. A team member will make an initial phone call to introduce him or herself, and Lay Pastoral Care services, and inquire to see if this would be helpful.

Contact Lay Pastoral Care at laypastoralcare@uucw.org or call Rev. Suzelle Lynch via the church office. All inquiries will be handled confidentially.



WISDOM Uses App Tool to Engage Community and Voters

WISDOM has launched the Integrated Voter Engagement Campaign (IVE). This is an effort to build strong ties in communities around issues and to work in those same communities around voting as elections draw near. WISDOM affiliates are making plans for canvassing regularly in targeted areas.

Along with the door-to-door canvassing, we have an exciting tool for this campaign: the MyRVP App.

YOU CAN USE THE APP AND PARTICIPATE
IN OUR CAMPAIGN!

Using the MyRVP App on your smartphone (sorry, not on your computer), you select personal contacts from your phone, and talk with friends and loved ones about issues, voting, election dates, resources and much more!

Go to your app store and search for “Empower (MyRVP)”

If the App isn’t found, go to your search bar, type in empower.com/wisdom, enter your phone number, and follow the instructions from the text you will receive.

Sign up using your phone number or email

Enter the invite code, which is “WISDOM”

Your phone contacts will come up. Select the ones you want to focus on, probably the ones least likely to vote. The App will automatically list them by High Priority (least likely to vote), Medium Priority, and Low Priority (they vote in most elections).

App gives you suggestions for giving them a call or email. It gives Tips, as well as how to reach Yolanda, WISDOM’s Campaign Director, for questions. As we move forward, you’ll receive new messages for your outreach.

Statistics show that people are more likely to vote if someone they trust talks to them regularly about voting and makes sure they know what they need to take with them to the polls, how to use the machines, and how to think about the issues.

Join us in our Integrated Voter Engagement Campaign! For more information, contact Barbara Pfarr via the church office.



Who Are those Camera People?

Two friendly volunteer photographers have been capturing the fun and special moments during worship at UUCW in recent months. They are doing a great job!

Mary Catanese is new to our church and is eagerly attending services while her granddaughter Sophia attends Religious Education. Mary taught photography at MATC and Mount Mary University and has been working for various newspapers for 35 years.

Mary says, “The song claims, ‘every picture tells a story’ and they’re meant to be shared. They spark a conversation; they can show joy or sadness. ...it’s my pleasure to share them with this welcoming community.”

Sarah Frey, along with her husband Steve, has been a member of UUCW since 2006 and she’s been taking photos for us ever since. Sarah graduated from the Milwaukee Institute of Art & Design with a BFA degree in Drawing. Her love of figure drawing classes led to specializing in the composition of framing the figure(s) within a photo.

The next time you see either of these photojournalists, give them a big smile and offer your appreciation.

Do you have photos to share? Additional images are always needed to promote upcoming events and celebrate the wonder created at UU Church West. If you have photos that you would like to be considered for placement in upcoming e-news or on Facebook, send to Publications Coordinator Kelly Bognar via the church office.



November Song Circle

Friday, November 15, 7:00-8:30 pm

“These are a few of my favorite things...” In this month of gratitude and giving thanks, let’s gather together with joyful songs!

We enjoy using our copies of the book *Rise Up Singing* (includes 1200 songs!), along with our two UU hymnals, to give us ideas for songs to share. 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. Contact Sarah Stokes via the church office with any questions. Singing together is fun, and good for you, too!

New Books in the Library



UUCW's Library has purchased two new books which will be available in November.

One is *White Fragility: Why it's so Hard for White People to Talk About Racism* by Robin DiAngelo. This book will be discussed by the Black Lives Matter Reflections Group on November 9.

The other is *An Indigenous Peoples' History of the United States* by Roxanne Dunbar-Ortiz. This is this year's UUA Common Read. For more information about these books and the library, contact Carolyn Lawrence via the church office.

PieceMakers Group Travels to "Water" Quilt Exhibit



The PieceMakers quilting group's next meeting, Saturday, November 16, will be an outing to the Wisconsin Quilt Museum in Cedarburg to see the quilt exhibit "Water." The group will meet at UUCW at 9:30 am to carpool to the museum. After viewing the exhibit, the group will have lunch in Thiensville followed by a stop at Material Matters Quilt Shop in Thiensville.

In addition to the November 16 outing, PieceMakers will meet at UUCW on November 30, the fifth Saturday of the month, to work on projects.

You do not have to be a PieceMakers member to attend the outing. For more info about the outing or PieceMakers, contact Carolyn Lawrence via the church office.

The Great Books Group Explore the Los Angeles Library Fire



Great Books is discussing *The Library Book* by Susan Orleans on **Monday, November 11** at 10:00 am. The Library Book is the story of the 1986 Los Angeles Public Library fire which destroyed more than 400 thousand books and damaged 700 thousand more and demonstrates the crucial role libraries play in our lives.

Reading ahead? Great Books will be discussing *Behold the Dreamers* by Imbolo Mbue on **Monday, December 9**.

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

Holiday Decor Donation Rotation



After Thanksgiving, our energies turn toward preparing for the Holidays. So perhaps you'll find some time soon to pull out the boxes of decorations from your attic or closets.

Earth Ministry offers you a place to recycle decorations (ribbons, wrapping paper, tinsel, candles, nutcrackers, bells, Santa's, angels, Menorah, Christmas cards) on

Sunday, December 1 after service.

Tables will be set up in the Community Room to receive your Holiday decor.

Browse and find a Holiday treasure for your home, office or schoolroom. It's fun for all ages. You do not need to bring anything to take something. If you have any questions, please contact Helen Klimowicz via the church office.

Healing After Loss Group Provides Opportunity to Share



Wednesday, November 20, 1:00- 3:00 pm

This confidential group is for anyone who has experienced the death of a loved one at any time. Whether you feel comfortable sharing or just listening, you are most welcome. We are all here to support one another. This group will meet from **1:00 - 3:00 pm on the third Wednesday of the month through May**. We look forward to talking to you and seeing you in this fall. If you would enjoy a beverage, please bring one along.

If you have any questions, please call one of the co-facilitators, Charlene Carter or Susan Foley via the church office.

Women's Book Group Discusses Former First Lady's Biography



Becoming by Michelle Obama is the Women's Book Discussion Group book choice for November. The book's 24 chapters are divided into three sections: Becoming Me, Becoming Us, and Becoming More, chronicling Michelle's life as a child growing up on Chicago's South Side, through election night, and life in the White House. The group will meet on **Wednesday, November 13 at 7:00 pm**.

Questions? Contact Kathy Schwei or Marilyn Swanson via the church office. All adults are welcome.



Unitarian Universalist Church West
13001 West North Avenue
Brookfield WI 53005-5219
Return Service Requested

Come As You Are, Leave Inspired!

The Dinner for Two Anywhere in the World Raffle begins December 1!

Get Ready... Tickets will be only \$20 each — a perfect holiday gift for friends and family.

Get Set! Start dreaming about where you'd go — and tell Publications Coordinator, Kelly Bognar (kellyb@uucw.org). She'd love to feature your dream in an upcoming eNews.

GO... Start buying and selling tickets on Dec. 1 — prizes for top ticket-sellers will be awarded.

WIN! The winning ticket will be drawn on Sunday, January 12, 2020 — will it be yours??

To offer your assistance with the Raffle, contact Church Administrator Vicki Banville via the office.

Look inside on page 3 for more details...

