



Midwest Unitarian Universalist Summer Assembly

An annual intergenerational Unitarian Universalist retreat for fun, fellowship, and personal growth
YMCA of the Ozarks, Trout Lodge near Potosi, Missouri

Living Between Worlds

July 1-7, 2018

Featuring Reverend Nic Cable

Letter from Your President

Dear fellow campers,

Your Planning Council has been hard at work planning another fabulous week for all of us at MUUSA 2018! For those of you thinking about joining us for the first time, let me try to describe a little bit of what you'll have in store:

- **A beautiful lodge** overlooking a forest-encircled lake.
- **A waterfront** with a sandy beach, safe and supervised swimming for the kids, and some more adventurous activities like the slide, rope swing, kayaks, paddle boards, and sailboats.
- **All of your meals prepared** and ready for you to share with your family and new friends, in a dining hall with a panoramic lake view and feeders where you can watch hummingbirds flit about.
- **Workshops** where you can learn a new art form, have deep discussions about things that matter, sample craft beer (sign up early for that one), or find peace and relaxation.
- **Fun, casual, heartfelt daily worship**, led by our theme speaker and long-time MUUSA camper Nic Cable.
- **If you have younger kids**, a fun, affordable family vacation with just the right blend of age-tailored activities and family togetherness.
- **If your kids are in middle or high school**, a chance FOR THEM to spend a week with their peers in a safe, supervised environment, away from parents, enjoying nature, and building friendships that will last well beyond the week of camp.

MUUSA isn't quite perfect - yet. But we think we have a pretty good thing going. We hope that you'll join us and become part of our extended MUUSA family! See you soon!

MUUSA President Bill Pokorny



Our Theme: Living Between Worlds

As Unitarian Universalists, it can sometimes feel like we are living between worlds. We long to live in a world grounded in core values of justice and compassion, of inclusion and multiculturalism. And yet that world is not yet here. How do we live in that liminal space between where we are and where we long to be, whether in our personal lives, our family and work lives, our congregational lives, or our civic lives? Furthermore, how can MUUSA be a vehicle for dreaming and scheming a way forward as we seek to bring about a truer embodiment of the Beloved Community, one that might exist not just one week a year, but all the time? Rev. Nic Cable will offer practical reflection and strategies for how we can find the spiritual fortitude and vision for this journey ahead.



Table of Contents

Daily Schedule	2
Our Theme Speaker	2
Excursion	3
MUUSA Bookstore	3
Camper Art Fair	3
MUUSA 5K Walk/Run	3
Daily Activities	3
Program Information	4
MUUSA Workshops	5-7
Housing Options	8-9
Registration Policies	9
Registration Fees	10
Frequently Asked Questions	10
Registration Form	11

Brochure Credits

Editor: Ruth Hinkle

Theme Artwork: Lauren Lyerla & Nicole Nichols

Daily Schedule

6am		
7am		Early Morning Activities •Sunrise workshops •Early coffee •Early swim
8am	BREAKFAST 7:15-9:30	
9am		Morning Celebration
10am		Morning Activities •Lumens Early Childhood Program begins before Morning Celebration •Elementary Program •Morning Workshops
11am		
12 pm	LUNCH 11:15-1:30	
1pm		
2pm		Early Afternoon Activities •Lumens Early Childhood Program •Elementary Program •Early Afternoon Workshops
3pm		
4pm		Late Afternoon Activities •Late Afternoon Workshops •Volleyball
5pm		
6pm	DINNER 5:15-7:30	Dinner Discussions 6-6:45
7pm		Early Evening Activities •Geneva Square •Vespers •Ultimate Frisbee •Sunset Workshops
8pm		
9pm		Evening Activities •Coffeehouse •Club MUUSA •St. Vincent's Cafe
10pm		
11pm		

MUUSA Guiding Principles

Be respectful of fellow campers, Trout Lodge staff, and the beautiful natural surroundings of the Missouri Ozarks.

Make an effort to greet everyone you encounter and look out for the safety of our camp community, especially the young, and not-so-young.

Our Theme Speaker



Rev. Nic Cable is a lifelong Unitarian Universalist who grew up in Milwaukee, WI. Having attended MUUSA (formerly LGSA) for about 20 years, Nic has previously served as Burt (Sr. High) Co-Representative (2005) and Young Adult Co-Representative (2008-2010) to the Planing Council. He graduated summa cum laude from DePaul University (2011) with a double major in Religious Studies and Peace, Justice, and Conflict

Resolution Studies, and then Chicago Theological Seminary (2014) with a Master of Divinity. He has received Fellowships from the Interfaith Youth Core (2010) and the Fund for Theological Education (2012).

Nic has served Unitarian Universalism at the congregational, regional, and national levels, including working for the Unitarian Universalist Association in Stewardship and Development (2013-2015), the UU Church of Greater Lansing (2013-2016), and Unity Church-Unitarian (2016-2017). In 2017, Nic was called as the settled minister of the UU Congregation of Columbus, Indiana. He feels grateful to return to MUUSA for a year of imagination and connection with a religious community that shaped his call to ministry.

Trout Lodge Offerings

YMCA of the Ozarks, Trout Lodge, is located on 5,200 acres of pine and oak forest on a private 360-acre lake 75 miles southwest of St. Louis, Missouri, outside of Potosi. Accommodations are available for all budgets. See page 9 for details.

Your Camper Fee Includes...

Three buffet meals a day: All-you-care-to-eat buffet offers multiple entrees and sides, a children's buffet, a salad bar, and desserts. Vegan, vegetarian, and gluten-free options are available. Please specify dietary restrictions on registration form.

Free daily activities: Trout Lodge offers many fun activities at no additional charge! Favorites include: archery, biking, boating, fishing, geocaching, hiking, lawn games, shuffleboard, tennis, and volleyball. There are late afternoon activities each day for all ages.

The following special activities are available for a small fee payable in advance to Trout Lodge at the Waterwheel County Store:

Adventure Activities: Climb the 50-foot hourglass-shaped Alpine Tower, conquer the 20-foot Pines Peak climbing wall, or take on the obstacles built into the Summit Explore & Rappel course. Alpine Swing and Summit Zip also offer unique adventure experiences.

Triangle Y Ranch: Enjoy the working horse ranch and experience adventure on horseback! Trails are designed to delight both first-time and experienced riders. There are over 60 horses as well as professional full-time wranglers.

Arts & Crafts Center: Unleash your creativity! A daily craft project for children is offered. Artists of all ages may wish to try jewelry making, tie-dye, ceramics, scrapbook-

Excursion

River Float Trip - Tuesday, 9:45 am - 5:00 pm.

Led by Dan Hermann, Jeff Teppema. Join your MUUSA friends for a day floating down the Huzzah River. Huzzah Valley Resort provides rafts, as well as bus transportation to and from Trout Lodge. Lunches are provided by Trout Lodge. Refunds will be granted if the event is canceled for low participation. If, however, Huzzah Valley Resort must cancel for unsuitable conditions, MUUSA gets no refunds, and will reschedule the trip in a subsequent year. Cancellations with a full refund are accepted until June 15. Plan on a 30-minute bus ride each way and 4-6 relaxing hours on the river. Rafts hold 4 to 6 people, ages 8 and older. Each child under 18 must attend with a parent or designated adult; one child per adult.

Cost \$55/person, limit 60. We are able to add participants during the week of camp but the fee increases to \$65.

Popular Offerings

MUUSA Bookstore

Check out the MUUSA Bookstore! We will carry bestselling books from the UUA for all ages on a wide variety of subjects. We will also feature CDs by our camp pianist Bonnie Ettinger. If there are particular books from the UUA you would like to recommend, please send your suggestions by June 1st to Lauren Lierla at laureninstlouis@gmail.com.

Camper Art Fair

Calling all MUUSA artists! Join us for the 7th Annual MUUSA Art Show and Sale. Items sold must be original, hand-made visual arts or crafts created by the artist attending MUUSA in 2018. Interested participants can fill out an application online at www.muusa.org/artfair. Applications and images need to be submitted by May 1st. To find out if you qualify or to request a hard copy of the application, contact Karen Seymour-Ells at karen@karenworks.com. 30% of the sale price is donated to the MUUSA Scholarship Fund to ensure happy camping for all.

Holly Jamison 5K Walk/Run

Led by Dave Gorman, Will Van Dyke. Join your fellow campers on Thursday at 7am for the 7th Annual MUUSA 5K (3.1 miles) Walk/Run, now named for its founder Holly Jamison (who may even join us)! There will be prizes for everyone! All are welcome and no one is too fast or too slow, too young or too old. Be a part of a healthy annual tradition! Contact Will Van Dyke, wvd@sbcglobal.net.

Activities

Biking: Bikes available first-come, first-served or bring your own bike. FREE!

Club MUUSA: Evening dancing with DJ.

Coffeehouse: Live entertainment from your fellow campers. Please share your talents!

Dinner Discussions: Share dinner and small-group discussion with fellow campers. Held in a Lodge meeting room. Daily sign-ups onsite.

Evening Storytime: Wind down your night by getting cozy in pajamas and joining Dan Hermann for 30 minutes each night as he reads excerpts of Harry Potter. Dan will steal the show by shamelessly imitating the master Jim Dale and his audiobook genius. Check the Muse to avoid spoilers. No kids required! 8 pm, M-F.

Fee-based Activities: Sign up and pay for all Trout Lodge fee activities in advance at the Waterwheel Country Store. No refunds unless Trout cancels the activity.

Fourché Valley Golf Course:

Challenging 9-hole, par 36 course, 5 minutes from Trout Lodge. (Small fee)

Free Drop-in Activities: A great variety of fun for all interests. See p. 2 for details.

Geneva Square: Daily after-dinner play time for all ages. Balloons, face painting, and more.

Intergenerational Events Country line dance, Karaoke, Contra dance, Pun-Off, Sing-Along, and more!

Morning Celebration: Daily UU worship service. This year led by Rev. Nic Cable on the theme "Living Between Worlds."

St. Vincent's Cafe: Quiet conversation, board and card games (meets in the evening, but available all day).

Ultimate Frisbee: Combines the non-stop movement of soccer with the aerial passing skills of football. Come play!

Vespers: Unique after-dinner worship services.

Workshops: Choose from workshops designed to stimulate mind, body, and spirit.



Children's and Youth Programs (Infant-12th Grade)

Lumens Early Childhood Program

Birth to 5 years old

New for this year, we have dedicated our "Lumens" Early Childhood Program to its wonderful co-coordinators, Kathryn "LUkow" and Tabitha "rasMussEN". Our attentive, caring nursery staff provides a safe and fun environment for our infants. Is your child past naptime? No problem: 4 & 5-year-olds enjoy crafts and a wide range of indoor and outdoor fun and educational activities. For more information, contact Kathryn Lukow (kathryn516az@gmail.com) or Tabitha Rasumussen (theviolinmommy@aol.com).

Elementary Program ("Cratty")

6 years through entering 6th grade

Our experienced "Cratty" staff teams up with YMCA staff to facilitate teambuilding games, arts and crafts, outdoor activities, wall climbing, archery, swimming, hiking, boating, religious education, ranch activities and much more. School age children are divided into groups based on their age at camp: 6 & 7-year-olds; 8 & 9-year-olds; and 10+ years. Placement is based on age restriction for the YMCA activities in which we participate. Each group will engage in a wide range of activities that are suited to their age, with an emphasis on combining traditional camp fun with UU themes. Different learning styles and personalities of children are considered so no one feels left out or bored. Lifelong camp experiences start here! For more information, contact Kathryn Lukow (kathryn516az@gmail.com), or Tabitha Rasumussen (theviolinmommy@aol.com).

Jr. High ("Meyer")

Entering 7th, 8th or 9th grades

Down Periscope! In the Junior High Program or, "Meyer," junior highers live together in a cabin with their hardworking counselors who create a safe place for sharing, learning their own boundaries and building a fantastic community. Our young teens participate in team-building initiatives, mystery solving, pun-offs, games, dancing, and workshops focused on creating change and growth, personally and community wide. All Meyer activities are designed to support emotional and spiritual growth, and empower junior high youth. We are also sure to have plenty of fun, like it's a vacation or something! For more information, contact Ben Krueger (benjkrueger@gmail.com) and Trevor Smith (trevorsmith7224@gmail.com).

Sr. High ("Burt")

Entering 10th, 11th or 12th grades

In our Sr. High program, which we call "Burt," we create a community where we love and support everyone no matter what, become courageous and responsible, discover ourselves, make life-long friends, and have a ton of fun. We do this through required and optional activities such as daily small groups, nightly youth-led worship, a ropes course, and much more. "Burtoids" live together in a Camp Lakewood cabin with the help of a caring and dedicated staff. Each year we delve into how UU principles can guide us to make a positive difference in the world around us. For more information, contact Abe Marsh (abemarsh@gmail.com) and Nukahh Hlaban (nukahh.hlaban@gmail.com).

Jr. and Sr. High Sponsors

Campers under 18 must either be accompanied by a parent or guardian, be sponsored by a relative, or be sponsored by someone from the UU church they attend. Adults may sponsor up to two non-family campers per family unit. If these conditions are not met, camper registration will be contingent upon the approval of the program coordinators, no later than one week prior to the start of camp. Sponsors are responsible for the youth under their care during camp week, and should youth be asked to leave their programming due to rule violations or illness, they will stay with their parent or camp sponsor. If the parent/guardian does not have appropriate housing, they must arrange for the youth to stay with another camper who has signed off on the arrangement. Sponsor name and contact information must be listed on the registration form.

Adult Programs

Adults

Couples and singles, with and without children, are welcome to attend MUUSA. After morning celebration, adults can enjoy a variety of workshop and recreational activities while children are in their programs. Workshops are held M-F, anywhere from 1 to 5 days, and last just under 2 hours. Choose from spiritual topics, crafts, music, dance or outdoor activities. MUUSA and Trout Lodge provide other informal adult programming as well. For more information, contact Jane McLeod (janemcleoduu@gmail.com).

Young Adults (YAs)

A special welcome to and from the MUUSA Young Adult program! We are an awesome collection of UUs, ages 18-35, who plan our own late-night workshops, do tie-dye and zip-line paintball, lead and attend workshops, and hang out! We have YA-specific cabins in Camp Lakewood (priority for YAs under 21), but our community is all over the camp.

Contact Ellie McCormick (eleanor.mccormick@wmich.edu) or Veronica Colegrove (vcolegro@gmail.com) for more information.

Morning Celebration (8:45 am—9:45 am)

Each morning, the Rev. Nic Cable will lead a multi-generational service on the theme topic “Living Between Worlds.” Services include children’s stories and choral music from the Awesome Choir, led by Pam Blevins Hinkle and accompanied by Bonnie Ettinger.

MUUSA Workshops

Workshops offer opportunities for learning, personal growth, and fun. They are an excellent way to get to know other campers in a small group setting and to benefit from the wonderful talents, skills, and insights the workshop leaders have to offer. Workshops are filled on a first-come, first-served basis based on the date you sign up online or the date your mailed application is processed by the Registrar. You will be enrolled in workshops in order of your listed preferences, unless they are full. You may enroll in multiple workshops in the same time slot if they are offered on different days. Some, but not all workshops have fees. Fees are repayable to your workshop leader on the first day of the workshop, unless otherwise noted.



Photo Credit: Pam Dempsey

Sunrise Workshop (6:00-7:00 am)

SR-1 Wake Now, My Senses: Dawn Photo Walk

Led by Roger Easley. Dawn is a magical time to take photos on the shores of our camp’s lake. Will we have mist over the water, or golden reflections? We may see wildlife as we walk to the dam. No lecture, but the leader will answer questions.

1 Day: W. Limit: None. Fee: None.

Morning Workshops (10:00-11:50 am)

M-1 Awesome Choir

Led by Pam Blevins Hinkle. Learn vocal and choral technique, sing a variety of quality music, provide musical support for Morning Celebration, and have fun! All experience levels and voice types welcome; participants choose their section to sing in (soprano, alto, tenor, bass). Note: Choir also meets at 8 am, Tu-F, prior to Morning Celebration.

5 day: M-F. Limit 50. Fee: None.

M-2 Yoga Flow

Led by Ruth Elliott. Ruth will lead a yoga class beginning with yin yoga poses, flowing through vinyasa poses, and finishing with stretching and seated or guided meditation. There will be music during class and a live crystal singing bowl to open and close the practice. Some yoga experience is suggested, but all are welcome to come and practice. Modifications and variations will be offered to make the class more accessible or more challenging

depending on each student's needs and experience.

5 days: M-F. Limit 40. Fee: None.

M-3 Contra Dancing For Serious Fun and Community

Led by Ken Sharp, Laurel Spahn. Contra dancing has been thriving since the 1700s. The music is foot-tapping energetic, and a caller gives instructions during the dance. You and your partner interact with other dancers during a variety of moves and patterns. Participants generally can't stop smiling. No partner necessary for enrolling. **5 days: M-F. Limit: 40. Fee: None.**

M-4 Tai Chi

Led by Nan Fox. Come join us as we play with this beautiful form of moving meditation. We'll incorporate music, poetry, and Chi Gong warm-up exercises, all designed to enhance your experience of this ancient approach to health and well-being.

5 days: M-F. Limit 20. Fee: None.

M-5 Progressive Christianity: Not Your Daddy's Jesus

Led by Erik Gunn. Religious pluralism. Celebration of gender and sexual diversity. Embracing Black Lives Matter. Direct action for social justice. Sound like Unitarian Universalism? A growing number of Christians claim these as well. Through readings, discussion, and other media, this workshop acquaints us with the continuing emergence of Progressive Christianity and explores how we as UUs can engage, ally with, and perhaps learn from the ongoing ferment it represents. **5 days: M-F. Limit: 15. Fee: None.**

M-6 Making Kokedama Moss Balls, Japanese Garden Art

Led by Linda Fowler. Kokedama is a form of Japanese garden art. The moss ball is fixed to a platform or suspended from string with the plant growing out from the sphere or can be fixed to a piece of driftwood or bark. We can make one or more during the week. **5 days: M-F. Limit: 20. Fee: \$15 (approx.)**

M-7 Photography Projects

Led by Roger Easley. Stretch your skills as a photographer - bring your camera gear and get practice taking photos of still life, painting with light, bouncing flash, using a diffuser to soften sunshine outdoors, and more. **3 days: M, W, F. Limit: 15. Fee: None.**

Morning Workshops (cont.)

On Being...Mindful, *a series*

Workshops M-8, M-9, and M-10 are part of a series on mindfulness. We recommend attending M-7 before the other two, but it's not required.

M-8 Mindfulness Explorations

Led by Valerie Walker. This interactive session will offer information, resources and examples of mindfulness which comes with many names. Origins and leaders of mindfulness, cross-cultural roots and benefits to our well-being will be discussed. Participants will have the opportunity to explore and discuss ways mindfulness can be practiced in daily rituals, relationships, workplaces, outside and home. Experiential activities will be included. **1 day: M. Limit: 15. Fee: None.**

M-9 Labyrinth Meditation

Led by Valerie Walker. This outside workshop will include an overview of labyrinth meditation, time for walking our MUUSA Labyrinth, and time for personal reflection and discussion. Participants are asked to meet at the boathouse, and bring chairs or towels/blankets if desired, and something to write on. **1 Day: W. Limit: 15. Fee: None.**

M-10 Mindfulness in the Outdoors: Hiking Meditation

Led by Valerie Walker, Kenny Pecht. This session will offer information on UU roots and practices for 'walking meditation,' including Thoreau's life and teachings and other sources. We will meet at the boathouse, and then take a 'happy pace' hike around our lakeside trail, mixed with discussion, and an intentional focus on our action steps for continued well-being through mindfulness. Participants are asked to wear sneakers or closed toed shoes, clothes for the woods, and bring water. **1 day: F. Limit: 15. Fee: None.**

M-11 DIY Wood Pallet Painting

Led by Nicole Nichols. Get creative! Have a favorite quote or saying? A simple design? I will offer several stencils - or I can do a custom creation - on my Cricut. You paint it onto a rustic wooden pallet to hang in your home! Wednesday: paint or white wash pallet, sand, and adhere stencil. Friday: paint stencil, touch up, and seal. **2 days: W, F. Limit: 20. Fee: \$30-40.**

M-12 Meditative Mandalas

Led by Nicole Nichols. Join me for this creative art workshop that combines painting mandalas and mindfulness exercises. Each participant will create a beautiful 12-inch circular mandala on a canvas panel using a unique painted dot technique. We will start the day with a mindfulness exercise and brief chair yoga experience. Painting techniques will be demonstrated and many examples will be offered. No experience is necessary and all materials will be provided. **2 Days: T, Th. Fee: \$30. Limit: 20.**

M-13 Dance Walk for Fun & Fitness!

Led by Lauren Lyerla. Meet on the porch of Hillcrest after Morning Celebration and go Dance Walking through the camp. We'll aim for 30-60 minutes depending on our stamina, so you'll still have time to nap, swim, read, or whatever before lunch. For more on Dance Walking: <http://bit.ly/1BbFd05>
2 Days: T, Th. Limit: None. Fee: None.

Early Afternoon Workshops (1:45-3:35 pm)

EA-1 Making Your Mark: A Fabric Journey

Led by Stephanie Robertson. Explore your personal iconography and stories while using dyes and pigments to decorate cloth. Students will pursue individualized and independent projects based on their own investigations and design ideas, under the guidance of the instructor. **5 days: M-F. Limit 20. Fee: \$45; covers materials and use of space. Payable in advance and non-refundable after June 1.**

EA-2 Belly Dance

Led by Darcy Cochrane. Enjoy the sensual and exciting art of belly dance. We will focus on isolations and movement phrases, culminating in a group choreography with the option to perform at Coffeehouse. This workshop is for all levels; beginners are welcome! Participants should bring tight fitting exercise clothes (to help the instructor check technique), and may wear ballet shoes, socks, or go barefoot for dancing. Join us for this low impact and fun dance that promises to be a good workout, too!
5 days: M-F. Limit: None. Fee: None.

EA-3 Ukulele for Beginners

Led by Jennifer Nahm. Bring your ukulele to camp and learn how to play it! Participants will learn how to play chords, read chord charts, and read ukulele tablature. Visit <https://sites.google.com/view/ukelelemuusa/> for class information, including books to purchase. **5 days: M-F. Limit: 15. Fee: See link in description.**

EA-4 Improv for Everyone

Led by Tom Robertson. Learn the basics of short-form improv through games and exercises in this participatory workshop. New games each year provide additional experience for past participants. No performance experience needed. Group may perform at Coffeehouse if schedule permits. **5 days: M-F. Limit: 18. Fee: None.**

EA-5 Rise Again: A Sing-Along Play Shop

Led by Connie Loftman, Guy Loftman. "The older I get the more I am convinced that if there's a human race still here in a hundred years, one of the main reasons will be that we found ways we can sing together." Pete Seeger. Join fellow campers as we sing mostly familiar music. We'll introduce the newly published *Rise Again* songbook, with another 1,000 songs, and use the original *Rise Up Singing*, too. Plenty of copies will be available. Voices and instruments of all kinds are welcome. **5 days: M-F. Limit: None. Fee: None.**

EA-6 Acrylic Painting

Led by Becky Bartow. We will explore acrylic painting: brushes, techniques, and the very basics. Painting on paper or canvas. We will also explore working with painted paper to create a work of art. Participants provide some of their own supplies; instructor will contact prior to camp with suggested list. **5 days: M-F. Limit: 15. Fee: \$15.**

EA-7 Class Conscious: Class and Classism in UU Life

Led by Suzanne Zilber. Learn how socioeconomic class influences your values, coping styles, and expectations about others. A combination of self-reflection, small group sharing, large group discussion and videos will keep you engaged. Adults of all ages (young adults and not-so-young adults) are

are welcome in this workshop. **4 days: M, W, Th, F. Limit: 16. Fee: None.**

EA-8 The Game of Things You Want to Know

Led by Pamela Carlson. Choose this if you feel like keeping it light and can tolerate feeling stupid once in a while. In friendly competition, we team up to refresh memories and test our knowledge. A laugh out loud, groan out loud experience; moments of extreme highs and lows guaranteed. **3 days: M, W, F. Limit: 25. Fee: None.**

EA-9 Examining Whiteness

Led by Pauline Valvo. An introduction to the impact whiteness has on the lens through which we view the world, and how unconscious bias contributes to racial inequality. Sessions will include time for introspection, heartfelt reflection, and respectful, growth-inspiring conversations. There will be short readings between sessions. Goals: begin to explore your personal relationship to race, help you to notice and respond to racism, and identify next steps for continuing the learning at home and at your church. **3 days: M, W, F. Limit: 10. Fee: None.**

EA-10 JUuggling

Led by Kathy Salzano. Juggling keeps your mind and body in shape, is a wonderful model for learning, and offers a great escape from the stresses of life. You can only learn step by step and with great focus. We will work with scarves, bags, and more—juggling alone and with friends. Workshop will be differentiated for all participants and materials will be provided (and available for purchase). Leave the pressures of the world behind and get lost in juggling; there's always a new trick to master! **3 days: M, W, F. Limit: 20. Fee: None.**

EA-11 Aging as a Spiritual Practice

Led by Libby Christianson. The first truth of aging is also the first truth of Buddhism - everything changes. Let's explore how the transformation can bring new possibilities, fresh beginnings, gratitude and appreciation that may profoundly affect how our lives will proceed. We will use the book *Aging as a Spiritual Practice* by Lewis Richmond as a guide. **3 days: M, W, F. Limit: 20. Fee: Purchase book.**

EA-12 Polyamory and Ethical Non-Monogamy

Led by Kevin Nahm. Are you interested in learning about polyamory and open relationships? Are you polyamorous and want to talk with like-minded people? Come join us! Monogamous and non-monogamous people welcome! **2 days: T, Th. Limit: 15. Fee: None.**

EA-13 Talking With Children About Cultural Differences

Led by Laura Stanton. Are equality and diversity important to you and your family? Do you need help making sure you are guiding your children in the right direction? This workshop will give you information and resources you need to have meaningful conversations with your children and create a home that values diversity. **2 days: T, Th. Fee: None.**

Late Afternoon Workshops (4:00-5:30 pm)

LA-1 Digital Privacy

Led by Amy Miller, Todd Proebsting. Learn about threats to digital privacy, protections of digital privacy, and laws on digital privacy from Amy Miller, the Legal Director of the

Nebraska ACLU, and Todd Proebsting, the head of the Department of Computer Science at the University of Arizona. **1 day: M. Limit: 30. Fee: None.**

LA-2 Zumba Dance Fitness

Led by Megan Barry-Luglio. Zumba is a Latin-music inspired dance fitness class. You "follow the leader" through different dance styles and have fun getting your workout in. Zumba is open to all ages and levels of ability. A good sense of humor helps as you jump right into the choreography, and you can modify your activity level throughout the class as you see fit. MUUSA is a great place to give something new a try. Come join us! **2 days: T, Th. Limit: 20. Fee: None.**

LA-3 Improv Jam

Led by Tom Robertson. Informal improv jam for anyone who has some basic improv experience at camp, school, or in their hometown. An open session to learn games beyond those in the Improv for Everyone workshop. Participants encouraged to bring games and exercises to share as well. **2 days: T, Th. Limit: 15. Fee: None.**

LA-4 Essential Oil Rollerball Make & Take

Led by Nicole Nichols. Make an essential oil rollerball—choose from 12 different recipes focusing on Power & Purpose or Ease & Grace. Along with the rollerballs you make, you will get an affirmation card, journaling prompts, and meditation ideas. **1 Day: M. Fee: \$6.**

Sunset Workshops (7:00-8:50 pm)

SS-1 Beer Appreciation

Led by Nate Warner. In recent years, beer has widely become recognized as being really worth appreciating, at least to those who've given it a whirl. Let's spend a few nights learning a bit more about nuances that make a beer really great. **3 days: M, W, F. Limit 25. Workshop fee: \$15 or 6-pack of beer.**

Testimonials

"I love that I started the week not knowing anyone except my children, but ended the week with lifelong friends."
Geeta Palumbo, Kansas City, Missouri

"MUUSA is where I became a UU and where I return to renew my vows." John Sandman, Cincinnati, Ohio

"MUUSA is a true community for building meaningful friendships -- as well as a low stress family vacation where you are not always reaching for your wallet." Roger Easley, Atlanta, Georgia

"When you hear about the kinds of experiences that change kids' lives, this is what they are talking about."
Karen Seymour-Ells, Wheaton, Illinois

"MUUSA gives me a space to deepen family bonds and recharge connections with my inner humanity." Gregory Redfeairn, Chicago, Illinois

"Growing up at MUUSA helped teach me how to love and be loved." Ellie McCormick, Kalamazoo, MI

Gender Neutral Bathrooms

We are delighted to announce that Trout Lodge YMCA has agreed to designate two bathrooms in the Lodge as gender neutral. This means that there are now gender-neutral bathrooms in almost all public buildings and spaces. Many thanks to the YMCA for working with us to make MUUSA a welcoming space!

Polly Schaad Fund for Directors of Religious Education

The Polly Schaad Fund is available to support camp costs for one Director or Minister of Religious Education (DRE/MRE) who has not yet attended MUUSA. The goal of the funding is to spread the word about MUUSA to congregations that may not yet have a large presence at camp.

Do you have a DRE or MRE in mind? Please contact Jane McLeod at janemcleoduu@gmail.com by March 1st.

MUUSA Scholarship Fund

If finances are tight and MUUSA doesn't quite fit into your budget this year, we hope you will apply for a scholarship. These funds strengthen our community and we want to be sure you know they are available. To learn more, including how to apply, please visit muusa.org/index.php/scholarship. Direct additional questions to the Scholarship Committee Coordinator, Maya Rao (maya.m.rao3@gmail.com).

Learn how to donate to the fund on page 11.

MUUSA Verde

Help us keep MUUSA “green” by recycling and using reusable water bottles and coffee mugs. Are you able to take glass home from camp to recycle? Are you interested in organizing other MUUSA Verde actions? Contact Veronica Colegrove at vcoglegro@gmail.com or indicate your interest on your registration form.

Housing Options

Please consider sharing a room with as many others as possible to reduce your cost and make optimum use of housing.

Pictures & floor plans are posted at www.muusa.org

In Sunnen Center

The Sunnen Center Lodge is newly refurbished! This is where you will find most workshops, dining, games, lounge areas, outdoor patios, and nursery. The Lodge has the best options for those requiring rooms accessible to those with physical challenges.

Loft Suites (LOF)

- Enter on 5th floor of Sunnen Center.
- 19 air-conditioned rooms each have 2 levels and stairs.
- Guests enter the loft suite on the upper level.

Upper level:

- Room includes a sofa, roll-away bed, sink and vanity, table and chairs, and small refrigerator.

Lower level:

- Stairs in the loft suite lead down to the lower level, 2 queen beds, a bathroom with separate vanity area.
- Walkout balcony has a view of the lake.

Loft suites are recommended for 3 or more adults choosing to share housing or families of 5 or more.

Guest Rooms (GST)

- Enter on 1st through 3rd floors of Sunnen Center.
- 60 air-conditioned guest rooms are available.
- Room includes 2 queen beds, rollaway bed, a bathroom with separate vanity area, table, and chairs.
- Walkout balcony or patio has a view of the lake.
- More rooms now available with disability access! Please notify the Registrar if you have special needs or need a refrigerator for medical needs.

On Trout Lodge Property

These options require more walking to reach workshops and dining, but are closer to Jr. and Sr. High cabins, waterfront, Children's programming, and Morning Celebration.

Lakeview Cabin Rooms (LAK) - near waterfront;

20 air-conditioned bedrooms

- Each bedroom has 1 full bed, 2 bunk beds (1 top and 1 bottom), and a designated private bathroom with a shower.
- Two bedrooms share a common living area with sofa, table and chairs, small refrigerator, stone fireplace, 2 roll-aways, and a crib. Screened wrap-around porch.

Forestview Cabin Rooms (FOR) - on a hill near Morning Celebration; lower and upper units; 20 air-conditioned bedrooms

- Floor plans are same as above for Lakeview Cabins but nestled into woods: a bit more secluded, less foot traffic.

Cabins are ideal for families to share space with other families, but still preserve some privacy.

Tent Camping (TEN)

- On-site camping is located in North Valley, a flat, grassy clearing surrounded by trees and available to all attendees.
- Bathrooms with showers are available in adjacent North Hall.
- Campers provide their own tents and other equipment. Need to borrow a tent? We have some regular campers willing to share their tent with you (limited number first-come, first-served). Please notify Registrar if you need to borrow a tent.

Housing Options (cont.)

On Camp Lakewood Property

Rustic accommodations at reduced prices
10-15 minute walk to dining and most workshops

Alcohol and smoking are strictly prohibited.

Camp Lakewood Cabins (CLW)

- Rustic air-conditioned cabins in the adjacent Camp Lakewood are offered as a lower cost option.
- Include large bedrooms with bunk beds that sleep 8-10, individual or shared bathrooms and a common room. In addition to the Jr. High staff, cabins will be available to adults and families.
- Cabins are very rustic and do not have locks. The rooms are not private, but single gender dorm rooms will be available.

Young Adults (YACL)

- These 3 cabins are primarily used by YAs ages 18-21, but welcome to all who participate in YA programming.
- Bunk beds, shared bathrooms and a shared living room.

Jr. High (JRHI) and Sr. High (SRHI)

- Air-conditioned cabins in the adjacent Camp Lakewood will be designated for Jr. High and Sr. High campers.
- Each cabin has large bedrooms with bunk beds, shared restrooms and a large great room with a fireplace and kitchenette.
- Jr. High and Sr. High campers are under the care of experienced counselors who will stay in the same buildings and provide supervision.

Registration Policies

Register online at www.muusa.org or mail the attached registration form. Only online or mail registration is accepted. Please do not email or fax your application.

Online Registration Benefit: Campers are encouraged to register online at www.muusa.org so that they can select their own room using the online room selection tool. When camp is nearly full, room selection will be closed. If room selection is closed, please contact the Registrar who will assist with room selection.

Campers are encouraged to pay their balance before camp. Balances can be paid before camp through the website via PayPal or by check to the Registrar. All checks should be mailed by June 15, 2018. **Please consider helping save MUUSA expenses by paying by check.**

Early Arrivals: We will do our best to accommodate early arrivals (arriving on Saturday, June 30) although you may need to stay in a different room Saturday night. Note also that MUUSA activities and the MUUSA menu will not begin until Sunday evening and all children under 18 must be under the care of an adult. Contact the Registrar at registrar@muusa.org to coordinate an early arrival.

Late Departures: Contact Trout Lodge directly if you would like to check out after July 7th.

Commuters: We will accept commuters once camp is full at the discretion of the Registrar. Contact Sara Teppema at registrar@muusa.org to sign up for the commuter wait list.

Part-week Campers: Pro-rated rates may be available for overnight or partial weeks (less than 5 nights) at the discretion of the Registrar and only in the event that camp is not full. Contact the Registrar at registrar@muusa.org for more information. Late registration fees apply.

Day-passes and drop in visitors: Visitors staying longer than 2 hours must register. Fees range from free (for children under 6) to \$85/person depending on age and meal plan. A \$20 late fee will be assessed for in-camp registration. Contact Sara Teppema at registrar@muusa.org to register your day pass ahead of camp. Visitors and day passes may attend workshops with the leader's permission.

Cancellations: Notification must be sent to the Registrar, Sara Teppema, registrar@muusa.org immediately.

Cancellations after May 31st are not refundable. MUUSA is obliged to pay for empty rooms. Late refund requests due to serious illness, significant injury, or other major unavoidable reasons will be considered on a case-by-case basis.

For more information about MUUSA registration, contact our Registrar, Sara Teppema at registrar@muusa.org or 630-430-3493. (For quick response, please email).

Do you require assistance or have needs of which the Registrar should be aware?

Examples include: disability access, refrigeration for medicines, special diet other than vegan or gluten free, service/companion animals, accommodations for the children's program, etc. Let us know about any special needs (registrar@muusa.org).

Registration, Rates, and Payment

MUUSA 2018 Camper Fees					
	Trout Lodge, Lakeview, Forestview	Camp Lakewood	Tent	Commuter (2 meals/day)	Commuter (3 meals/day)
Children <6*	\$100	\$100	\$100	\$100	\$100
Age 6 to 6th grade (entering)*	\$344	\$344	\$242	\$182	\$212
Jr. and Sr. High	not applicable	\$490	not applicable	not applicable	not applicable
Young Adult (YA) <21	See adult rate		\$350	\$320	\$370
Adult, 4 or more per room*	\$670	\$550	\$375	\$355	\$400
Adult, triple occupancy*	\$730				
Adult, double occupancy*	\$795	not applicable			
Adult, single occupancy	\$1,590	not applicable			

***Please count children 6th grade and under in room occupancy.**

Roommate preferences for cabins and Trout Lodge must be made in advance of camp. Contact the Registrar (registrar@muusa.org) to share your roommate preferences or for help arranging a roommate.

Important Dates

February 1: Workshop registration and scholarship applications open. Housing selection and changes open to all campers who have paid their deposit.

April 15: Scholarship applications due.

May 15: Scholarships granted and applicants notified of awards

May 31 Deadline for cancellations. Deposits will not be refunded for cancellations after May 31.

Housing Abbreviations

GST = Guest Room

LOF = Loft Suite

FOR = Forestview Cabin

LAK = Lakeview Cabin

TEN = Tent

CLW = Camp Lakewood

JRHI = Jr. High

SRHI = Sr. High

YACL = Young Adult Camp Lakewood

Frequently Asked Questions

How can I help others with camp costs?

Campers with financial limitations are eligible for scholarships. We ask those of you who can afford to help to consider a gift of \$10 or more to the scholarship fund. A place is provided on the registration form to note your optional donation.

Whom do I call with Trout Lodge questions?

Jane McLeod is MUUSA's designated liaison to Trout Lodge. If you have special requests or questions regarding any personal needs related to the facilities, please contact her at janemcleoduu@gmail.com rather than calling Trout Lodge directly.

What are the communications and amenities like?

Wireless internet access is offered throughout Trout Lodge and Camp Lakewood. Cell phone reception is best for AT&T customers. Other providers may have limited coverage. Rooms and cabins do not provide telephones, televisions, or hair dryers.

Camp is What We Make It!

Would you like to organize an informal activity or group during the week of camp?
Seeking fellow drum players for a drum circle? Hoping to play Cards Against Humanity with other campers?
Contact Jane McLeod (janemcleoduu@gmail.com) to arrange space.

Registration Form — MUUSA: July 1-7, 2018

Household Information

(Please provide information for additional campers on attached additional page if needed)

Home Address: _____ City: _____ State: _____ Zip: _____
Family Name: _____ Church/Fellowship/Society: _____

Names		Date of Birth mm/dd/yy	Grade-Fall 2018	Pronoun (He, She, They, Any, X, Ze, Other, None, Ask Me)	Housing Choice <i>For adults/YAs</i>			Roommate Choice <i>For adults/YAs</i>	Email Address & Phone for Camp Roster <i>Must be legible. If in doubt, please add a page with typed addresses</i>
Last	First				1st	2nd	3rd		

You may enroll in multiple workshops for the same timeslot if they are offered on different days. List all in your choices.

Participant First name from above	Workshop Choices										Volunteer Choices Codes at right		
	Sunrise	Morning			Early Afternoon			Late Afternoon					
		1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd			

Volunteer Codes

1=Bookstore
2=Babysitting Co-op
3=Baggage Assistance
4=Opening/Closing Celebrations
5=Check-In
6=Nursery
7=Morning Celebration
8=MUUSA Verde
9=St. Vincent's Cafe

Calculate amount due now:

Deposit (NEW: 2018 registrations only)*

\$150 for individual, \$300 for families/households

\$ _____

Late fee, effective June 1 for each camper age 12 and over

_____ X \$30 = \$ _____

River Float Trip (Page 3)

_____ X \$55 = \$ _____

Workshop fees due in advance:

Marking Your Mark: A Fabric Journey (EA-1, Page 6)

All other workshop fees will be collected by leader at the first session

_____ X \$45 = \$ _____

Scholarship Fund Donation (Optional)

Suggested amount ≥ \$10/adult

_____ X \$10 = \$ _____

Amount due now: \$ _____

*If you have not already paid your deposit.

Make checks payable to: MUUSA, Inc.
Mail check and this form by May 31, 2018 to
MUUSA, Inc.

423 N Waiola Ave., La Grange Park, IL 60526
or

Register online (PayPal optional) at www.muusa.org

Remaining balance is due July 1 at check-in

For faster, smoother check-in please consider paying
in full by check before June 15, 2018.

Scholarships are Available!

Details are at

www.muusa.org

Check if you are applying for
a Scholarship:

____ yes ____ no

Dietary Restrictions

Indicate number of campers:

____ vegetarian

____ gluten-free

____ vegan

____ other (describe)

Adult Sponsors

for Jr./Sr. High camper(s)
attending without a parent:

Youth Name Sponsor

Tent Sharing

____ can loan a tent

____ need a tent




Midwest Unitarian Universalist Summer Assembly

Featuring Rev. Nic Cable
“Living Between Worlds”

An annual intergenerational
Unitarian Universalist retreat
for fun, fellowship, and personal growth

Check us out on the web at:
www.muusa.org

MUUSA
Midwest Unitarian Universalist Summer Assembly
423 N Waioia Ave.
La Grange Park, IL 60526



MUUSA—
Where you are welcomed to
a warm and loving community.
Where children are safe and cared for.
Where you'll always be accepted.
Where others share your values.
Where your spirit will be
renewed!
Come vacation with your friends
and other UUs
July 1-7, 2018

