



# 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

## A Summer of Love

July 2-8, 2017

Featuring Reverend Dr. Marlin Lavanhar

### Dear fellow campers,

I can't tell you how much I am looking forward to seeing you at camp this year. MUUSA is a terrific family vacation and a fun summer getaway to a lovely spot with great activities and lots of pie. (Mmmm, pie!) But it's so much more than that.

Let's face it, this has been a pretty rough year for a lot of us. As we head into the dark and cold of winter, it would be easy to feel a touch of despair. But to quote a certain well-known opposition leader, "rebellions are built on hope." If we're going to get through the dark times, we need to see a little light at the end of the tunnel. We need to see you at MUUSA this year because now more than ever we need to remind ourselves that it is possible to build a truly welcoming, loving community. We need to laugh and learn and argue and play together. We need to rekindle friendships and build new ones to help our lights shine a little brighter the other 51 weeks of the year.

We have a lot to look forward to this year. Our theme speaker, Marlin Lavanhar, will lead our morning celebrations on "A Summer of Love." We have many terrific workshops planned, some new and some returning. And we're working hard to make MUUSA more welcoming and inclusive for everyone. Most importantly, we'll have all of you - or so we hope. See you next week!



Bill Pokorny, MUUSA President

### Our Theme: A Summer of Love

A few years ago, UUA President, Peter Morales, suggested we can find common ground with others, not so much by sharing our beliefs and opinions, but by sharing with one another what we love. UU theologian Thandeka proclaims that in our tradition we "love beyond belief." The covenant in many UU congregations says "Love is the spirit of our church" and we "seek the truth in love." Dr. Martin Luther King Jr. said that we do not have to like someone to love them. He also said that "power without love is reckless and abusive and love without power is sentimental and anemic."

What is this thing called love that seems to be so transforming and important? We often talk about "falling in love" as if it is an accident like falling down the stairs. It would seem sometimes like love is something that should just happen and as if it is simply a feeling that one experiences.

What does love require of us? How can we love ourselves and our neighbors? Is it possible to love our enemies? At camp this year we are going to make this A Summer of Love.

Worship each day will be an opportunity for us to explore the depths and experience the heights of this thing called love.



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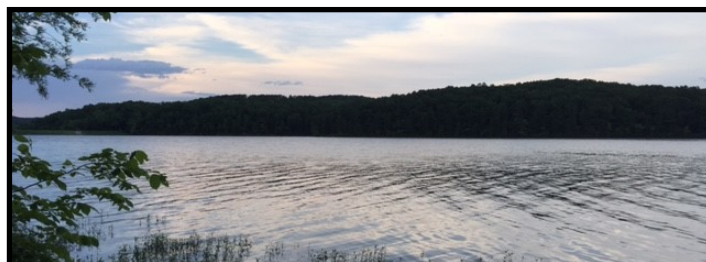


Photo Credit: Jane McLeod

### Brochure Credits

Editor: Ruth Hinkle | Theme Artwork: Deirdre Sheets

MUUSA welcomes all people regardless of age, race, ethnicity, gender, sexual orientation, social class or ability.

## Daily Schedule

6am		
7am		<b>Early Morning Activities</b> •Sunrise workshops •Early coffee •Early swim
8am	<b>BREAKFAST</b> 7:15-9:30	
9am		<b>Morning Celebration</b>
10am		<b>Morning Activities</b> •Children's Program, ages 0-5 start before Morning Celebration •Morning Workshops
11am		
12 pm	<b>LUNCH</b> 11:15-1:30	
1pm		
2pm		<b>Early Afternoon Activities</b> •Children's Program •Early Afternoon Workshops
3pm		
4pm		<b>Late Afternoon Activities</b> •Late Afternoon Workshops •Volleyball
5pm		
6pm	<b>DINNER</b> 5:15-7:30	<b>Dinner Discussions</b> 6-6:45
7pm		<b>Early Evening Activities</b> •Geneva Square •Vespers •Ultimate Frisbee •Sunset Workshops
8pm		
9pm		<b>Evening Activities</b> •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

Marlin grew up in suburban Chicago. He received a BA in Sociology from Tulane University in 1990. Upon graduation he relocated to Kyoto, Japan where he worked and studied for two years. Leaving Japan, he and a friend took a three year, 20,000 mile, around the world odyssey on mountain bikes. The trip took him through some of the world's highest mountain ranges, across parts of the Gobi desert, and throughout much of Asia, Eastern Europe, the middle-east, and North America.



Upon returning to the United States he entered the Divinity School at Harvard University where he received his Masters in Divinity. He was ordained by the Unitarian Universalist Association in 1999 and went on to serve the historic First Church in Boston.

In 2000, at the age of 31, Marlin was called to All Souls Unitarian Church in Tulsa as their Senior Minister. During his tenure the church has grown from 1000 to over 2000 adult members and serves 850 children and youth. Today, All Souls is the largest Unitarian Universalist church in the United States. Marlin has been a leader in a number of boards and commissions in Tulsa and has received numerous awards for his work for equality and justice locally, nationally and internationally. In 2014, he was awarded an honorary Doctoral Degree from Phillips Theological School. Marlin is married to Anitra Lavanhar. They have a son Elias born in 2000 and a daughter Lyla born in 2008. His hobbies include fly-fishing, hiking, and outdoor adventure.

## 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 also 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, scrapbooking, candle-making, and more. Check fees and hours at camp.

## 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](mailto:laureninstlouis@gmail.com).

### Camper Art Fair

Calling all MUUSA artists! Join us for the 6th Annual MUUSA Art Show and Sale. Items sold must be original, hand-made visual arts or crafts created by the artist attending MUUSA. Interested participants can download an application online at [www.muusa.org](http://www.muusa.org). Applications and images need to be submitted by April 1st. To find out if you qualify or to request a hard copy of the application, contact Karen Seymour-Ells at [karen@karenworks.com](mailto:karen@karenworks.com). 30% of the sale price is donated to the MUUSA Scholarship Fund to ensure happy camping for all.

### MUUSA 5K Walk/Run

Join your fellow campers on Thursday at 7am for the 7th Annual MUUSA 5K (3.1 miles) Walk/Run. 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 Holly Jamison at [hollyruns26.2@gmail.com](mailto:hollyruns26.2@gmail.com) for details.

### The Experience Auction Returns!

We had so much fun in 2016 that we're doing it again. Auction items are activities and services that can be delivered at camp, such as pie delivery service, a tennis lesson, a serenade on the beach, or babysitting. Bidding occurs online (eBay style) *before* camp and winnings are experienced *at* camp. The proceeds will go toward a new fund that offsets the costs of our youth programs (which keeps costs down for everyone). Email your donations or questions to Pamela Hermann at [pamela.d.hermann@gmail.com](mailto:pamela.d.hermann@gmail.com).

**"MUUSA is one of the few communities in the faith where I know I can count on leadership to listen to trans folk."**  
Taylor Paglisotti, Pittsburgh, PA

## 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!

**NEW! Dinner Discussions:** Share dinner and small-group discussion with fellow campers. Held in a Lodge meeting room. Daily sign-ups onsite. Tentative topics include: Meet other Newcomers; What is MUUSA?; Reflections on GA; Islamophobia; Activism; Climate Change.

**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.

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

**Intergenerational Dances:** Early evening dances for all ages. Monday: Disco, Wednesday: Contra.

**Morning Celebration:** Daily UU worship service. This year led by Rev. Dr. Marlin Lavanhar on the theme "A Summer of Love."

**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)

**"Growing up at MUUSA helped teach me to be the best person I could be, how to love and be loved, and developed some of my most meaningful relationships!!"** Ellie McCormick, 20 years old, Kalamazoo, MI

### Children's Program

**0-3 year olds:** Our attentive, caring nursery staff provides a safe and fun environment for infants.

**4 & 5 year olds:** Our staff facilitates crafts, indoor games, and outdoor activities.

**6-10+ year olds:** School age children are divided into groups based on their age at camp: 6 & 7 year olds; 8 & 9 year olds; and 10 years+. Each age group has their own special activities to look forward to. Placement is based on age restriction for the YMCA activities that we participate in. Each group will engage in a wide range of activities that are suited to their age. For all age groups, an emphasis will be placed 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. Contact Kathryn Lukow at [kathryn516az@gmail.com](mailto:kathryn516az@gmail.com) or Tabitha Rasmussen at [theviolinmommy@aol.com](mailto:theviolinmommy@aol.com) with questions.

**"When you hear about the kinds of experiences that change kids' lives, this is what they are talking about."**

Karen Seymour-Ells, Parent, Wheaton, IL

#### Jr. High

*Entering 7th, 8th or 9th grades*

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](mailto:benjkrueger@gmail.com)) and Emmelia Lamphere ([emmelia.lamphere@gmail.com](mailto:emmelia.lamphere@gmail.com)).

#### Sr. High

*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, where we 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](mailto:abemarsh@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. Workshops run just under 2 hours and range from 1 day to 5 days. MUUSA and Trout Lodge provide other informal adult programming as well. For more information, contact Jane McLeod ([janemcleoduu@gmail.com](mailto: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 worships, go for paintball, lead 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!

For more information about the YA program, or if you have an idea you would like to share, contact Joe Paglisotti at [jpgalisotti@gmail.com](mailto:jpgalisotti@gmail.com) or Veronica Colegrove at [vcolegro@gmail.com](mailto:vcolegro@gmail.com).



## Morning Celebration (8:45 am—9:45 am)

Each morning, the Rev. Dr. Martin Lavanhar will lead a multi-generational service on the theme topic “A Summer of Love.” 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 your deposit payment date). You will be enrolled in workshops in order of your listed preferences, providing workshops are not filled. You may enroll in multiple workshops in the same time slot if they are offered on different days. There is no additional cost to participate in workshops, unless a materials fee is noted (which is payable to your workshop leader on the first day of the workshop). **Please note the change in times for the morning, early afternoon, and sunset workshops this year.**



Photo Credit: Pam Dempsey

### Sunrise Workshops (6:30-7:30 am)

#### SR-1 Turtles in the Mist: Gentle Flow Yoga

*Led by Pam Dempsey.* This slow-moving yoga sequence is designed to be relaxing and rejuvenating (not a cardio class or "workout"). Participants should bring a towel and a mat. All skill levels welcome and beginners are especially encouraged to join. **5 days. Limit 15.**

#### SR-2 Wake Now Your Senses: Dawn Photo Walk

*Led by Roger Easley.* Sunrise is a magical time to be outside at camp, especially with your camera. Will there be golden reflections on the lake, or cool mist? Perhaps some geese? We will walk along the waterfront up to the dam. No lecture, but leader can answer photo related questions. This workshop will be offered from 6:00-7:00 am, and participants should meet on the deck behind the Lodge. **1 day: W. Limit None.**

**Please note that SR-2 runs from 6:00—7:00 am, a different time than other Sunrise Workshops.**

#### SR-3 Open Water Swimming

*Led by Kate Kistler Patterson.* Join experienced, long-distance swimmers for an early morning, open water swim in Sunnen Lake. The course will be set by the workshop leader. Although swimmers will be accompanied by Trout Lodge waterfront staff, registrants should be comfortable swimming for 45-60 minutes without a break. **2 days: M, W. Fee: \$30.**

### 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, support the Tuesday-Friday Morning Celebration, and have fun! Choir also rehearses from 8:00-8:30am, Tuesday through Friday. **5 days. Limit 50.**

#### M-2 Photography for Everyone

*Led by Roger Easley.* Today's cameras and smart phones allow us to take lots of photos and see the results immediately. Confused by your camera? Wish your photos were more shareable? No matter how you take pictures, you can learn how to get better results. We will practice changing camera settings and posing people. **5 days. Limit 20.**

#### M-3 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. Limit 40.**

#### M-4 Tai Chi

*Led by Nan Fox.* Come join us for this beautiful and relaxing form of moving meditation. We will incorporate Chi Gong warm-up exercises, music, and poetry. Experience is helpful, but beginners can be accommodated as well. Transportation will be available to and from the workshop. **5 days. Limit 20.**

#### M-5 A Prayer for You and the Universe

*Led by Eric Hinkle.* We will explore various prayer traditions. Exploration will become action by creating prayers for ourselves and the universe. A portion of each session will be set aside for silent prayer to our individual concept of the great mystery. **5 days. Limit 20.**

(continued on next page)

### **M-6 Chaplain Training for Youth and Young Adults**

*Led by Ruth and Aletha Hinkle.* Get the skills you need to support your peers during this intimate week of camp. Participants will learn how to offer spiritual and emotional resources to suffering individuals and communities. This training qualifies participants to serve as a youth or young adult chaplain at UU youth conferences. **5 days. Limit 20.**

### **M-7 Fabric Workshop for Beginners**

*Led by Diane Loupe.* Learn various techniques for tie-dying, including traditional and ice-dying, explore silk painting, and let your spirit create. This will be a basic class for those who want to explore creating with fabric. **5 days. Limit 20. Workshop fee: \$30.**

### **M-8 Making a Packing Tape Drum**

*Led by Nicole Nichols.* Ever wanted to make your own drum? Join us as we make drums out of some simple materials - wood and packing tape. We will make and decorate our drum in one session. Please bring your own hammer - other supplies provided. **1 day: M. Limit 20. Workshop fee: \$15.**

### **M-9 Coloring for Active Meditation**

*Led by Nicole Nichols.* Back by popular demand! Come spend some time coloring with friends. Repetitive motions such as coloring can help reinforce your focus and shift your attention to a relaxed state. No artistic skills needed to relieve stress! Materials will be provided - just bring your own sense of fun! **2 days: W, F. Limit 25. Workshop fee: \$3.**

### **M-10 Essential Oil Make and Take**

*Led by Nicole Nichols.* Ever wanted to learn about essential oil? Essential oils can be a safe, natural option to protect and maintain your family's health. Come make and take some everyday use products using essential oils. DAY 1: Make essential oil bath salts or sugar scrubs. DAY 2: Make essential oil roller ball remedies or sprays. **2 days: T, Th. Limit 12. Workshop fee: \$25.**

### **M-11 Contra Dancing is Seriously Fun**

*Led by Ken Sharp & Laurel Spahn.* Contra dancing is social interaction, meeting old friends and making new ones, set to music that can be lively or gentle. A caller provides a "walk through" practice before the dance and gives instructions during the dance. Dancers of all levels of experience and ability are welcome; they generally wear large smiles during the dances. **5 days. Limit 40.**

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

### **EA-1 Beginning Drawing with Mixed Media**

*Led by Becky Bartow.* In this workshop, we will work on a variety of drawing techniques and visual awareness. We will use mixed media including pastels, watercolors, colored pencils, marker, pen and ink, or anything else you want to bring along. We will work on a still life, landscape (preferably outdoors), portrait, etc. Bring photos for reference or to paint from. **5 days. Limit 25. Workshop fee: \$15.**

### **EA-2 Writing Your Life's Song**

*Led by Owen Burton.* This song writing circle is a space to share songs, writing processes, and laughs. We will utilize specific writing techniques to help songwriters of any

experience level. Bring your instrument, voice, or just a listening ear. **5 days. Limit 20.**

### **EA-3 NOT Trivia BUT a Game of Things You Want to Know**

*Led by Pam Carlson.* Maybe I had the measles and missed learning so many of the things I wish I knew. Or maybe I didn't care so much when I was in school, or maybe I just don't remember. Any which way, if you enjoy learning as much as I do, join the fun and catch up! In a combination game of Trivia and Jeopardy, we team up to refresh our memories, test our knowledge, and learn new things while we laugh, groan, and get to know each other. **3 days: M, W, F. Limit 25.**

### **EA-4 What's Your Plan: Book Discussion of *Being Mortal* by Atul Gawande**

*Led by Libby Christianson & Pat Miller.* Have you thought about how you will handle a health crisis for either yourself or a loved one? Join Pat Miller and Libby Christianson for an exploration of the best selling book, *Being Mortal* by Atul Gawande. We'll use the book to enlighten as we change the way we think about illness, healthcare, aging and end of life choices. Workshop participants should read the book prior to camp, and come to participate in some great discussions! **2 days: T, Th. Limit 24.**

### **EA-5 Singing the Folk Tradition**

*Led by Steve Krahnke.* Participants will sing and study folk songs including Woody Guthrie, Huddie Ledbetter, Pete Seeger, Lee Hays, Malvina Reynolds, Florence Reese, and more. Experienced players and singers are welcome, as are those with no experience at all! We hope to perform a "set" of folk songs at a Coffeehouse. **5 days. Limit 25.**

### **EA-6 Making Your Mark: A Fabric Journey**

*Led by Stephanie Lewis Robertson.* Students in this class are invited to explore dyes and pigments to decorate cloth. Techniques may include simple silk screen, silk painting, batik, and indigo. Students will explore methods and materials. All levels welcome. Lab fee pays for dyes, wax, and auxiliaries, as well as the space for the workshop. Students will need to bring their own fabric and other supplies. **5 days. Limit 20. Workshop fee: \$40.**

### **EA-7 Introductory Swing Dance**

*Led by Lawrence Lile & Qhyrrae (Kira) Michaelieu.* Want to learn how to swing dance? We will teach you starting with the very basics and moving onto some nifty moves. You are encouraged to bring a partner, but it is not required. **5 days. Limit 20.**

### **EA-8 U Poet U**

*Led by Carol Hill Marks.* Join genuine published poet Carol Hill Marks for three sessions of creative writing, focusing on a variety of poetic forms and techniques to help you get your writing flowing. The poetry of several contemporary and old-time poets will be shared, and we'll write our own poems during the workshop. Carol will encourage you to read aloud what you have written but will not require it. Bring your preferred writing implement and your imagination. Your instructor will provide a notebook for you. Recommended reading: *The Artist's Way* by Julia Cameron, *Writing Down the Bones* by Natalie Goldberg, and anything by Billy Collins. **3 days: M, W, F. Limit 15.**

### **EA-9 The Enneagram**

*Led by David Mast.* In this workshop we will study the personality typing system called the Enneagram, with the goal of gaining a deeper understanding of ourselves and how our personalities shape our interactions with family and friends. Experience with the Enneagram would be useful, but beginners are welcome. **5 days. Limit 20.**

### **EA-10 Polyamory and Ethical Non-Monogamy**

*Led by Kevin Nahm.* Are you curious about polyamory, open relationships, and ethical non-monogamy? This workshop will explain these topics and create a safe space for deeper discussion. **2 days: T, Th. Limit 25.**

### **EA-12 Queer Allyship in Action**

*Led by Taylor Paglisotti.* This workshop will focus on allyship for people who identify as queer people of color, bisexual, pansexual, intersex, asexual, aromantic, and polyamorous. We will practice allyship in everyday conversation using activities based on real stories from Queer individuals. Participants will leave ready to challenge discriminatory language and policies at church, at work, and with family. Content will not overlap with Transgender Allyship in Action. (Feel free to take both!) **2 days: T, Th. Limit 20.**

### **EA-13 Trans Allyship in Action**

*Led by Taylor Paglisotti.* This workshop will focus on allyship for transgender people, especially trans people of color, and nonbinary trans people. We will practice allyship in everyday conversation using activities based on real stories from Trans individuals. Participants will leave ready to challenge discriminatory language and policies at church, at work, and with family. Content will not overlap with Queer Allyship in Action. (Feel free to take both!) **3 days: M, W, F. Limit 20.**

### **EA-14 Improv for Everyone**

*Led by Tom Robertson.* An introductory level workshop covering the basics of short-form improv including the "Yes, and" principle, character development, how to start a scene, what to do when you get "stuck," and finding your performance voice. New games make it interesting for returning participants; no prior performing experience needed. Depending on interest, the class may perform at evening Coffeehouse. **5 days. Limit 20.**

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

### **LA-1 Intro to Zumba Fitness**

*Led by Megan Barry-Luglio.* Learn the basic steps of Zumba Fitness and then jump right into a fun workout. Zumba is a dance-based workout with a combination of Latin, world, and pop music. **2 days: M, W. Limit 30.**

### **LA-2 Beach Reads**

*Led by Leah Krippner.* A dirty little secret: more than half of YA titles published in this country are purchased by adults for their own reading pleasure. And they are delicious. Leah Krippner will highlight YA and Crossover titles to awe and inspire. Copies will be available so you can get started right away. **1 day: M. Limit 30.**

### **LA-3 Class Conscious Potluck**

*Led by Suzanne Zilber.* This one day workshop will include sharing personal stories, readings, or movie recommendations

with others concerned about social class issues in America and our UU Association. We'll bring up sticky issue struggles, too. Suzanne will do a brief review of basic concepts for those who have not participated in prior workshops. **1 day: M. Limit 16.**

### **LA-4 Creating Your Parting Gift**

*Led by Rebecca Pace.* Have you ever been asked to water a relative's plants when they were on vacation? Did they leave instructions? But what if that relative was never coming home again? This workshop will help you make the task of taking care of your things easier—important things, like bank accounts and insurance, and complicated things, like Aunt Margaret's china and Grandmother's quilt. **2 days: M, T. Limit 20. Workshop fee: \$15.**

## **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: \$20.**

## **Excursion**

### **River Float Trip - Wednesday, 9:45 am - 5:00 pm.**

*Led by Dan Hermann and Bill Burton.* Join your MUUSA friends for a day floating down the Huzzah River. Huzzah Valley Resort will provide bus transportation to and from Trout Lodge as well as provide rafts. Lunches will be provided through 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 is required to attend with a parent or designated adult; one child per adult. Wednesday

**Cost \$45/person, limit 55.** We are able to add participants during the week of camp but the fee increases to \$55.

## **Other Programs**

### **Follow *The Artist's Way***

Meet up informally with fellow MUUSA creatives to learn more about this approach to jump starting and encouraging creativity as a spiritual practice. Writers, musicians, visual artists, those who have never created something, *Artist's Way* veterans, and everyone in between is welcome. We recommend buying the book, *The Artist's Way* by Julia Cameron, before camp or at the MUUSA Bookstore. Bring a notebook for daily morning pages. Contact Karen Seymour-Ells at karen@karenworks.com for more information. **Late afternoon M, Th.**

## How Can I Help?

### Seeking Assistant Manager for the Bookstore

Collaborate with the Bookstore Coordinator throughout the week on set-up and tear-down, accounting, inventory tracking, and coordinating the staff of wonderful volunteers. Help is especially needed to close the bookstore Monday evening and reopen on Tuesday. Includes a credit of \$150 toward camp costs. Contact the Bookstore Coordinator, Lauren Lyerla, at [laureninstlouis@gmail.com](mailto:laureninstlouis@gmail.com). Attention to detail is a must. Prior experience helpful, but definitely not required!

### Seeking Volunteers for the Experience Auction

We are looking for 2-3 volunteers to help with the auction. Volunteers will solicit donations, set up the website (it's easy!), and prepare enticing descriptions of auction items. Contact Jane McLeod at [janemcleoduu@gmail.com](mailto:janemcleoduu@gmail.com) if you are interested.

### Camp Service Project

Work with other campers to refurbish, assemble, and seal the Adirondack chairs that are our annual gift to Trout Lodge. Early and late afternoon volunteer slots will be available. Sign up for the service project during registration and we will send details closer to camp!

### 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 [vcolegro@gmail.com](mailto:vcolegro@gmail.com) or indicate your interest on your registration form.

### Right Relationship Team

The Planning Council has decided to establish a Right Relationship Team for 2017. The Right Relationship Team exists to support the MUUSA community as we work together to create a welcoming and safe space for all campers. The Team is available to consult with campers who believe that something has happened that violates the trust and faith they have in other campers, the PC, or the Theme Speaker.

Team members are expected to:

- Be available to campers throughout the week as needed. One member of the Team will be designated as on-call each day.
- Help campers resolve minor issues and bring major issues to the Team as a whole and the Omsbuddy for discussion.
- Meet once a day to discuss concerns raised by campers.

For their service, members will receive a \$150 credit toward the cost of camp. If you are interested in applying to serve on the Right Relationship team, please contact the Omsbuddy, Hans Lonnroth, at [hanslonnroth@sbcglobal.net](mailto:hanslonnroth@sbcglobal.net). Applications are due March 1, 2017.

## 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 at [janemcleoduu@gmail.com](mailto:janemcleoduu@gmail.com) to arrange space.

## Frequently Asked Questions

### How can I reduce camp costs?

If you or someone you know is unsure about attending MUUSA 2017 due to financial limitations, we strongly encourage you to look into the scholarship program. Please help us find campers who can use these funds that have been designated to strengthen our camp community. Any questions can be referred to Bill Pokorny at [wpokorny@gmail.com](mailto:wpokorny@gmail.com). Learn more at <http://muusa.org/index.php/scholarship>.

### 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 to the scholarship fund. Please consider adding \$10 or more to your registration to support this great program. 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 directly at [janemcleoduu@gmail.com](mailto: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.

**"I love that I started the week not knowing anyone except my children, but ended the week with lifelong friends."**

Geeta Palumbo, Kansas City, MO



Photo Credit: Jane McLeod



## Housing Options

Couples, please consider sharing a room with others to make optimum usage of the housing.

Pictures & floor plans are posted at [www.muusa.org](http://www.muusa.org)

### In Sunnen Center

Stay where most workshops and dining take place along with games, lounge areas, outdoor patio with rocking chairs overlooking lake, ping pong, infant care/nursery.

Elevators available except *within* loft suites.

#### 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.
- There are a limited number of refrigerators available at the front desk for those with medical needs. Please notify the Registrar if you need a refrigerator.
- Ice is available at Sunnen Center.

### 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 do not have locks. Single gender dormitories will be available.

### 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 indicate if you need to borrow a tent on your registration form.

#### Young Adults (YACL)

- Air-conditioned cabins in Camp Lakewood are primarily intended for young adults ages 18 to 20, but open to Young Adults ages 21-35 if space is available.
- 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.

For more information about MUUSA registration, contact our Registrar, **Sara Teppema**, at [registrar@muusa.org](mailto:registrar@muusa.org) or **630-430-3493.\***

*\*Emails will receive a quicker response.*

## Registration, Rates and Payment

New in 2017! Children included in room when calculating occupancy.	MUUSA Camper Fee		
	Trout Lodge, Lakeview, Forestview	Camp Lakewood	Tent
Children <6	\$80	\$80	\$80
Age 6 to 6th grade (entering)	\$344	\$344	\$242
Jr. and Sr. High	not applicable	\$490	not applicable
Young Adult (YA) <21	see adult rate		\$320
Adult, 4 or more per room*	\$650	\$550	\$350
Adult, triple occupancy*	\$710		
Adult, double occupancy	\$760	not applicable	
Adult, single occupancy	\$1,520	not applicable	
See page 9 for descriptions of housing options. <b>Scholarships are available</b> to assist with fees. Learn more here: <a href="http://muusa.org/index.php/scholarship">http://muusa.org/index.php/scholarship</a>			
*If you want 3 or 4 to a room in the Lodge, Lakeview, or Forestview, you need to arrange roommates in advance and inform the Registrar, Sara Teppema.			

### Important Dates

#### For Pre-Registered Campers:

**February 1 - March 2:** Priority access to housing registration

#### For All Campers:

**February 1 - March 2:** Register for camp and workshops

**March 3:** Housing registration open to all campers

### Registration Policies

Register online at [www.muusa.org](http://www.muusa.org) or mail the attached registration form. Only online or mail registration is accepted. Emailed or faxed registrations are not accepted.

**Online Registration Benefit:** Campers are encouraged to register online at [www.muusa.org](http://www.muusa.org) so that they can select their own room using the online room selection tool. On March 3rd, online room selection will be available to all campers. Starting on that date, the Registrar will make a best effort to accommodate mailed housing requests.

**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, 2017. **Please consider helping save MUUSA expenses by paying by check.**

**Early Arrivals:** Contact Sara Teppema at [registrar@muusa.org](mailto:registrar@muusa.org) to coordinate.

**Late Departures:** Contact Trout Lodge directly if you would like to check out after July 8th.

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

### Housing Abbreviations

*Use these abbreviations if registering by mail*

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	

**Part-week Campers:** Pro-rated rates may be available for overnight or part-week campers at the discretion of the Registrar. Contact Sara Teppema at [registrar@muusa.org](mailto: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](mailto: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](mailto: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.

# Registration Form – MUUSA: July 2-8, 2017

## Household Information (also for Camp Roster)

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

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: Home ( ) \_\_\_\_\_ Other (specify) \_\_\_\_\_  
 Family Name: \_\_\_\_\_ Church/Fellowship/Society: \_\_\_\_\_

Names <i>Please print and write primary camper (payer/check signer) on first line</i>		Date of Birth mm/dd/yy	Grade-Fall 2017	Pronoun (He, She, They, Any, Xe, Ze, Other)	Housing Choice <i>For adults/YAs</i>			Roommate Choice <i>For adults/YAs</i>	Email Address 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			Sunset	1st	2nd	3rd
		1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd				

### Volunteer Codes

1=Adirondack Chairs  
 2=Bookstore  
 3=Babysitting Co-op  
 4=Baggage Assistance  
 5=Opening/Closing Celebrations  
 6=Registration  
 7=Nursery  
 8=Experience Auction  
 9=Morning Celebration  
 10=MUUSA Verde  
 11=St. Vincent's Cafe

### Camper Deposit (payable towards Camper Fee):

Select only one of the following options:

# Single individual \$150 = \$ \_\_\_\_\_  
 # Families of two or more \$120 = \$ \_\_\_\_\_

Total Camper Deposit = \$ \_\_\_\_\_

### Add Section Totals Here:

Late fee \$30 per person  
 (effective June 1, age 12+) \$ \_\_\_\_\_  
 Total Camper Deposit \$ \_\_\_\_\_  
 Required Deposit Fees \$ \_\_\_\_\_

### Float Trip (fee due with registration):

River Float Trip (incl. bus and lunch) Name(s): \_\_\_\_\_

Float trip amount due per person # x \$45 = \$ \_\_\_\_\_

Float Trip Fees \$ \_\_\_\_\_

### Scholarship Donations:

Scholarship Donation Amount (recommend \$10+) = \$ \_\_\_\_\_

Subtotal Registration \$ \_\_\_\_\_

Optional Donation \$ \_\_\_\_\_

Less Prepaid Registration \$ \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

Make checks payable to: MUUSA, Inc.  
 Mail check and this form by May 31, 2017 to  
 MUUSA, Inc.  
 423 N Waiola Ave., La Grange Park, IL 60526  
 or  
 register and pay online via PayPal at  
 www.muusa.org

Remaining Balance is due at registration. For faster check-  
 in consider paying in advance. On website via PayPal  
 or by checks mailed by June 15, 2017 are preferred.

### 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



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[www.muusa.org](http://www.muusa.org)

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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 2-8, 2017**

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





