



LAKE CHAPALA UU FELLOWSHIP NEWSLETTER – FEBRUARY 2020

Upcoming LCUUF Sunday Services

February 2 - “What Is At Our Core?: An Exploration of UU Values” The service will explore - through readings, hymns and presentations - different “takes” on UU belief. The hope is to generate discussion, which we will have at the close of the service. The speaker is Rev. Matt Alspaugh and the Service Leader is Sandy Wallin.

February 9 – “Change Our Words, Change the World” - Deeper than what we believe, collectively, or even how we behave toward each other, is our collective sense of value. What do we value as Unitarian Universalists, and what do we value as a Fellowship? As we encounter times of growth and change as a Fellowship, it is worthwhile to reflect on our shared values. Rev. Matt will speak on the general concept of values. Following the service Rev. Joan Van Becelaere will lead a workshop on articulating our shared core values. Rev. Joan Van Becelaere spent over 11 years as the District Executive of the Ohio-Meadville District and then Staff Lead for the Central East Region of the UUA. In 2018 she retired from the UUA and is the part-time Executive Director of Unitarian-Universalist Justice Ohio and volunteers with the Ohio Poor People’s Campaign. The Service Leader is Helen White.

February 16 – “Love Changes Everything” We will explore the many aspects of love, and how it can change a person's life. Kathy Koches will give the talk and Bob Koches will be the service leader.

February 23 – “Secrets of Super-Agers” Science has identified and researched those people who do very well as they age, even into their 90s. Only about one quarter of this is genetics, the other 75% is behavior, how they live, and the choices they make. Don’t you want to know their secrets? If so, come to this service and hear Richard Clarke talk about current research of these Super-Agers. Carol Johnson is the Service Leader.



MESSAGE FROM REV. MATT

Recently, our Sunday Service Committee held an excellent retreat. This is something we try to do annually. One of the things the committee did was review last year’s Sunday Services. We saw that a little over half of the services were delivered by laypeople, while I and a few guest ministers filled the other services. What we noticed was that more than half of those lay-led services were delivered by just four people, all members of the Sunday Service Committee. We began to explore this, and learned that they had reached out to other members to offer services, and many of them refused for various reasons. With the press of a deadline, our Committee members took it on themselves to fill the Sundays.

We talked of ideas for involving more people in creating Sunday Services. We realized that a big part of our desire for lay-led services is to hear a multitude of our members’ voices, their stories, their journeys. Maybe we could come up with a wider variety of ways they could participate. We recalled a couple of excellent group presentations, where several people each reflected on their own experience with one topic. We considered services like the poetry services where people presented others’ writings. We talked of “split sermon” services, where a lay person and I each gave a reflection on a topic. We want to do more of these things. We wondered how we might draw even more people in to help, starting with small tasks, maybe reading one poem, or lighting the Joys and Sorrows candles. All of these are ideas for experimentation, and are things we will begin to try in the coming months.

We also talked of the visiting minister program, and the board’s plan to have the congregation participate in evaluating how that’s going — most likely in April, after we’ve had several visits. It might be that we

change the frequency of visitors or make other changes, as we learn more about how having visiting ministers works for us. We are very happy with the richness of our music program, with a new choir, the chime choir, our song leaders, occasional member musicians, and plans for periodic guest musicians. We are also pleased that people are offering to help out with our sound system, and creating and projecting slides for the services.

At a recent Board Meeting, someone commented that Sunday Services are very important — that they are our ‘Brand’, at the core of what we do. People come on Sunday for many reasons, but at the center, they expect a high-quality service. When they know the services are consistently high quality, they may even bring their friends! Our Sunday Service Committee is committed to continuing to make that happen. Please consider supporting us in small ways and large: lighting candles, giving a reading, planning a service, speaking. **If you’d like to help or need more information, please contact Kathy Koches, Sunday Service Committee Chair at kkoches@gmail.com or me at minister@lakechapalauu.org.**



CORE VALUES WORKSHOP

After the service on February 2, we will have a workshop to discern our core values as a Unitarian Universalist congregation. This will be led by visiting minister, Rev. Joan Van Becelaere, who has led many similar workshops in her role as Regional Lead for the Central East Region of the Unitarian Universalist Association. We hope to develop a short list of core values that will help guide us as we continue our work on many initiatives, such as a new facility. We expect the workshop to go about 90 minutes.

Please bring snacks or finger foods and beverages to share, so we fully focus on this work, not our stomachs!



New Year's Day Taco Party.



SHARE THE BASKET

Our Share the Basket recipient for December, January and February is "Poco a Poco. San Pedro Itzicán. Poco a Poco is a nonprofit organization that supports various initiatives in San Pedro Itzicán and the surrounding towns. These remote villages are located along the shore of Lake Chapala, in the vicinity of Mezcala, and are indigenous communities who lack education and support. Health issues, poor nutrition, and little work, together with many social issues, make it hard for these communities to survive. People are willing to learn and work, but it's not easy for them because of the lack of education, and money to make a change to their lives.

Poco a Poco believes that a "hands up - not a hands out" approach is the best way to help. Poco a Poco works on creating small, start up projects to enable local people to earn a living, and encourage and enable children to attend school. Some of their numerous projects include English classes, food share programs, gardening projects, emergency health funds, and more. To learn more about this organization visit their website at www.pocoapocosanpedro.com



CHOIR NEWS

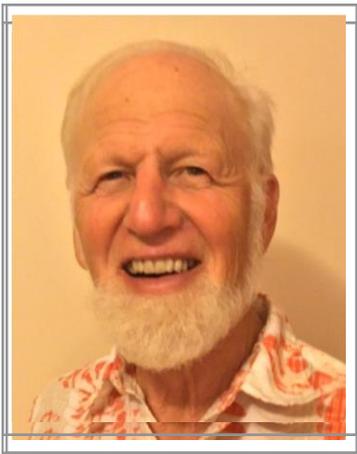
I am so thrilled that so many of you wanted to participate in the choir. We had our first rehearsal on Jan 10 and 14 eager participants showed up to what turned out to be an invigorating and fun rehearsal! With 12 women and 2 men I thought that I would have to try severe persuasive measures to increase the male ranks to a balanced size. That idea was put to rest because at the following week's rehearsal we doubled our male section! Rumor has it that this will increase by 50% on Jan 24! Rehearsals are held every Friday at the Fellowship from 10am to 11am. After vocal warm-ups we prepare the hymns for the coming Sunday service and then learn and rehearse our showcase pieces. We will be performing at the Sunday services about twice a month. Our first performance will be on Sunday, Feb 2 where we will be singing the Bill Withers's classic song "Lean on Me". Following that we will provide you with some choral entertainment on Sunday, Feb 16 with "Love Changes Everything" by Andrew Lloyd Weber. If you would like to join the choir and have a fun time whilst contributing to our music program please email me at mjrmusic01@gmail.com or speak to me on Sundays. You do not have to read music just a desire to join in the music making!

Michael Reason, Choir Director



SERMONS & TALKS

We are going to be using the Sermons and Talks part of the website more. If there are recent sermons that you think should be posted, let Richard know by email at Richard@infinitepie.net The talks can be found at: <http://lakechapalauu.org/sermons-and-talks/>



Eric Luria
Member at Large

BOARD MEMBER MESSAGE

On Jan 19, 2020 the LCUUF had its annual general meeting. The state of the fellowship is very exciting. Over the past year we have seen growth in all areas. Membership is up 24%, with 18 new members joining this past year, the greatest one year membership increase ever. We now have over 100 active members. During the year we have had 185 guests attend services, and half live full or part-time in the Lakeside area. Average Sunday attendance is up 24% from the previous year, and two Sundays during January have seen a record number of people in attendance - 85 both Sundays. As a result of our increasing attendance we are rapidly reaching the limit of our building's capacity. There is a Facilities Work Team consisting of Lew Crippen, Trudy Crippen, Paul Bennett, Paula Odom, David Miller, Mardele Harland and Roy Haynes actively looking for a new location to enable our fellowship to continue to grow. Financially the fellowship is doing extremely well, with revenues significantly above our projections. Income from the 2019-2020 fiscal year is up 25% and the recent pledge drive raised 38% above the initial target. The proposed budget for the coming year was unanimously passed. The board meets every 3rd Friday morning. The meetings are open to all members of the fellowship. This is an exciting time! We are at a major growth point for the fellowship with many unknowns ahead. We are a family and will have differing ideas which need to be heard and considered respectfully. Please make your questions or concerns known to any member of the board or to Rev. Matt Alspaugh.



LCUUF BOARD OF DIRECTORS

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|-----------------|----------------|
| President | Lewis Crippen |
| Vice President | Charles Jacobs |
| Secretary | Susan Miller |
| Treasurer | Lorna Dean |
| Member at Large | Eric Luria |
| Member at Large | Joan Ward |
| Member at Large | Fred Koesling |



HUMANIST DISCUSSION GROUP

The Humanist Discussion Group will meet Monday Feb 24 at 1:30 at the Fellowship. The discussion will be different this time. We will be introspective and reflect on our growth as a Fellowship. We are now over 100 members. I believe we will move toward 150 members by the end of this new year. What does that mean for us? We are no longer a small familial group. How do we structurally cope? What does it mean to be Humanists inside a larger Fellowship? The readings should be interesting exploring the dynamics of growth as it applies to our larger fellowship and the smaller entities within it, like our Humanist Group. If you are not on the reading list and want to receive the mailings contact Bob Koches at: bobkoches@gmail.com.



Happy Mardi Gras! – Feb. 25th



Essentials of Elderhood Course

We grew up with an idea of growing old as becoming weaker and less capable. We are the oldest and healthiest generation ever. What does it really mean to be an elder of this generation? The Lakeside Unitarian Universalist Fellowship offers Elderhood courses to deal with these issues. Last year's "From Age-ing to Sage-ing" was based on the popular book of the same name. This year the Elderhood course is called "Essentials of Elderhood." The aim is to equip Lakeside residents with the internal tools needed for a successful and vibrant Elderhood.

This course gives you a way to approach this stage of your life so you can thrive. First you will learn how to more fully activate your mind and brain, so you have your best mental tools available. Second you will clear out the internal "dead wood" that is holding you back. The final element is to set your sights on the person you can be in this life, and finally become that person. There are lots of places you can go to work on your body, but this course deals with the person within; this is what really determines the quality of your life. You will learn: **How to activate your entire brain** and apply more internal resources to your life; **how to harvest your past.** More than "forgive and forget" but cleaning up our past to live today; **how to approach this stage of your life** and keep learning, growing and being happy.

Six-week course, Mondays at 2 PM from Jan 13 to Feb 17, 2020. There is no cost. The sessions will be two and half hours. Required journaling homework will be given. Recommended reading: *Buddha's Brain* and *From Age-ing to Sage-ing*. Sponsored by Lakeside Unitarian Universalist Fellowship, and open to everyone. It will be led by Richard Clarke, and co- led by Carol Johnson. LCUUF, Carretera #261, Riberas del Pilar. To register contact Richard at Email elderhoodessentials@gmail.com to register, or call Richard at 376 765 6976



FEBRUARY BIRTHDAYS

- | | |
|--------------------|-----------------------|
| 01 Eric Luria | 16 Diane Van Brocklin |
| 05 Robin McCormick | 22 Karawynn Long |
| 12 Mary Roam | 23 Susan Reynolds |
| 13 Donna Burroughs | 26 Liz Moulder |
| 16 Janice Kimball | |



LCUUF CHIME CHOIR

The UU Chime Choir will perform two selections on Sunday March 29 during the Sunday Service. In preparation, we will begin rehearsing in February for the performance. Reading music is helpful but not required. Whether you have participated before or would like to participate for the very first time, please see David Hudnall after the service. David may also be reached at: hollyfan20002000@yahoo.com or 331 903 0702. Join us. We have a lot of laughs and fun while learning to ring!



The LCUUF Newsletter is produced to provide LCUUF news to members and friends. Deadline for contributions to the March newsletter is February 20th and should be sent to Kathy Koches, at: kkoches@gmail.com

