

# LCUUF·NEWS·OF·THE·WEEK



Issue 68

July - July 14, 2024

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**Attend our weekly services in person or via Zoom on Sundays at 12:00pm CST. We are located at St. Andrews Anglican Church, San Lucas 19, Riberas del Pilar.**

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## **TWO IMPORTANT REMINDERS FOR SUNDAY JULY 7**

- 1. Bring a flower to share for our annual "Flower Communion" service**
- 2. Everyone is invited to stay after our service for Charlie Jacob and Adela Moreno's wedding at 1:30 at St. Andrew's and officiated by Rev. Alspaugh**

# UPCOMING SERVICES



**This Week: July 7th**

**"Flower Communion"**

**Presenter: Rev. Matt Alspaugh and Group**

**Service Associate: Marsha Buly**

The Flower Communion is an annual springtime celebration in most Unitarian Universalist congregations, celebrating the beauty of diversity. Traditionally each person brings a flower, preferably found in their own garden or by the roadside, and each person leaves with a different flower. We'll redesign that ritual for our location in Mexico, with the rainy season, but retain that essential meaning - the beauty of diversity.



**Next Week: July 14th**

**"Embracing Joy"**

**Presenter: Ted Talk and UU Minister**

**Service Associate: TBD**

Joy shows up most often when we are present and open to the uncontrollable beauty of life. Joy recedes when we lose touch with the present, when we are so preoccupied with the future, with trying to control where things are going, that we can't see what delights might be popping up right in front of us. We need to be more aware of "Embracing Joy" in our everyday lives. This service will help to encourage that awareness.

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## Share The Basket



## Thank You For Your Generous Donations!

For the month of June you gratefully donated U.S.\$340.89 (6,136 pesos) to Poco a Poco



## July Share The Basket Recipient Is Tepehua

The Tepehua neighborhood is situated on the hillside above downtown Chapala. It is considered one of the poorest neighborhoods in the state of Jalisco. Their vision is to help a village to help itself, to create a place the poor of the village can go for food, counseling, guidance and help.



## It's Time To Sign Up For July-August Circle Suppers

Circle Suppers are a great way to bring friends, newcomers, and members of the congregation together to share food and get acquainted.

New additions are always welcome — whether long-time members, a friend of

LCUUF or new to our Fellowship — please think about joining us. If you haven't done Circle Suppers in a long time, you'll find that many new folks are keen to meet you.

If you would like to attend or host, email [paulaodom01@gmail.com](mailto:paulaodom01@gmail.com).

If attending, please indicate travel dates July-August, food allergies, and other special requests.

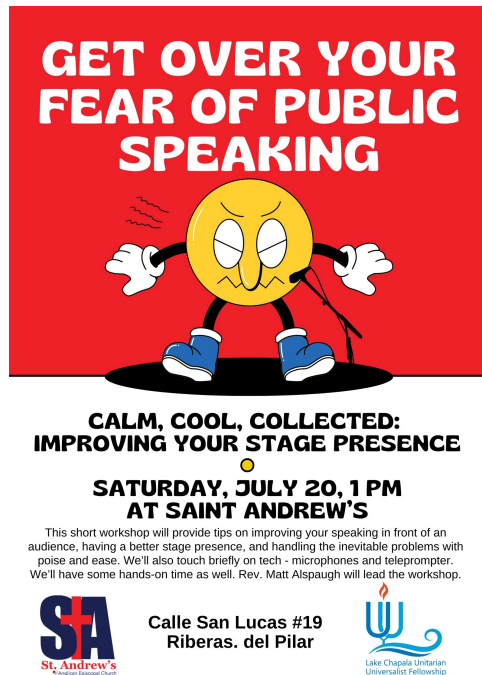
If hosting, please indicate how many attendees (including yourself) you can accommodate.

Hosts will reach out to attendees to set the date and time of the gathering.

Sign-up will conclude July 3rd and there will be a sign up sheet at the Welcome table on Sunday, June 30th.

Kind regards,

Paula Odom



**GET OVER YOUR  
FEAR OF PUBLIC  
SPEAKING**

**CALM, COOL, COLLECTED:  
IMPROVING YOUR STAGE PRESENCE**

**SATURDAY, JULY 20, 1 PM  
AT SAINT ANDREW'S**

This short workshop will provide tips on improving your speaking in front of an audience, having a better stage presence, and handling the inevitable problems with poise and ease. We'll also touch briefly on tech - microphones and teleprompter. We'll have some hands-on time as well. Rev. Matt Alspaugh will lead the workshop.

**SA**  
St. Andrew's  
Anglican Community Church

Calle San Lucas #19  
Riberas. del Pilar

**U**  
Lake Chapala Unitarian  
Universalist Fellowship

## Public Speaking Workshop

**Calm, Cool, Collected - Public Speaking Workshop** Saturday, July 5, 1 pm. This is open to anyone at both LCUUF and St. Andrews.

Whether you are a reader, a presenter, or service associate, or just curious about possibly getting up in front of people, this is a workshop for you. Rev. Matt will offer techniques and tips for improving your skills, and being "calm, cool, collected" on stage. We'll talk about: - how to prepare (even if you are reading an assigned text) - how to connect with your audience - speaking well - dealing with technology (microphones, teleprompter) - what to do

when things go wrong We expect this to run from 1 to 2 pm, with additional time for people to practice these skills at the end.



## Video Recording For The Service On Sunday June 30, 2024

If you would like to view other past services click on the link below which will take you to our video archive.

[Video Archive](#)

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**Prelude and Postlude by guest musician  
Don Beaudreau from Sunday June 30, 2024**



## **July Humanist Zoom Discussion**

The Humanist Discussion Group will meet  
**Wednesday July 24th** at 11am Via Zoom.

### **July Topic**

Join our UU Humanist Discussion Group as we delve into "The Return of the God Hypothesis," inspired by Stephen Meyer's controversial book of the same title. We'll examine Meyer's arguments that recent scientific discoveries point to a divine creator, analyzing his claims from

a rational, evidence-based perspective. All are welcome to participate in this open and respectful dialogue as we consider the implications for humanist values and scientific understanding. Whether you've read the book or are new to the topic, come ready to engage in a thought-provoking discussion.

If you want to be added to the reading list email Bob Koches at [bobkoches@gmail.com](mailto:bobkoches@gmail.com)

[Click to join on Zoom](#)

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**Mindfulness with Richard Clarke: Every  
Thursdays at 3pm on Zoom**

Every Thursday from 3pm - 4pm Richard Clarke leads a Meditation Lesson on Zoom. The above video is a recording of his most recent session.

Mindfulness is the fountain of youth for the mind. It enhances clarity, boosts mood, and keeps stress at bay. Meditation not only helps you age gracefully but also lets you savor life's every moment. To find out more contact:

[riberasmeditation@gmail.com](mailto:riberasmeditation@gmail.com). Click below for the Zoom link for the next session.

[Join Richard on Zoom](#)

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### Monthly Women's Group Brown Bag Lunch!

In addition to the 1st & 3rd Mon ZOOM women's group meetings we are adding an IN PERSON BROWN BAG LUNCH at 12N on the 4th Monday. This will be held at Trudy Crippen's house. Please RSVP to Trudy if you plan to attend.

[trudycrippen@gmail.com](mailto:trudycrippen@gmail.com)

The next meeting will be July 22nd at 12 Noon.

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### WEEKLY AND MONTHLY EVENTS

Click on the "+" for details

**Humanist Discussion Group-Wed July 24  
11am**

**+**





Wednesday July 24 11:00am on Zoom (CST)

July Topic Join our UU Humanist Discussion Group as we delve into "The Return of the God Hypothesis," inspired by Stephen Meyer's controversial book of the same title. We'll examine Meyer's arguments that recent scientific discoveries point to a divine creator, analyzing his claims from a rational, evidence-based perspective. All are welcome to participate in this open and respectful dialogue as we consider the implications for humanist values and scientific understanding. Whether you've read the book or are new to the topic, come ready to engage in a thought-provoking discussion.

[Click to join on Zoom](#)

### **Women's Group: 1st , 3rd and 4th Mondays** +

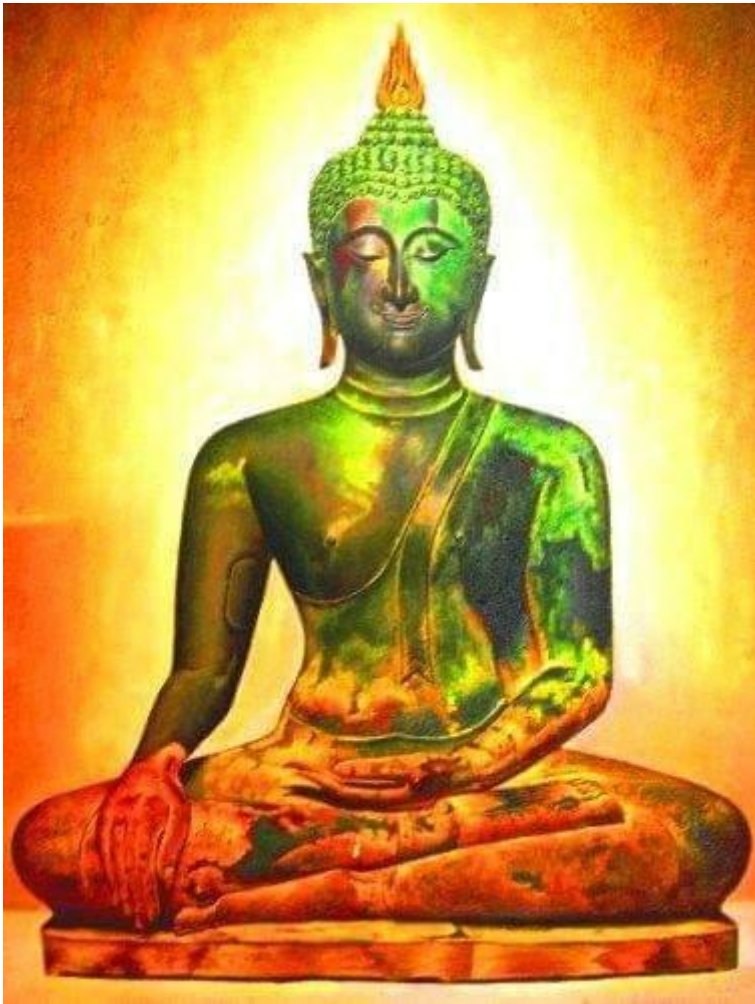
12pm - 1pm 1st and 3rd Mondays Monthly Catherine Luria, Facilitator: Contact [CLuriaARNP@gmail.com](mailto:CLuriaARNP@gmail.com) for topics. Now you can join us for a brown bag lunch on the 4th Monday of each month at Trudy Crippen's house. RSVP Trudy if you plan to attend. [trudycrippen@gmail.com](mailto:trudycrippen@gmail.com)

### **Healing Circle Monthly: 2nd Thursday 4pm** +



This is a new group gathering to focus on healing, peace and well-being. Our methods employ Reiki distance healing. This is group, not individual work. All LCUUF members are welcome regardless of experience. Facilitators: D'Vorah Kelley and Pamela Cucinell, Reiki Practitioners

**Zoom Meditation Lessons: 3-4pm Thursdays**     +



Mindfulness is the fountain of youth for the mind. It enhances clarity, boosts mood, and keeps stress at bay. Meditation not only helps you age gracefully but also lets you savor life's every moment. Richard Clarke, Facilitator. To find out more contact: [riberasmeditation@gmail.com](mailto:riberasmeditation@gmail.com)

[Click to join on Zoom](#)

**Coffee "Above" The Plaza: Thursdays  
10:30am**

+

Meet other UUs for weekly conversations at Los Gringos (above the ice cream place) on the Plaza. Bring a friend!

**Open Zoom Conversation: Fridays 2pm**

+

Conversation is open to all questions. Email Richard Clarke at [arunachalakindle@gmail.com](mailto:arunachalakindle@gmail.com)

[Click to join on Zoom](#)



## **JULY BIRTHDAYS**

**Jane Castleman, July 4**

**Elizabeth Weaver, July 10**

**Bobbe Dannenbrink, July 20**

**Lamar Alan, July 26**

**Lew Crippen, July 28**

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**Do You Have News You Want To Share?  
Send it to:**

**[newsletter@lcuuf.org](mailto:newsletter@lcuuf.org)**

**Past Newsletters are Available on our  
Website**

**<https://lakechapalauu.org/lcuuf-monthly-newsletters/>**

**Lake Chapala Unitarian Universalist Fellowship**

**San Lucas 19 Riberas del Pilar,  
Chapala, Mx**

You received this email because you signed up  
with our welcome team or requested to be added  
to our mailing list. Click on the email below to  
unsubscribe.

[newsletter@lcuuf.org](mailto:newsletter@lcuuf.org)