

# LCUUF·NEWS·OF·THE·WEEK



Issue 69

July 14- July 21, 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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## UPCOMING SERVICES



**This Week: July 14th**

**"Embracing Joy"**



**Next Week: July 21st**

**"Becoming Whole People"**

**Presenter: TED Talk and UU Minister**

**Service Associate: June Wilson**

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.

The main presentation will include a Ted Talk, "Where Joy Hides and How to Find It", and a homily by UU Minister Rev Julia Hamilton, to be read by Service Associate June Wilson.

**Presenter: Rev. Matt Alspaugh**

**Service Associate: Michael Swords**

Walt Whitman once said, "Do I contradict myself? Very well, then I contradict myself, I am large, I contain multitudes." The Internal Family Systems model suggests that we all contain multitudes of personalities, parts, in our psyches, and further, that some parts may be suppressed or exiled as a result of past harmful experiences. We'll explore the implications of thinking of ourselves as internally diverse, and how we might integrate our parts, including the exiled ones, to become whole people.



[here](#)).

These have been replaced with seven values, which are summarized here:

**Love** is the power that holds us together and is at the center of our shared values. We are accountable to one another for doing the work of living our shared values through the spiritual discipline of Love.

**Interdependence.** We honor the interdependent web of all existence. With reverence for

**This From Rev. Matt Alspaugh. . .**

On June 23, at the annual General Assembly of the Unitarian Universalist Association in the USA, delegates made the historic decision to drop the Seven Principles and replace them with something else. What?!?

Sorry, I was a bit overdramatic. The delegates approved a complete rewrite of Article II of the UUA bylaws. You probably know Article II as the "Principles and Purposes," and the Principles part contained those seven principles ([linked](#)

the great web of life and with humility, we acknowledge our place in it.

**Pluralism.** We celebrate that we are all sacred beings, diverse in culture, experience, and theology.

**Justice.** We work to be diverse multicultural Beloved Communities where all thrive.

**Transformation.** We adapt to the changing world.

**Generosity.** We cultivate a spirit of gratitude and hope

**Equity.** We declare that every person is inherently worthy and has the right to flourish with dignity, love, and compassion.

The full text of Article II can be [found here](#) (each item has more explanation).

These seven values are visualized with this design.

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## REMINDER FOR SUNDAY JULY 28

To all who will be attending the service on July 28th: please include in the weekly newsletter; Bring hand held percussion instruments and flutes for the Service on July 28: Let It Be a Dance



## 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



## **Video Recording For The Service On Sunday July 7, 2024**

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



## 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** +

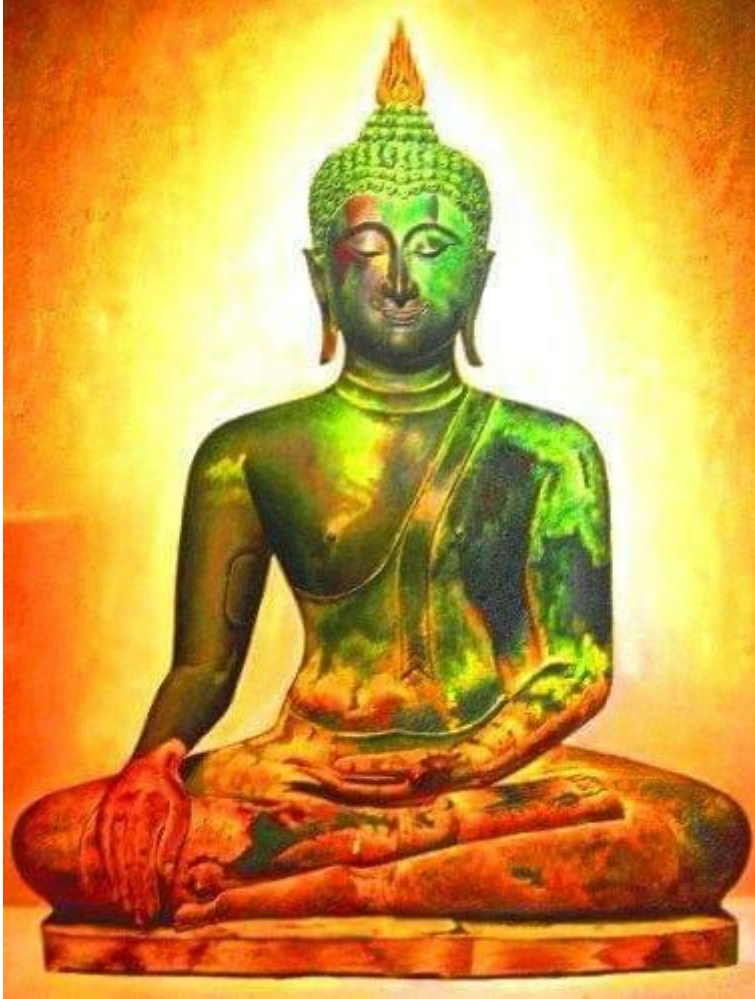


This is a new group gathering to focus on healing, peace and well-being. Our methods employ Reiki distance healing. This is group, not individual work. All



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**

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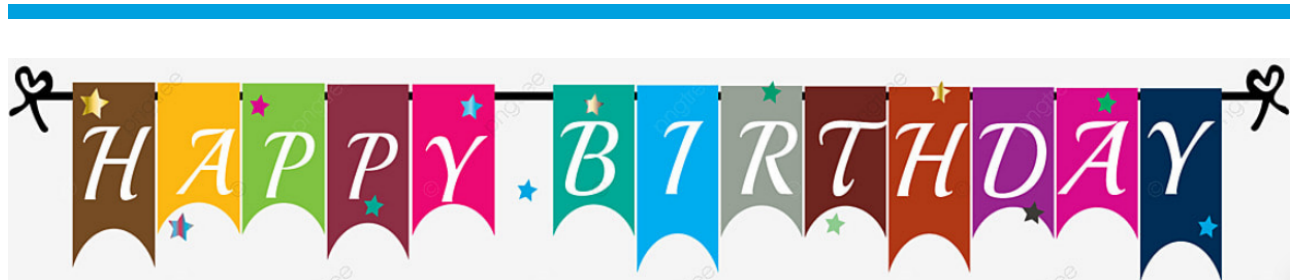
Meet other UUs for weekly conversations at Los Gringos (above the ice cream place) on the Plaza. Bring a friend!

## Open Zoom Conversation: Fridays 2pm

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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**

**Past Newsletters are Available on our  
Website**

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