

LCUUF·NEWS·OF·THE·WEEK



Issue 70

July 21- July 28, 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 21st

"Becoming Whole People"



Next Week: July 28th

"Dance and Movement"

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.

Presenters: Barley Donahue and Susie Linderman

Service Associate: Susie Linderman

The July 28th service, "Let It Be a Dance," will explore why dance is important to all beings. We will be exposed to NIA, from instructor Susan Mitchie Maitlin. NIA is a form of dance that includes martial arts and fluid movement. We will join together and play percussion instruments. The lead singer of Mary's Island, Fer Parra, who will be accompanied by her percussionist, will sing two songs for us. Join us for this celebratory service!

Presenter: Barley Donahue; Service Associate: Susie Linderman

Sunday Services Planning Meeting, Sunday July

Every quarter, we meet to map out our Sunday Services for the coming months. We will be meeting fairly briefly, right after our Sunday Service this week (around 1pm, July 21). We'll identify possible topics, speakers, and service associates for September, October, and November. We'd love your input! We'd also love your willingness to help!

Please consider joining us. You may have a topic you want to speak about, or hear about. Maybe you know someone in the Lakeside community that might be a good presenter. And, if you are wondering about topic ideas, we do have helpful resources, see [this link](#). If you'd like to join us by Zoom, just stay on after the service - we'll keep the Zoom link up for you.

Cheers, Matt



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



From The Board...by Paula Odom

Share the Basket down 22% from last year.

In June, LCUUF gave \$6,136 pesos (\$340.89 USD) to Poco a Poco.

In 2024 LCUUF is giving to 6 charities – *in previous years we gave to 4 charities*. Yet, the amount given to Share the Basket is down 23% from last year. The Board is discussing giving a minimum dollar amount each month (\$500

USD), starting in August. This would come out of the general fund.

How to give directly to charities through LCUUF?

If you want your donation to go 100% to the charity of the month, put the donation (pesos or US check) in an envelope and on the outside of the envelope indicate it's for the charity and your name. Envelopes are available at the Welcome Table.

The 2024 AGM Protocolization update

A comprehensive form of notarization used across Latin America is called Protocolization. Each year our Annual General Meeting minutes must be transcribed by a notario. Our President Kriss Gang has completed all the steps, and it should be completed before the next board meeting. The rules seem to change year to year so a big "Thank you Kriss" for continuing to follow up.

Workshops

"Calm, Cool, Collected: Improving your Stage Presence"

This Saturday, July 20, 1pm

This short (~1 hour) 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 practice time as well.

While this is particularly directed at speakers and service leaders, anyone who might find themselves speaking in front of an audience is welcome to come. And, we've invited folks from St. Andrews as well. Rev. Matt Alspaugh leads this workshop, with assistance from Dee Dee Camhi.

“Creating Transformative Worship Services”

August 17, September 7 & 21st

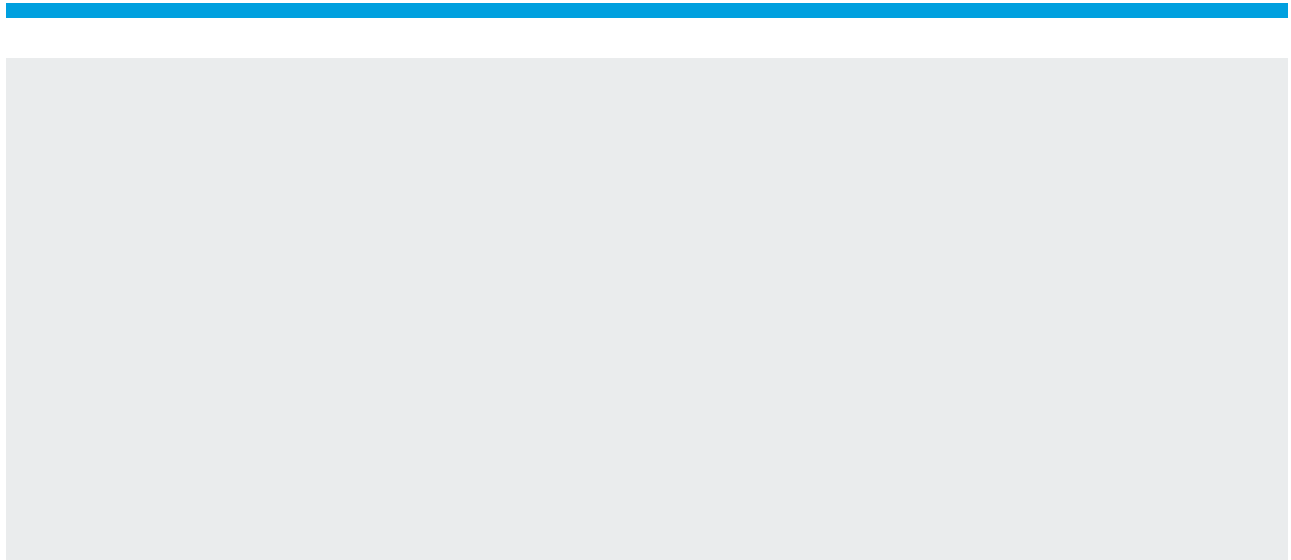
This series of three half-day workshops offers a deep dive into what makes worship transformative. Participants will be provided with tools and frameworks to craft meaning-full, sensory-rich, and holistic worship experiences. Open to all LCUUF members and friends. The cost is \$30 with some scholarships available to LCUUF.

members.

October 13/14 The LCUUF Social Action and Sunday Service Teams will be presenting workshops and a Sunday service on “Climate Justice Revival”.

Future Workshops and Chalice Circles

This month the Board discussed how to ramp up connections within the congregation and inspire members to engage at a deeper level. We discussed the past workshop – Aging to Sageing done prior to COVID and facilitated by Richard Clark which was successful and drew in new members from the community. A new idea was adopting the UU Chalice Circle model. Chalice Circles include groups of people who gather for meetings once a month and following a similar format provided by Soul Matters. In all circles, members agree to a set of their own guidelines which may include confidentiality, active listening, withholding judgement, etc. If this is something you are interested in participating in, sign up at the Welcome Table.





Video Recording For The Service On Sunday July 14, 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](#)

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](#)



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. Click below for the Zoom link for the next session.

Join Richard on Zoom

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

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

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 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

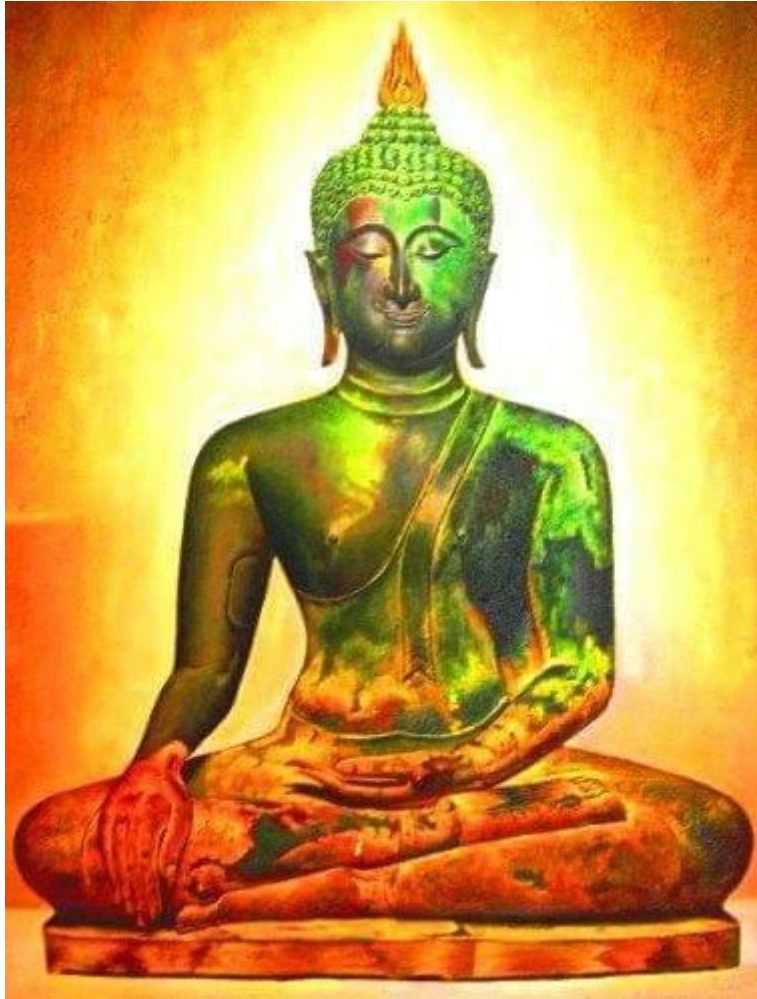
Healing Circle Monthly: 2nd Thursday 4pm +



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

[Click to join on Zoom](#)

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

+

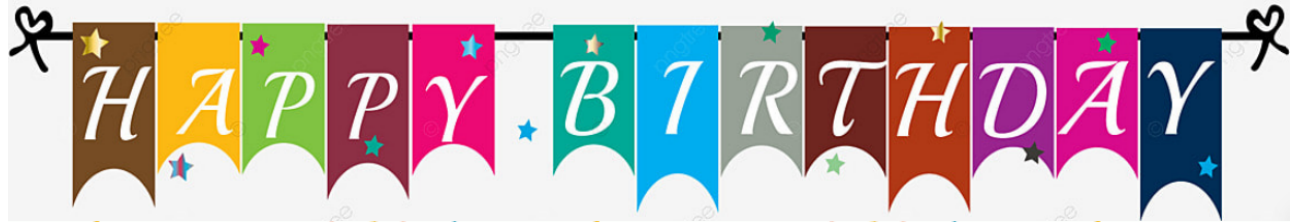
Meet other UUs for weekly conversations at Los Gringos (above the ice cream place) on the Plaza. Bring a friend!

Open Zoom Conversation: Fridays 2pm

+

Conversation is open to all questions. Email Richard Clarke at arunachalakindle@gmail.com

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



**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/>

Lake Chapala UU Fellowship

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