

LCUUF·NEWS·OF·THE·WEEK



Issue 71

July 28-Aug 4, 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.

[Click For Zoom](#)

[Order Of Service](#)

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UPCOMING SERVICES



This Week: July 28th



Next Week: August 4th

"Dance Movement"

Presenter: Barley Donahue and Susie Lindeman

Service Associate: Susie Lindeman

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!

"Peeking Behind The Curtain, How We Do Worship"

Presenter: Rev. Matt Alspaugh

Service Associate: TBD

When I was in seminary, I once commented about the uniqueness of UU Sunday services, and my instructor (in UU history and polity) said, "not at all, they are very much like Calvinist, Protestant services. That's their history." I was shocked! So, even though our message is different, the format of our services is not. How do we square these traditions with our desire to be different? And, how do we prepare and present our Sunday Services in the first place?

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



“Becoming Whole People”

Rev. Matt Alspaugh, Speaker
Michael Swords, Service Associate
Sharon Thompson Wilson, Reader
July 21, 2024

Lake Chaplin 02

Video Recording For The Service On Sunday July 21, 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](#)



Wednesday July 24th Humanist Discussion Group Video

If you were unable to attend the online Humanist Discussion Group this month, you can now watch and listen to the video recording



August Humanist Zoom Discussion

The Humanist Discussion Group will meet **Wednesday August 28th** at 11am Via Zoom.

August Topic:

Join our UU Humanist Discussion Group as we explore the question whether women govern better than men, drawing on research, historical examples, and contemporary case studies. Together, we will examine the unique leadership styles, collaborative approaches, and empathetic decision-making often

exhibited by women in positions of power. Engage in thought-provoking conversations that challenge traditional narratives and celebrate the strengths of diverse leadership Note: this topic was selected before the current events of the Kamala Harris presidential run.

If you want to be added to the reading list email Bob Koches at 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 Aug 28
11am**

+



Wednesday August 28 11:00am on Zoom (CST)

August Topic: Join our UU Humanist Discussion Group as we explore the question whether women govern better than men, drawing on research, historical examples, and contemporary case studies. Together, we will examine the unique leadership styles, collaborative approaches, and empathetic decision-making often exhibited by women in positions of power. Engage in thought-provoking conversations that challenge traditional narratives and celebrate the strengths of diverse leadership
Note: this topic was selected before the current events of the Kamala Harris presidential run.

[Click to join on Zoom](#)

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

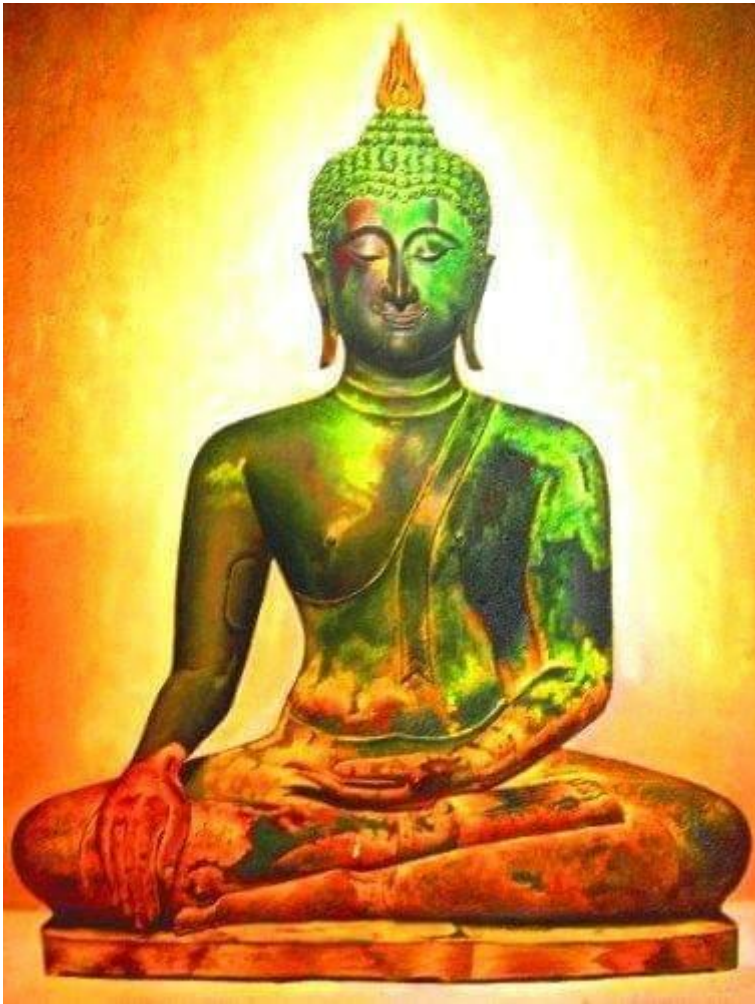
12pm - 1pm 1st and 3rd Mondays Monthly Catherine Luria, Facilitator: Contact CLuriaARNP@gmail.com for topics. Now you can join us for a brown bag lunch on the 4th Monday of each month at Trudy Crippen's house. RSVP Trudy if you plan to attend. trudycrippen@gmail.com

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 arunachalakinle@gmail.com

[Click to join on Zoom](#)



BIRTHDAYS THIS WEEK

Val Marcum, August 1

Joyce Kinnear, August 2

June Wilson, August 2

**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/.](https://lakechapalauu.org/lcuuf-monthly-newsletters/)

Lake Chapala UU Fellowship

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