

LCUUF·NEWS·OF·THE·WEEK



Issue 78

Sep 15 - Sep 22, 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: September 15

"Our Four Brains"

Richard Clarke, Presenter
Carol Johnson, Service Associate

Explore the fascinating concept of "Our Four Brains." In this enlightening talk inspired by Dr. Jill Bolte Taylor, Richard Clarke will dive into how each brain—split between our hemispheres and old and new brain structures—has distinct capabilities and personalities. Discover insights into how these four brains shape our sense of Self and interactions. Learn to balance and harness these unique characters for a richer, more connected life, particularly through meditation and mindfulness. Join us for a deep dive into the brain's complex landscape and its profound implications for personal growth and spiritual practice.



Next Week: September 22

"What Does A Good Day Look Like"

Rev. Matt Alspaugh, Presenter
Ted Fahy, Service Associate

Surgeon Atul Gawande is the writer of the book "Being Mortal." He learned, he says, too late in his career as a physician, that the central question for his patients was "What Does a Good Day Look Like?" Not questions about fighting, or fixing, or when to give up. We'll explore this question, "What Does a Good Day Look Like?," not just in the context of end of life, but in the larger sense of how our good days define a good life. There will also be a New Member Welcome Ceremony during this service.



New Member Orientation and Membership Ceremony Sep 21 and 22

**Interested in becoming a member
of LCUUF?**

We will have a new member
orientation on Saturday, September

21st, 11-12 in the St Andrew's garden. The Membership ceremony will be
Sunday, September 22nd, during the service. Please sign up at the Welcome
table or email Paula Odom at paulaodom01@gmail.com if you are interested.

Mexican Fiesta Enjoyed by All

**30 UUs joined 60 folks from St. Andrews for an Independence Day Fiesta
and fundraiser in the garden. A huge success enjoyed by all.**





**Video Recording for Sunday September 8
"An Invitation To The Future"**



Mindfulness With Richard Clarke

Miss Richard's Weekly "Mindfulness Podcast"? Click above to watch the latest



September Humanist Zoom Discussion

The Humanist Discussion Group will meet [Wednesday September 25th](#) at 11am Via Zoom.

September Topic:

Join us for an engaging humanist discussion on climate justice, where we'll

explore the critical question: "What is climate justice?" We'll examine how environmental challenges intersect with human rights, social equity, and global cooperation, considering the ethical dimensions of climate change and our collective responsibility.

If you want to be added to the reading list email Bob Koches at bobkoches@gmail.com

[Click to join 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

WEEKLY AND MONTHLY EVENTS

Click on the "+" for details

**Humanist Discussion Group-Wed Sep 25
11am**

+



Wednesday Sep 25 11:00am on Zoom (CST)

September Topic: Join us for an engaging humanist discussion on climate justice, where we'll explore the critical question: "What is climate justice?" We'll examine how environmental challenges intersect with human rights, social equity, and global cooperation, considering the ethical dimensions of climate change and our collective responsibility.

[Click to join on Zoom](#)

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

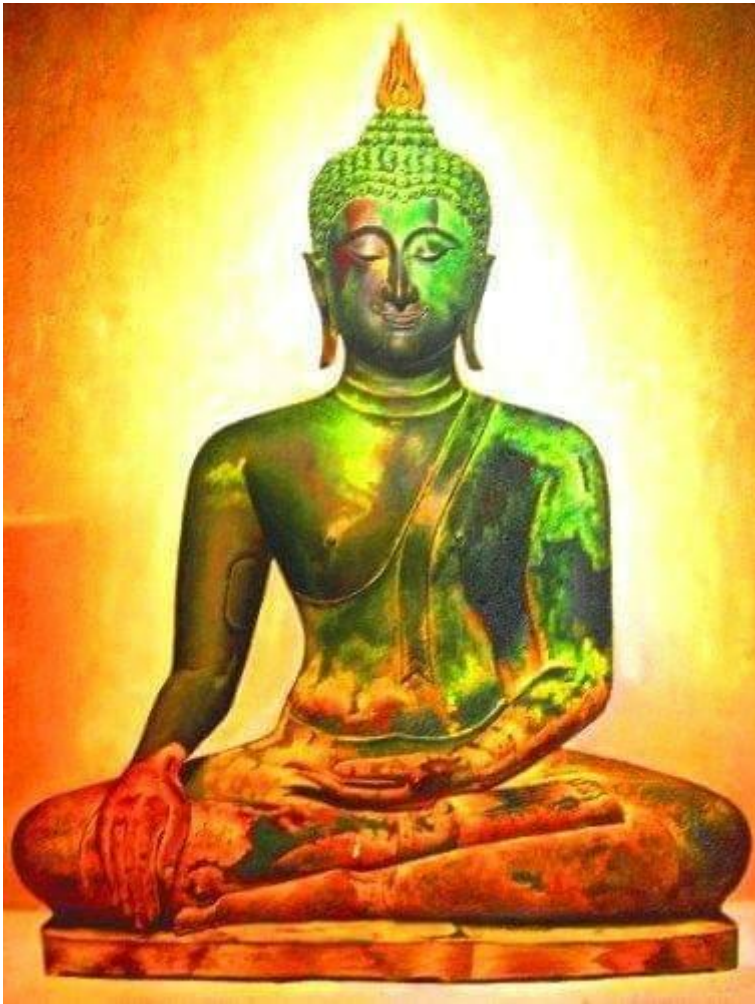
12pm - 1pm 1st and 3rd Mondays Monthly Catherine Luria, Facilitator: Contact CLuriaARNP@gmail.com for topics. Now you can join us for a brown bag lunch on the 4th Monday of each month at Trudy Crippen's house. RSVP Trudy if you plan to attend. trudycrippen@gmail.com

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](#)



BIRTHDAYS THIS WEEK

Alan Mckean, September 15

Marsha Buly September 17

Heidi MacLennan September 17

Terry Glenn September 20

**John Adams, September 20
(Corrected)**

**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/>.

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Fellowship**

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