

LCUUF NEWS OF THE WEEK



Lake Chapala Unitarian
Universalist Fellowship



Issue 99

Feb 9 - Feb 16, 2025

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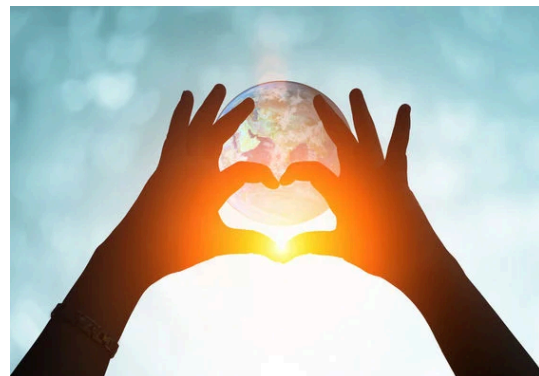
Attend our weekly services in person or via Zoom on Sundays at 12:00pm CST. We are located at St. Andrew's Anglican Church, San Lucas 19, Riberas del Pilar.

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UPCOMING SERVICES



Next Week: Feb 16, 2025

"A Better Way Of Being"

This Week: Feb 9, 2025

"Everything Is A Holy Miracle"

Presenter: Rev. D'Vorah Kelley

Service Associate: Sandy Wallon

"The challenging thing becomes, not to look for miracles, but finding where there isn't one." These words from "Everything is Holy Now" by Peter Mayer, who plays in Unitarian churches, offering up his non-religious spirituality through consistently compelling song. This song is the basis for this service, seeking to make words like "holy" and "miracle" more easily understood – that if we put our awareness on what is happening all around us can be seen as both holy and miraculous.

As part of the service, film maker Andrea Sandler will share the trailer for "The Sacred Run" the lotus and the flower".

Then on Friday, February 14th from 4-6:30 the 55-minute film will be shown in the sanctuary, followed by a Q&A and a fire ceremony in the garden.

Presenter: Rev. Tim Boeve

Service Associate: Heidi MacLennan

Our world today is filled with harm, seemingly, of late, getting worse by the day. Buddhist teacher Pema Chödrön says that one anecdote to not causing harm to ourselves, and others is through mindfulness. The Rev. Tim Boeve will explore tried and true ways of not causing harm in what we think, say, and do. Drawing upon the wisdom of Chödrön and others, he will talk about staying awake, slowing down and noticing what is taking place within ourselves in any given moment. Though we are not directly responsible for much of the harm that we see in the world, our way of being in the world can either add to it or lessen its pervasiveness. As people of conscience and good will, Boeve believes we will want to choose the latter, and through staying awake, slowing down and noticing make the world a safer and better home for ourselves and others.

September 1

Rev. Matt Alspaugh

Last week, I attended a UU minister's association meeting at a retreat center near Austin, Texas. There I joined some two dozen other ministers for several days of meetings and renewal. This was the first time we met at a Catholic retreat center, and, once we got comfortable looking past all the crucifixes, we found the location quite comfortable and



accommodating.

These ministers' meetings typically have programs, and for this year, Chris Cameron, a professor of history at The University of North Carolina was with us. He lectured about his research and his book in progress: "The Faith of the Future: African Americans and Unitarian Universalism".

I was surprised to learn the degree that Blacks had been involved as ministers and lay leaders in Universalism and Unitarianism in the US and Canada, from the 18th century on. Admittedly these Black liberal religionists were few, and

they often faced discrimination, but they were there. I asked Cameron how we compared to other progressive religions, and was surprised to learn that our Unitarian and Universalist predecessors have been much more inclusive of Blacks than other liberal denominations.

Cameron did note that many Blacks who became Unitarian or Universalist faced hostility not only from Whites, but from their Black peers. Many of these were strongly attached to the idea of eternal damnation that is central to many evangelical and fundamentalist Christian theologies. These Blacks rejected the ideas of a truly loving God and universal salvation for everyone. The crux was this: these Blacks hoped that their God would punish White people who had been involved in slavery with eternal hellfire, and they weren't willing to give up that retribution.

Cameron observed that Blacks who joined Unitarian or Universalist congregations tended to do so for the theology. They, like many of us here at LCUUF, realized that they had 'outgrown' the conservative religions of their past. However, a surprise for me was that many retained relationships with their former churches for social or cultural reasons. They came to UU for the theology, but stayed connected with their former churches for the community.

As I think about the possibility that we might become more inclusive to Mexican nationals, we might encounter a similar pattern. I do know that there are many Latino/as who find our theology attractive. But it wouldn't surprise me if they still remained connected to their prior religious communities — mostly, but not solely, Catholic. Family ties, traditions, holidays — that pull may be very strong.

I'm grateful for these retreats, as times for relaxation, as times to connect with my colleagues, and as times to learn things that might be useful for us here at LCUUF.



Practicing Radical Hospitality: Not so Easy

Rev. Matt Alspaugh, Speaker
Lynn Cleek, Service Associate
February 2, 2025



Lake Chapala UU

**Video Recording for the January 19th
Service**



Video Recording of Mindfulness With Richard Clarke for Thursday February 6th

Lakeside **DayBreak**
Dementia Support 

LakesideDayBreak@gmail.com

WhatsApp: +52 314 150 5966

You Are Invited

Every year, 10 million new cases of
Dementia are diagnosed.

Such diagnoses can be very scary and
lonely. It's important to overcome the fear factor of diagnosis and the inability to discuss.
If you are one of the millions who are dealing with Dementia or Mild Cognitive Impairment
(MCI) you have probably wished that families, friends, health professionals, and other
members of your community, could hear and understand your thoughts and feelings.
We can help you make that happen. We invite you to an interactive performance program
that fosters conversation and understanding in the community.

Through our "To Whom I May Concern ®" Program (TWIMC) we provide a safe place for individuals to talk about their diagnosis, fears, needs and future.

The TWIMC project involves a trained facilitator and a focus group of people living with Dementia or MCI. Together, they co-create a script, written as a series of letters addressed "To whom I may concern ®" that reflect the unique experiences of the group and the message they wish to convey to the audience.

The performance at the end of your discussions is like adding a two-way mirror to a meeting room, allowing care partners and the general public to listen and learn.

This is a rare opportunity for people with dementia or MCI to speak without being interrupted. If you are interested in being part of this small group (maximum 10 people) or wish more information, please send us an email at:

Lakesidedaybreak@gmail.com or Call or WhatsApp: **+52 314 150**

To register please click here: <<https://form.jotform.com/250175578897879>> ;



February Humanist Discussion Topic

Our Humanist Discussion for Feb. will focus on disinformation and the rise of the oligarchs globally and its threat to democracy. We will also look at the rise of autocracy and from the lens of history how oligarchy has also been with us.

The Humanist Discussion Group will meet **Wednesday Feb 26** at 11am Central

Standard Time Via Zoom. The zoom link is <https://us02web.zoom.us/j/86577912863>
If you wish to be added to the reading list contact Bob Koches at bobkoches@gmail.com

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. Please contact Trudy if you plan to attend.

trudycrippen@gmail.com

Click on the "+" for details

+



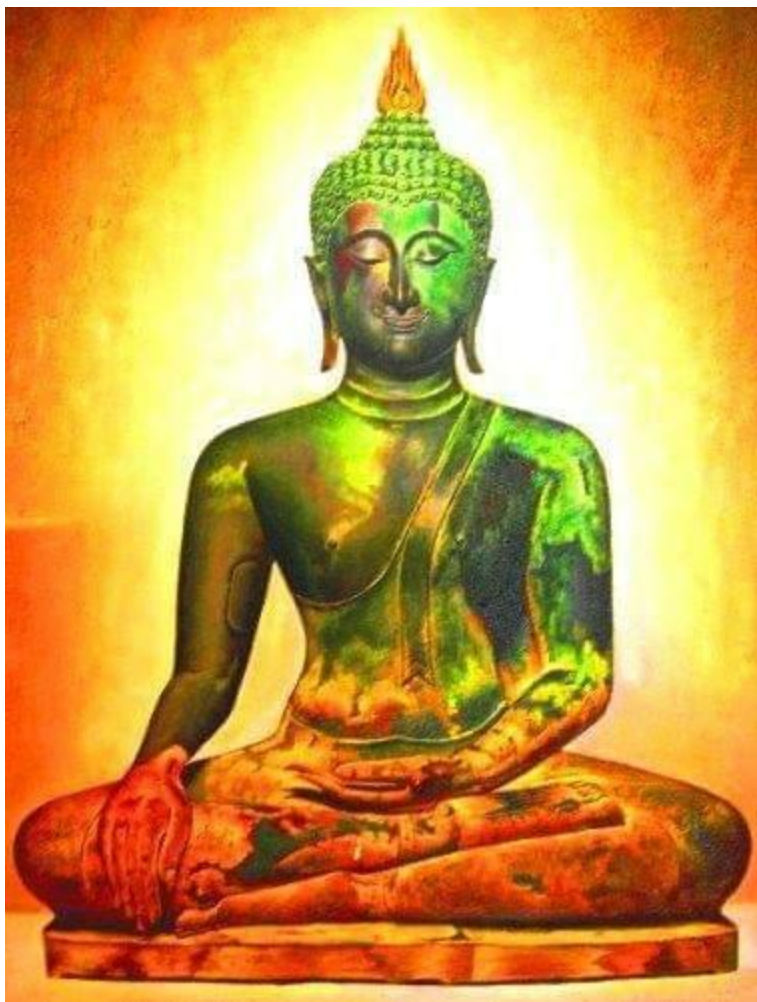
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Click to join on Zoom

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

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](#)



FEBRUARY BIRTHDAYS

Eric Luria, February 1

Robin McCormick, February 5

Mary Roam, February 12

Donna Burroughs, February 13

Christina Reynolds, February 13

Richard Krueger, February 13

Rikki Martin, February 13

Janice Kimball, February 16



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