



## **LAKE CHAPALA UNITARIAN UNIVERSALIST FELLOWSHIP**

**NEWSLETTER - OCTOBER, 2017**

### ***Upcoming Services***

#### **OCTOBER 1 - “Bring forth what is in you”** *Rev. Matt Alspaugh.*

The title is from a saying in the Gospel of Thomas, “if you bring forth what is in you, (it) will save you; if you do not bring forth what is in you, (it) will destroy you”. We will explore what we bring forth, through our first Source, “direct experience of the transcending mystery and wonder ... which moves us to a renewal of the spirit and an openness to the forces which create and uphold life”.

#### **OCTOBER 8 - “Direct Experience, the Gateway into Yourself”**

*Presenter: Richard Clarke; Service Leader: Carol Johnson.*

Direct Experience is what is noticed, here and now. It is the heart of many spiritual teachings around the world. In addition to explaining Direct Experience, Richard will give examples, including from his life-long experience of it.

#### **OCTOBER 15 - “An Enchanted World: Unitarian Transcendentalism”**

*Rev. Matt Alspaugh.* As the Transcendentalist Movement emerged from Unitarian Christianity, it was framed clearly on individual, direct religious experience as opposed to, for example, analyzing the religious texts of the past. We explore how Transcendentalist ideas have influenced our UU ideas and feelings about the world and our place in it.

#### **OCTOBER 22 - “One with the Universe”** *Rev. Ralph Krog, minister at the First UU Church of Houston’s Copperfield Campus, by Video.*

A look at how extreme Zen meditation can lead to sprained ego and brief flashes of addictive euphoria.

#### **OCTOBER 31 – “You Would Know the Secret of Death”**

UUism has little to say about death and afterlife compared to most other religions. We’ll explore death and engage in a Dia De Los Muertos ritual. You are encouraged to bring a small remembrance (photo, memento etc.) of someone who has died, and we will remember them in our ritual.



### Message from Rev. Matt

At our Water Service on September 3, I mentioned how an organization of Unitarian Universalist women instigated the writing of the current Principles and Sources which appear on the back of our Sunday Bulletins. The original motive for the rewrite of the Principles was to remove patriarchal language (such as “mankind”, “brotherhood”) and to more clearly respect the wholeness of life and our planet.

As the rewrite progressed (it took years), an old tension cropped up again. Some people felt that the new draft diminished the historical Christian roots of Unitarianism and Universalism. In one of the sessions, someone proposed that the document be divided into two parts, the Principles, and the “living traditions that we share”, which became the Sources. This allowed “Jewish and Christian teachings” to be included among other sources that we draw from, and further allowed the document to enumerate a variety of other sources and traditions.

Over the course of this year, we will be considering each of the six Sources as a monthly theme. For most services of the month, we’ll explore various aspects of that source. (This is also what our partners in First UU Houston are doing.) The first Source, which we will consider in October, reads: “Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life.”

To me, this first source is one of the distinguishing qualities of Unitarian Universalism. We are invited to directly experience religion, instead of merely reading about it in some sacred text. Such direct spiritual or mystical experiences can be highly charged, even transformative. They can even lead to new forms of religious understanding, such as the Transcendentalist movement that emerged within Unitarianism in the 19th century, or more recent humanist and earth-centered movements

from within the UU tradition. While direct experience tends to happen to us as individuals, what we do with it, how we make sense of it, is best done in community. That is what I hope we can offer as a congregation and as a religion.

As a congregation, we continue to explore what it means to work with a minister. I’ve been present at our Sunday services, preached for several, and experimented with different ideas as part of the Sunday morning experience. We will continue that exploration, and broaden it, in a workshop on Sunday Services, to be held on Oct 21. If you are interested in how we do Sundays, and would like to be part of our Services, I encourage you to sign up and attend.

Liz and I continue to settle in. After a month, we’re gradually finding a rhythm to our lives here, discovering new things we love, finding things we need to let go of, and opening to those moments of surprise and wonder that being in a place like Lakeside is so ready to offer.



### “Creating Compelling Sunday Services”

**Saturday Oct 21, 9am - 1:00pm**

What is it about what we do on Sunday morning that makes it special? How do the individual parts - the words, the music, the silence, rituals, even images and movement — amalgamate into something more powerful and meaningful? **Come join us**, as we begin to explore how to create more moving, inspiring, Sunday experiences. We’ll examine the various parts of our typical Sunday Service, and learn how they interact to create a compelling and unified experience. We’ll learn about practical aspects that can support or interrupt the flow. We’ll begin to think about how we develop effective, consistently high-quality services together. **If you are interested in participating, please sign up on Oct. 8<sup>th</sup> or 15<sup>th</sup> or contact [mardeleharlandmx@gmail.com](mailto:mardeleharlandmx@gmail.com).**

## Board & Committee News



### From the Pledging Committee

This has been a momentous and truly exciting year for LCUUF. We have a new part-time minister, revitalized Sunday Services, potential new members and lots happening. **A key to all this has been our pledging program, begun just a year ago.** A heartfelt "thank you" to all those who filled out cards and are generously meeting your pledges. If you have yet to join, it is not too late! **Just talk to a member of the Pledging Committee: Heidi MacLennan, David Miller, Gary Cleek or Lorna Dean.** Pledging Cards are available every Sunday. Payments on pledges can be easily made in one of two ways: by using the envelopes provided at the Sunday morning services or by pledging directly to First Unitarian Church of Houston <http://www.firstuu.org>.

The Committee is now busy preparing for the 2018/19 fiscal year. **On Sunday, October 8, following the service, we will hold a meeting of the congregation to discuss the pledging process for the fiscal year beginning February 1<sup>st</sup>. And then on Sunday November 26<sup>th</sup>, following the service, the congregation will meet to finalize and celebrate our pledging program. Please plan to attend!**  
*(Submitted by Heidi MacLennan and Fred Harland)*

### From the Sunday Service Committee

On Sunday, October 29, Reverend Matt will present **a Day of the Dead service.** An "In Memoriam" section will be added to the usual weekly order of service. If you are interested in having someone acknowledged in this section, you are invited to email a picture of the person(s) along with two or three sentences of text to **Susan Miller** at [ssmiller999@gmail.com](mailto:ssmiller999@gmail.com). Please send text and photos no later than October 22, 2017.  
*(Submitted by Susan Miller)*

### From the Hospitality Committee

There will be a luncheon after the service on **Sunday, October 29, at Adelita's Bar & Grill, Independencia 124-A, in San Antonio Tlayacapan.** Watch for the sign-up sheet!

On **Thursday, November 23**, Trudy and Lew Crippen will be hosting a **Thanksgiving dinner** at their home for the LCUUF congregation.

We have had four successful **Meet & Greets** with Rev. Matt Alspaugh and his wife, Liz Hill, in September. There are **six more Meet & Greets scheduled in October, November and December** which are fully signed up. We are scheduling eight people for each event, so there is sufficient time to get to know each other. The goal is to give everyone an opportunity to meet our minister and his wife and in a small group setting.

Please email Karyn Carpenter ([newfhugger\\_wander@mac.com](mailto:newfhugger_wander@mac.com)) or Lorna Dean ([lmdean695@gmail.com](mailto:lmdean695@gmail.com)), if you would like to sign up for a Meet & Greet event in the future. We will schedule additional Meet & Greet events in January 2018, when we know how many more people want to attend. If you have signed up, and cannot attend, please notify us, so that we can schedule someone in your place.  
*(Submitted by Lorna Dean)*

### From the Membership Committee

Our Fellowship's **New Member Orientation** is scheduled for **Saturday, October 21<sup>st</sup> at 3:00** at our Fellowship. This will be followed by our **New Member Ceremony Sunday, October 29<sup>th</sup>**. We have 5 people who have indicated an interest in becoming LCUUF members. If you are interested in joining these people in the New Member Ceremony, please contact a Membership Committee member (**Marty Weston, Ellen McFarland, Donna Burroughs, Val Marcum and Nancy Jordan-Zanot**).

*(Submitted by Marty Weston, Chair)*

## Member Spotlight



**Kathy Koches**

*(By Liz Molder)*

Kathy Koches is all about music, travel, writing, editing, animal rescue, friendship, and many more things. She grew up in Los Angeles where she graduated from high school in 1965. She married and moved to Germany in 1966 with her husband and infant son, Brian. After two years they moved to Oregon where her daughter, Wendy, was born. She moved to Vancouver, WA in 1975 and got a job as a legal Secretary. Kathy got a divorce and went back to school, graduating with honors from Eastern Oregon University. She then became a para-legal and was named Washington State Legal Support Professional of the Year in 1992.

Kathy met Bob through her work, and he wasted little time whisking her away for a romantic holiday in Mexico, where they discovered many common interests, and she was hooked! They married in 1990. They both sang in the UU choir in Vancouver, WA and they toured England, Wales, Scotland, Cornwall, and Germany with the Vancouver USA Singers. Besides that tour Kathy and Bob visited Spain, Austria, Germany, France, the Bahamas, Canada, Italy, and many places in Mexico, before retiring to Ajijic in 2007. Together they raised Kathy's 13 yr. old daughter Wendy. They also raised their oldest granddaughter, Angel, from age 8 to 18 years. They now have six grandchildren and four great grandchildren.

Kathy & Bob are charter members of LCUUF and the LCUUF choir. Kathy served on the LCUUF Board as Secretary for six years and also on the Sunday Service Committee for six years, being Chairman in 2015. Kathy & Bob joined Los Cantantes de Lago, a 60 voice choir here at

Lakeside in 2007, and have sung in more than 20 concerts with that choir. Kathy has been on the Los Cantantes Board since 2008 where she is now Board Secretary and edits the choir's newsletter. She also founded Las Hermanas de Los Sombreros Rojos, a Red Hat chapter here at Lakeside, and has served as Queen since 2007. Kathy is also the on-line administrator of Lakeside Advocates for Animals.

Since retirement Kathy has re-discovered her passion for writing, and has had her stories and poetry published in El Ojo del Lago over 30 times, has written her autobiography, and this year had a story published in an award winning anthology, *These Summer Months*. Kathy is now into her 11<sup>th</sup> year at Lakeside and still enjoying life with Bob and their rescue dog, Queri. If you ask, she will tell you she lives in "paradise," and clearly she does!

## Member News



**Happy Birthday Greetings** to members who are celebrating birthdays in **October**: Bill White (3<sup>rd</sup>), Bob Koches (7<sup>th</sup>), Susie Lindeman (9<sup>th</sup>), Trudy Crippen (9<sup>th</sup>), Fred Harland (10<sup>th</sup>), John Roam (15<sup>th</sup>), and Lynn Cleek (29<sup>th</sup>).



We are keeping the following members in our hearts due to recent **surgeries or other medical issues**: Norman Woods, Fred Harland, Donna Burroughs, Els Abercrombie and Sue Kelley.



## October Activities

(not mentioned under Committee reports)

**Mindfulness Meditation.** Every **Saturday 3-4:15pm**. For those interested in establishing a regular meditation practice. Contact Richard Clarke for information: ([richard@infinitepie.net](mailto:richard@infinitepie.net))

**The LCUUF Choir** will practice on Friday, **October 6th** and **October 20th** (4:30 to 5:30) and will perform on Sunday, Oct. 22nd. If you would like to sing with the choir, please contact Bob Koches at [bobkoches@gmail.com](mailto:bobkoches@gmail.com). All singers are welcome!

**English Country Dancing** **October 15<sup>th</sup>** at the Fellowship. Contact Catherine or Eric Luria for information: [CLuriaARNP@gmail.com](mailto:CLuriaARNP@gmail.com)

**The UU Humanist Discussion Group** (note the name change) will be meeting on Monday, **October 23rd at 3pm at the Fellowship**. Our topic will be: "Are we Past the Tipping Point? De-coding the Resistance to Climate Change." The evidence is everywhere: forests retreating, glaciers melting, sea levels rising. And we're only just beginning to feel the strain of climate change. Despite all of these dire events and projections, the attacks continue – on climate scientists. Teresa Sande requested feedback on this topic, based on a CBC broadcast that is included in our readings. The other topic in the discussion is whether we have crossed the "tipping point" and does it really make any difference. If you are not on the mailing list and want to receive the readings and podcast prior to the meeting please contact Bob Koches at [bobkoches@gmail.com](mailto:bobkoches@gmail.com).

**The Women's Movie Group** will meet on **Wednesday, October 18th at 2pm**. This month we will be meeting at a home, rather than a theater. (We are alternating venues each month.) If you have a suggestion for a movie or would like to volunteer to host this event at your home, please contact Kathy Koches at [kkoches@gmail.com](mailto:kkoches@gmail.com).

Our **Outreach Project**, Centro de Desarrollo, is holding a 27<sup>th</sup> Anniversary Symposium on **October 6, 7pm** at Hotel Real de Chapala. Contact Norman Woods for information: [nfwoods@cableaml.com](mailto:nfwoods@cableaml.com)

### **LCUUF Board of Directors:**

**President:** Fred Harland (term expires January 2018)

**Vice-president:** Teresa Sande (term expires January 2018)

**Secretary:** Eric Walter Luria (term expires January 2019)

**Treasurer:** Gary Cleek (term expires January 2019)

**Member-at-Large:** Heidi MacLennan (term expires January 2018)

**Member at Large:** Trudy Crippen (term expires January 2019)

**Member-at-Large:** Joan Jaquish (term expires January 2018).

### **LCUUF Nominating Committee:**

Paul Bennett

[buck10benn@gmail.com](mailto:buck10benn@gmail.com)

Mardele Harland

[mardeleharlandmx@gmail.com](mailto:mardeleharlandmx@gmail.com)

Kathy Koches

[kkoches@gmail.com](mailto:kkoches@gmail.com)

***(This Newsletter is produced to provide LCUUF news to members and friends. Deadline for contributions to the October Newsletter is October 20<sup>th</sup>.***

***Editor: Mardele Harland***

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