



LAKE CHAPALA UNITARIAN UNIVERSALIST FELLOWSHIP NEWSLETTER

OCTOBER 2018

Upcoming LCUUF Sunday Services

October 7 – Canadian Thanksgiving: Reflections on Gratitude – Various Canadian members of our congregation, both here in Lakeside and in Canada, offer their recollections on different aspects of gratitude such as what it means to be grateful, for what are we grateful, how we learned to be grateful. Rev. Matt Alspaugh will lead the service.

October 14 – Ours is a Shared Ministry – This service is a re-dedication to our shared ministry. It includes a ceremony welcoming new members. It will be followed by a Volunteer Fair, an opportunity to learn more about current shared ministry needs and perhaps help out. In our ceremony welcoming new members, we say, “Ours is a shared ministry.” By this, we mean that we depend on everyone to share, as they are able, in all that must happen to make our Fellowship strong and successful. It’s all ministry, from handing out orders of service and making coffee, to leading a Sunday service and organizing a new outreach program. And we are all invited into ministry, whether as an enthusiastic visitor, a new member, or a founding member. Rev. Matt Alspaugh will be the speaker. Local guitarist and songwriter Becky McGuigan will offer music.

October 21 – Justice: What Do We Owe One Another? Susan Miller be our speaker and will consider the second principle of Unitarian Universalism, “Affirming justice, equity and compassion in human relations.” Just what is justice? What is the goal of justice? What is a just person, and what do we owe, in terms of justice, to the people in our lives. David Miller will be the service leader.

October 28 – In Praise of Afterlife: Día de los Muertos In Rev. Matt Alspaugh will lead our annual Dad of the Dead service as we remember those who have gone before and are no longer with us.



Message from Rev. Matt

I've returned to an old spiritual practice of mine, but with a twist. The practice is a gratitude practice, called 'Three Good Things.' While I'm lying in bed before sleep, I simply think of three good things that happened in the day. This gratitude practice helps me return my mind to what is going well, what I have to be thankful for.

I'm enough of a rationalist to want some science behind my spiritual practices. I'm glad to see that numerous studies have suggested that being grateful is correlated with better health, happiness and well-being. We apparently sleep better. We now understand that our brains are plastic, able to change, and that spiritual practices can change regions of the brain. For example, gratitude practices stimulate regions in our brains which regulate stress and which produce feelings of pleasure. Further, we've learned that by practicing gratitude, we become more grateful. A favorite children's book of mine, "The Secret of Saying Thanks," ends with the secret: "We don't give thanks because we're happy. We are happy because we give thanks." Similarly, we become happy because we choose to practice gratitude.

One thing I'm grateful for, which pops up often in my gratitude practice, is thankfulness for Unitarian Universalism, and for this Fellowship, the people here, and the kindnesses they've shown me. I remind myself that without you, I wouldn't be here, and I would never have had this amazing experience. The twist on my gratitude practice is something I've added because of a suggestion from one of you. You told me that one trick to help learn a language is to say sentences in that language to yourself - so I lay in bed, doing my gratitude practice in Spanish. "Estoy agradecido por" (I am grateful for...) and then I describe the thing the best I can, in Spanish, or failing that, drop back to English. And so "Estoy agradecido por todos Ustedes." (I'm grateful for all of you.)



On Sunday, October 14, singer/songwriter Becky McGuigan will play at our UU Sunday service to give us a preview of her music. Then on November 3rd she will give a full concert at 4pm at the Fellowship. One half of the free-will offering will go to LCUUF and one half will go to Orquesta Filarmonica Infantil de la Ribera de Chapala (OFIRC). This is the children's orchestra in San Juan Cosala that we supported with our Share the Basket program last quarter.

Becky McGuigan
 Folk Originals
 Humour Blues
In Concert
 Saturday, Nov. 3, 4:00 pm
 Unitarian Universalist Fellowship (Naked Stage)
 Riberas Del Pilar



President's Message

I was (as we all were) pleased to welcome Rev. Matt back. This is a particularly busy time of the year as we prepare for the influx of our seasonal members. There are several upcoming activities of which you should be aware.

The October 14th service will include a New Member Ceremony coupled with a *Volunteer Fair* afterwards. While we all join together in welcoming new members to our congregation, it is also a time for us all to reflect in how we might contribute to the Fellowship in terms of time and talent. The *Volunteer Fair* will be a time when congregation members will be able to determine which of the committees they would feel comfortable in joining. We have several openings on various committees, as well as some long-time members who deserve a break from their service. Please consider where you might be able to contribute. This includes those of you who are not full-time residents. There are plenty of ways and tools available that will allow you to participate when present and to help when away. Karyn Carpenter, Eric Luria and Matt are organizing the *Volunteer Fair*.

The Board will begin the budget process this month. This means that the committees will be asked to prepare their budgets for 2019 in the near future. In conjunction with this, our annual pledge drive will begin October 7th. More details will follow as the budget process unfolds.

Our legacy organization, the Lake Chapala Unitarian Universalist Fund, Inc. has received non-profit status in Texas and has filed for tax-exempt status with the IRS. Many thanks to Lorna Dean who filed the paperwork for this time-consuming effort required by the US bureaucracy. Also thanks to Susan Miller, the treasurer of the Fund, for her work in also dealing with paperwork. We are getting quite close to being able to leave bequests to the tax-exempt Fund.

Our first *Share the Basket* program went to UVA, an organization that funds needy and deserving students in their college and technical education. UVA chose Juan Pablo, a young violinist, to receive the funding for three semesters of further study. He will perform for us during the September 30 service.

Linda and Wayne Conklin are returning to the States. We will miss their leadership, friendship and musical contributions to the Fellowship and wish them well in their new home in Florida. As a parting gift, Wayne and Linda donated our new electric piano to the Fellowship. A wonderful parting gift that will remind us of them during each Sunday service.



Wayne & Linda Conklin



MEMBER SPOTLIGHT LIZ MOULDER

Liz Moulder has always been on the move. She said she wanted to travel and explore from the time she was a child. Her brother remembered that the family locked the doors to keep her from running away. The desire she seems to have been born with was nourished when her parents took the family on a trip to England and Europe. Her father drove the rental car even though he couldn't understand the road signs in a foreign language. There must have been a sense of adventure in her family.

Liz left Lebanon, MO, and after spending two years in a liberal arts college in Canton, MO, caught the train for Yellowstone National Park where she worked for a short time. The railroad line ran out before she reached the park, and as she was asking for transportation to Yellowstone, a kind person said "If you don't mind to sleep at our funeral home tonight, (we don't have many corpses), we'll fly you there tomorrow in our private plane."

After her Yellowstone experience, Liz, with a friend, decided to go to Hawaii. While there she earned her B.A. and met some interesting characters which she detailed in her first book. She has written two more books about people and locations where she has lived, writing with a wry sense of humor.

Liz spent three years in England where she taught blind and partially sighted children. Part of their training was learning how to be self-sufficient and traveling without assistance. She went to Belgium where she improved her French.

Along the way she got married, lived in Toronto for a couple of years and then moved to Boulder, Colorado where she received her MA. Liz lived in Boulder for 20 years before deciding it was time to move on. While there, she was introduced to the Unitarians and realized she shared their beliefs. She participated in acts of civil disobedience and was arrested six times for protesting the CIA, the war in Iraq and a nuclear weapons plant.

Next Liz moved to Guatemala where she taught in the American School. However, Guatemala was too violent and she was the victim of an attempted robbery and an attempted abduction. Liz' independent spirit and quick thinking saved her on both occasions. A friend recommended that she move to Cholula, Mexico, a town outside Puebla. She liked the small gringo group there, but she was not satisfied, so she went back to Pueblo, CO and taught at Pueblo CC.

One night she went to a Mexican dance and quickly decided to return to Mexico. Because a friend was living in Barra de Navidad, it seemed like the perfect place to move; she studied Spanish and tried to fit in. However, the gringos there were cliquish and she was not happy.

One day while reading the Guadalajara Reporter Liz learned about the Unitarian Fellowship at Lakeside and decided that Chapala was where she wanted to live. She convinced her Mexican friends to transport her to the Hotel Perico where she had booked a room. Liz was excited about this move and was frustrated when the car overheated and stopped every ten miles, but she had been in Mexico long enough to know that this is not unusual in Mexico.

Liz has lived in Chapala for five years, immersing herself in the Mexican community and developing friendships with her Mexican neighbors. She has found a community she loves with many friends. She plans to continue writing and limiting her future roaming to Mexico. Submitted by Helen White



WELCOMING AND MEMBERSHIP COMMITTEE

On October 14th we will be having a **New Member Ceremony** for individuals who have expressed an interest in joining our Fellowship. If you want to be included, please contact Val Marcum. Her e-mail is lvmarcum@yahoo.com or phone her at 765 2442.

We will have an informative **New Member Orientation** immediately following the Sunday Service on October 7th. Marty Weston, Chairman

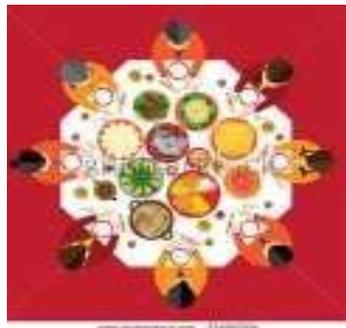


SHARE THE BASKET

The Share the Basket recipient for the months of September, October and November, 2018 is **Tepehua Center AC**. One-half of the weekly offerings which are not designated as pledge money, will go to this organization.



03	Bill White	15	John Roam
07	Bob Koches	16	Jim Bellamy
09	Susie Lindeman	22	David Miller
09	Trudy Crippen	24	Norman Woods
10	Fred Harland	29	Lynn Cleek



CIRCLE SUPPERS

Our fall Circle Suppers will be held in October, November, and December, 2018. Please sign up at the Welcome Table and indicate if you would like to be a guest or a host (and how many, besides yourself, you can host.)

Assignments will be e-mailed and posted on the bulletin board the end of September. If you are a snowbird who will be returning in the fall, and would like to attend, please e-mail Kathy Koches at kkoches@gmail.com to be added to the list.



HUMANIST DISCUSSION GROUP

The Humanist Discussion Group will meet on Monday October 23rd at 3 pm at the Fellowship. Our topic will be "Is Free Speech Really Free?"

The discussion will revolve around the disturbing trend of not allowing discussions at Universities to the rise of hate speech and the concept of what really constitutes free speech. There is a lot of criticism of the political right, but the threat seems to be coming from the political left, with their inability to have civil discussions.

If you would like to receive the links to the readings and are not already on the list, contact Bob Koches at bobkoches@gmail.com.



WOMEN'S MOVIE GROUP

The LCUUF Women's Movie Group will meet on October 26th at 2pm at the home of Joan Bellamy. . We will be watching "The Book Club" starring Candice Bergen, Diane Keaton, Jane Fonda & Mary Steenburgen. Contact Kathy Koches at kkoches@gmail.com or 766-2299 if you wish to attend.



SUNDAY SERVICE COMMITTEE The Sunday Service Coordinator for October is Susan Miller and for November/December is Kathy Koches. Information regarding services can be found on the LCUUF website under "What's Happening."



Fellowship Meal

LUNCH OUT WITH YOUR FAVORITE UUS! - Sunday, October 28, our end of the month lunch will take place at Roberto's in Ajijic. Roberto's is located several blocks west of Colon on the Careterra - mountain side. If you would like to join us let Karyn Carpenter know at newfhugger_wander@mac.com



BIG NEWS! We have an accompanist! His name is Michael Reason and he is a professional conductor and piano teacher. Rehearsals will be the 2nd and 4th Friday of the month. He will play for rehearsals and on Sundays when the choir is performing until Elaine returns. He will also play on the Sundays that Azael is not available. Sign up now to sing with us this season. See Bob Koches for info.



Our condolences to Fred Koesling on the passing of his life partner, Liz.



Please send announcements for November's services to Donna Burroughs at: donna.burroughs@gmail.com



The LCUUF Newsletter is produced to provide LCUUF news to members and friends. Deadline for contributions to the October newsletter is October 20th to be sent to: Editor: Kathy Koches at: kkoches@gmail.com