



LAKE CHAPALA UU FELLOWSHIP NEWSLETTER

MARCH 2020

Upcoming LCUUF Sunday Services

March 1 - "We Would Be One" – Both Unitarianism, with its original theology that God is one, not three, and Universalism, with its original theology that we all have the same end, have 'oneness' as a foundational value. We'll delve deeply into this concept of oneness, and explore how others, ancient and modern, approach this idea of oneness. In particular we'll explore how we might apply the value of oneness in our own lives. Rev. Matt Alspaugh is the speaker and Cate Howell is the Service Leader. Music will be provided by Juanpi Medeles on violin. This is the 14th anniversary of LCUUF.

March 8 – "Immigrant Issues" - U.S. immigration lawyer Rebecca N. Eichler from the San Miguel de Allende UU Fellowship will speak about the work of human rights advocates fighting for the rights and dignity of asylum seekers in Mexico and the U.S. Fred Harland is the Service Leader. The LCUUF Choir will perform.

March 15 – "Hope, the Ultimate Motivator" - Janice Kimball will talk about, What is hope? Is it something we call up at will, or is it more elusive? During the rough periods in our lives, perhaps after the death of a loved one, or the aftermath of personal trauma, days, weeks, perhaps months are spent as if we are on a treadmill going nowhere. But at some point, our minds turn the element of hope. Hope motivates us to move forward in a continuation of the journey of life. Roy Haynes will lead the service and also, along with weaving maestro, Francisco Urzua and Pam Cucinell, will give accounts of a time in their lives where hope led them through a period of darkness.

March 22 – "Compassion: Love in Action" - For some of us, compassion has always come easy and it is a strength we use in moderation. Others of us suffer from "compassion fatigue" and find ourselves becoming more uncaring than we'd like. And how do we muster compassion for people who really, really don't "deserve" it? We begin with mindfulness, self-kindness, and acknowledgment of shared humanity. Rev. Dr. Daniel O'Connell will give the presentation and Cat Barnett will be the service leader. After the service, Rev. O'Connell will offer a workshop: "Mindful Speech: Speaking with Power, Innovation, and Authenticity." Rev. O'Connell says "I have taught students (volunteers, interns, and staff) what I learned about how to be a successful public speaker for over 20 years. It seemed to me that people (young and old, accomplished and new) needed a *system* they could use to improve their public speaking that was easily remembered, centered in their body, and managed to cover all the important elements of public speech. Great public speaking can be learned, because I have seen it happen. It takes a strong desire, the willing-ness to learn and an organized system. When you feel you are speaking with power, innovation, and authenticity, you can feel as if the Spirit of Life is flowing through you, and you're just the vessel making it happen. When you feel the connection with the audience, and they can feel it with you, it can be one of the best feelings in the world." Join Rev. O'Connell for this powerful workshop.

March 29th - "Openness and LCUUF Values" –"I am open, and I am willing" is the first line of a Holly Near song popular among Unitarian Universalists. As UUs, we cherish the value of openness. Openness to new ideas, experiences and people leads to a willingness to act with greater wisdom and clarity. But what does it mean to be truly 'open'? Can we be too open? As they say, "Keep an open mind, but not so open that your brains fall out." We'll explore the benefits, and the limits, of openness as a value for our individual lives, and for our community. Rev. Matt Alspaugh is the speaker and Jak Koke is the Service Leader. The LCUUF Chime Choir will perform and there will be a New Member Recognition at the service.



**MESSAGE FROM
REV. MATT**

I've begun a study of Greek philosophers, particularly those post-Platonic schools like the Stoics and the Epicureans. In part I'm motivated by the fact that these Greeks, especially the Stoics, have become a Thing. A friend has invited me to her Stoic discussion group (unfortunately it's in North Carolina), and one of our members (Karawynn) recently gave a talk on Stoicism. I'm only at the beginning of my exploration, but a few things are already striking me. First is how popular interpretations of these schools are both simpleminded and unflattering. Stoics are seen as grim, emotionally repressed people who take life with a stiff upper lip, and Epicureans are seen as crazed pleasure-seekers after sex, power and money. I'm learning that the true nature of these philosophies is far more complex. Second, I'm amused at how relatively similar these schools are. If Stoics sought the good life by being "courageous, temperate, reasonable, and self-disciplined" the Epicureans believed, as one put it, "It is impossible to live pleasurably, without living prudently and honorably and justly, and also without living courageously and temperately and magnanimously, and without making friends, and without being philanthropic." The differences may have been more akin to e.g. the differences between the various synods of Lutherans, hugely important to them, but

trivial from the perspective of non-Christians. Third, I'm delighted to be finding parallels between these philosophies and other practices I'm more familiar with, such as Zen or Sufism. As one writer put it, "I found myself, much to my amazement, toying with the idea of becoming, instead of a practicing Zen Buddhist, a practicing Stoic." — primarily because as a Zen Buddhist, he'd have to meditate! This is just a new phase in a longer journey of spiritual exploration for me, but it's a phase that returns to old ground. It leaves me wondering that, as T. S. Eliot said, "the end of all our exploring will be to arrive where we started and know the place for the first time."

On Sunday, February 2, a large number of LCUUF folks worked with visiting minister Rev. Joan Van Becelaere to come up with three core values for LCUUF. After much back and forth, the group came up with these values: "Oneness", "Openness", and "Compassionate action in service to all beings." These values go to our board for further consideration. Ultimately, our values will help guide priorities and decisions, help us promote ourselves more clearly, and help us think about what makes us unique both within Unitarian Universalism and among Lakeside organizations.

I will spend three upcoming Sundays exploring what I think about these values. We begin on March 1, with "We Would Be One" and continues March 29, with "I Am Open" with the third following in April. Of course these will be my thoughts and I hope they are just conversation starters as we explore what these values mean in a deeper way, and explore how they can contribute to the success of our fellowship.



SHARE THE BASKET

Our Share the Basket recipient for March, April and May is UVA, University Vocational Assistance Program. UVA is the oldest functioning charity in Lakeside, providing scholarships for over 40 years to students, including post graduate and licensing. 100% of all funds received go directly to the students.



CHOIR NEWS

The LCUUF Choir, under the direction of Michael Reason, made its debut on February 2nd singing the Bill Withers's classic song "Lean on Me." The choir will be performing at the Sunday services about twice a month. Rehearsals are held every Friday at the Fellowship from 10am to 11am. After vocal warm-ups we prepare the hymns for the coming Sunday service and then learn and rehearse our showcase pieces. If you would like to join the choir and have a fun time while contributing to our music program please email Choir Director Michael Reason at mjrmusic01@gmail.com or speak to him on Sundays. You do not have to read music just a desire to join in the music making!



SERMONS & TALKS

We are going to be using the Sermons and Talks part of the website more. If there are recent sermons that you think should be posted, let Richard know by email at Richard@infinitepie.net The talks can be found at: <http://lakechapalauu.org/sermons-and-talks/>



HUMANIST DISCUSSION GROUP

The Humanist Discussion Group is cancelled until further notice



MARCH BIRTHDAYS

- | | |
|---------------------|------------------|
| 15 Lorna Dean | 27 Paul Bennett |
| 16 Marie McGregor | 22 Karawynn Long |
| 12 Mary Roam | 30 Susan Miller |
| 19 Michele Naquaiya | |



Lorna Dean
Treasurer

BOARD MEMBER MESSAGE

I am pleased to serve you as the new Treasurer of LCUUF. I will be responsible for managing our finances, banking, reports to the Board, and preparing the Budget. Previously, I was Treasurer of the Unitarian Fellowship of London, in London, Ontario, Canada, for four years. Before retiring in December 2016, I was self-employed as a researcher in the area of international human resources for 30 years.

The LCUUF Treasurer's tasks have now been split between two people. David Hudnall is handling the accounting and assisting with counting the offering. David managed the accounting and finances in his business for over 20 years. He also was involved in developing a yearly budget and served as the secretary to the Finance Committee at his former UU Church in the USA.

Susan Miller has issued U.S. tax receipts for 2019 to those who donated through Lake Chapala Unitarian Universalist Fund, Inc., the charitable organization in Texas. We have not yet received the tax receipts for 2019 for those who donated through the First Unitarian Universalist Church of Houston. I am following up on this.

On Saturday, Feb. 8, visiting minister, Rev. Joan Van Becelaere, conducted a Board Retreat for members of the Board to consider plans for the upcoming year.

If you have questions about your pledge payments or other financial issues, you may contact me at lmdean695@gmail.com or 376-766-6112.



LCUUF BOARD OF DIRECTORS

- | | |
|-----------------|----------------|
| President | Lewis Crippen |
| Vice President | Charles Jacobs |
| Secretary | Susan Miller |
| Treasurer | Lorna Dean |
| Member at Large | Eric Luria |
| Member at Large | Joan Ward |
| Member at Large | Fred Koesling |



LCUUF CHIME CHOIR

The UU Chime Choir will perform on Sunday March 29 during the Sunday Service. Reading music is helpful but not required. Whether you have participated before or would like to participate for the very first time, please see David Hudnall after the service. David may also be reached at: hollyfan20002000@yahoo.com or 331 903 0702. Join us. We have a lot of laughs and fun while learning to ring!



SICK BAY

Bob Koches fell down a flight of stairs, suffered multiple contusions and broke his arm in 10 pieces. He will fly to the US for orthopedic surgery. Lew Crippen is suffering from shingles in his eye. Please keep them in your thoughts and send healing energy their way.

NEW MEMBER PROFILES



Larry Pihl was born and raised in Chelmsford, MA, 45 miles NW of Boston. Larry holds a BSEE in Engineering and MBA from Northeastern University. Larry has 3 children and four grandchildren. Larry married Dee Dee Camhi in 2010 and began his Mexican experience living in Puerto Vallarta. Larry and Dee Dee moved to Ajijic in 2014. Larry enjoys scuba diving, hiking and downhill and cross country skiing in NH. He has a strong interest in the environment and has been heavily involved in assisting US citizens to vote from abroad and various civic outreach actions. He held Democrats Abroad, Mexico Chair 2017-19; DA Lake Chapala Chair 2015 -17.

Dee Dee Camhi is from Chicago and moved to Gloucester, Mass in 1975. She has always worked in a form of education from administration and teaching to leadership development, diversity, cross-cultural communication. Dee Dee moved north of PV in 2003, then to PV in 2006 where she ran the program in teaching training for English sponsored by the University of Guadalajara. Dee Dee has 2 sons and 2 grandchildren in Massachusetts. Dee Dee and Larry are active in Democrats Abroad, LCS, book clubs and service organizations.



Sharon Robinson is from Hayward California, has a counselling/psychology degree and is a retired massage therapist. Sharon is working on her memoir and has joined the LCUUF writers' group. She enjoys beading and making her own jewelry. Sharon's style of learning is direct experience rather than written language which has been a challenge. She loves to contemplate and discuss the nature of all existence, and believes in the inclusion of all living beings in love and respect. The LCUUF community is what she has longed for and it feels especially designed for her. Sharon is grateful to have found LCUUF.



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