



UPCOMING LCUUF SUNDAY SERVICES

- Aug. 2 – Personal Reflections on Systemic Racism, Part I** - Three speakers, Deborah Jones, Dee Dee Camhi and Alicia Widcliffe, will give personal reflections from their lives about systemic racism. Monica Devine will be the service leader.
- Aug. 9 – Personal Reflections on Systemic Racism, Part II** - Robert Barnett, Trudy Crippen and Sandy Boyd will continue our exploration of Systemic Racism giving personal reflections. Susan Miller will be the service leader.
- Aug. 16 - "The Spirituality of Everyday Life"** -. Even in our somewhat self-isolated lives today, we can find enough things to do that we can easily fall into a frenetic pattern of going and doing. With such activity, we can fail to pay attention to the deeper meaning in the world around us. We'll explore how we might hold ourselves open to such everyday spirituality. Rev. Matt Alspaugh will give the talk.
- Aug. 23 – “Myths”** – Jan Manning will speak about myths – their origins, meaning and power. Lynn Cleek will be the service leader.
- Aug. 30 – “Pay It Forward: Stories of Kindness from Strangers”** Esther Jones will share stories about acts of kindness and the impact they have on our lives. The service leader will be Fred Koesling.

For the foreseeable future, we are meeting on-line, at our usual time, Sundays at 10:30, using a service called Zoom. Here's how to get set up. We suggest you do this before the meeting.

To join via video on your computer, tablet or smartphone, please click the link below – you will be stepped through downloading a free app that will let you connect to the meeting. <https://us04web.zoom.us/j/233941792> Meeting ID: 233 941 792

Or, for audio, just dial-in by your location

+52 229 910 0061 Mexico

+52 554 161 4288 Mexico

+1 253 215 8782 US

+1 301 715 8592 US

+1 778 907 2071 Canada

+1 438 809 7799 Canada

+1 587 328 1099 Canada +1 647

374 4685 Canada

Elsewhere? Find your local phone number: <https://us04web.zoom.us/u/fnTR4N3JJ>

We encourage you to try to connect early, to get things set up. However, you won't be able to join the service until about 10:00am on Sunday. But it's good to get set up early.



LCUUF BOARD OF DIRECTORS

AUGUST BIRTHDAYS

01 Val Marcum	10 Els Abercrombie
01 Dee Dee Camhi	15 John DeWaal
08 Marty Weston	18 Sandy Wallin
08 Mario Pardillo	31 Sue Boyczuk
08 Alicia Macnamara	31 Carol Johnson
10 Jeanne Haley	

President	Lew Crippen
Vice President	Charlie Jacobs
Secretary	Susan Miller
Treasurer	Lorna Dean
Member at Large	Eric Luria
Member at Large	Joan Ward
Member at Large	Fred Koesling



**MESSAGE FROM
REV. MATT**

One of the books on my shelf (well, up in North Carolina) is a short gem called "Improv Wisdom: Don't Prepare, Just Show Up" by Patricia Ryan Madson, who is an improvisation teacher at Stanford. Madson tells us that the first maxim of improv is to say 'yes'. She says, "The world of yes may be the single most powerful secret of improvising. It allows players who have no history with one another to create a scene effortlessly, telepathically. Safety lies in knowing your partner will go along with whatever idea you present."

Based on my few brief encounters with improvisation, I agree completely. You develop trust by doing things together; by adding your creativity to ideas already in motion. The results can be beautiful and rich and completely unexpected.

I think we have a good culture here at LCUUF for saying "Yes." It was saying "Yes" to the need to shift our services online that allowed us to quickly (within a week) make that happen, and to say "Yes" as we've tried many things along the way to make those services better — things that sometimes worked and sometimes didn't. But sometimes an idea is not well thought out, or maybe it's an idea we don't feel we can do. Here we need to try to say, "Yes, and" and add some variation that perhaps brings clarity or points the idea in the right direction. "Yes, and" builds engagement and trust.

Let me give an example that I'm sure will come up at some point in the coming months. "We need something more than just on-line gatherings! We need to meet in person!" To which a "Yes, and" answer could be, "Yes, and we need to make sure people are safe." And so perhaps a rich idea might

emerge — like some UU churches that have had drive-in services, or drive-by events, or other outdoor plans.

We try very hard to say "Yes, and", to create a place where people are able, with minimal bureaucratic interference, to respond to their passions. We strive to create what in church-speak is a "permission granting culture."

"Yes, and" begins to transfer the ownership of an idea or a program from a single committee chair or leader to the congregation as a whole. It's the same thing that happens in an improv troupe, where the ideas begin to flow fast and furious, and the troupe works as a nearly seamless whole.

Especially in this time when everything is shifting, everything is fluid with possibility, we need to be open to new ideas. We need to learn how to say 'Yes' and 'Yes and' more often.



SOME NOTES ON ZOOM from Rev. Matt

We've been using Zoom teleconferencing from the first day we went to on-line services. It's largely served us well, and we're in good company, with many other UU congregations using it as well.

We've learned a few things along the way. Here are some tips for having a more enjoyable experience on Sunday mornings or in small gatherings.

You can run Zoom on a computer, a tablet, or a smartphone. Generally the computer is easiest, then the tablet, but it's good to know you can use any of these devices. You should be able to just click or tap the link (say, in an email), and get Zoom started.

When you move your mouse (or touch the screen of a tablet) a menu bar appears. It looks like this: (It

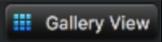


will be slightly different on tablets and phones.): The first button lets you mute or unmute your microphone. The little carat (^) next to it lets you access more audio settings.

The second button lets you show or hide your video. Again, the carat (^) gives access to more video settings.

The Participants button lets you see who is participating, plus some details (are they muted, is their camera on, have they raised their virtual hand). At the bottom of the Participants screen will usually be an option to raise your hand or provide other non-verbal feedback. We often use the hand to call on people in discussion.

The Chat button (sometimes hidden under More) allows you to send messages to everyone or to a specific other person. We often use chat to receive Joys and Sorrows in a service.

To toggle between a view that shows the person speaking (active speaker) and small pictures of participants (gallery view), look for a button in the upper right corner. (Upper left on tablets). On a computer it's like this: 

To hide everyone but the speaker, click the full screen button in the upper right - it looks like this: 

Then you can minimize the participant thumbnails by clicking the small leftmost rectangle above them.

There is much more information, including video tutorials, at Zoom's support site: support.zoom.us, and it's relatively easy to search and explore.

As a participant in a Zoom call, generally you can't break anything by playing around. Remember, we're all learning this stuff, so do play around and explore!



HELP FOR SUNDAY SERVICES

We're looking for people to help on our Sunday Services in numerous ways.

Content production and presentation - speaking, leading services, reading (these can be done from home or the Fellowship 'studio')

Technical support and backup - greeting, production, camera and sound help, and backup for our regular workers (again some roles can be done from home, others are done at the studio)

Curious? Interested? Write to Matt at minister@lakechapelauu.org, or talk with one of the Sunday Service Committee members.





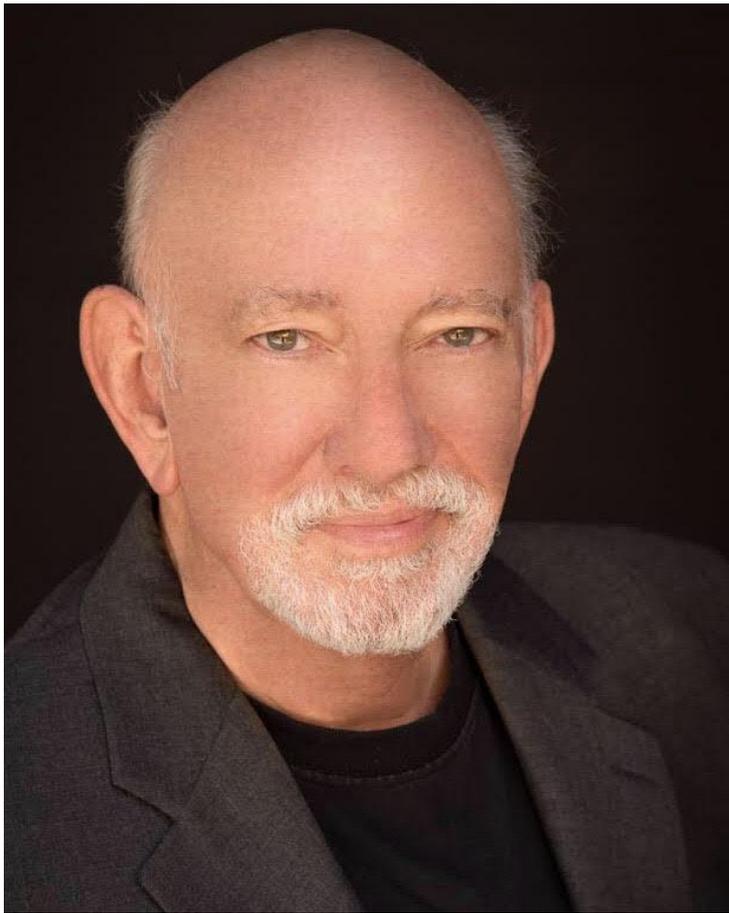
FROM THE BOARD

Charlie Jacobs, Vice President

With the spread of the Coronavirus the Fellowship decided to discontinue in person meetings on Sunday mornings and instead do a streaming video of the Sunday service. The effort was begun by Reverend Matt and the members of the Sunday Service Committee. We began in March and the participating members of the Sunday Service Committee were: Rev. Matt Alspaugh, Cat Barnett, Roy Haynes and Richard Clarke. Michael Reason was there to provide music. I was not asked to be there but I included myself. Matt gave the homily. Cat was the service leader. Richard was running the computer. Roy was working the lights. I had no assigned job and was asked to take photos of the proceeding for a behind the scenes view. Things were a little rough, as was to be expected for our first try at a streaming video service. The following week I was invited to the run through on Saturday and asked to run the computer. Things were just as rough on Sunday since we had changed a few things and were still feeling our way. It was about this time that we began to have the breakout sessions after the Sunday service. Colleen Berry was in charge of the breakout room and keeping things going smoothly during the talking among themselves by the people who stayed to participate. As time has gone on, we needed more help with the breakout room and Trudy Crippen provides that help. We try to use sanitary practices when we are working at the UU. Richard, Trudy and Colleen all work from home. Those of us working at the Fellowship wear our masks and try to stay six feet apart. All of us are aware of the danger we pose to each other and we are trying to minimize the danger. Each week we get a little better. With experience we are making fewer mistakes and delivering a more pleasing experience. Matt, who took the lead in researching new

ideas, discovered OBS Studio, an editing program that is wonderfully adapted to what we are trying to do. When we first attempted to use it, things did not go well. It took time and experimenting to understand how to make the best use of the program. Then the Sunday services began to get better every week. We were still never doing things the same way two weeks in succession but things were improving. We made a breakthrough when we started using Power Point for our slides. We now can set up all slides as well as any included videos ahead of time and insert them where needed. Our latest improvement was to get a camera that had zoom capabilities. Now we can more accurately frame a camera shot for best effect. We also brought Jan Manning into the group as our sound board operator. We are doing our best work so far but there is always room for improvement. Our goal is to have a presentation with no flaws or errors. We have not done it yet, but we are working on it. After our run through on Saturday we are usually ready for the Sunday service. Sometimes we get blindsided by a problem that shows up and it is hair pulling time until we can get things running smoothly again. On Sunday mornings I operate the computer, Jan operates the sound board, controlling the volume and muting or unmuting microphones as needed, Cat operates the computer with the slides, Roy works the cameras and Michael plays the piano and operates his computer for additional music. If Matt is not the speaker, he is monitoring the service and checking on what the viewers are seeing and hearing. Richard is working from home bringing in any off-site speakers. In the past few weeks we have had a number of off-site speakers and they are being worked in so smoothly that it is sometimes impossible to know that the speaker is in the US instead of in the studio.

While things are going well, we are looking to the future. I am currently teaching Cat and Roy the use of the OBS Studio program. We want at least three people able to do each job. During the practices on Saturday mornings we try to make sure that each person has a chance at learning some of their neighbor's job. We are looking for a few volunteers to come and work with us and become part of the team. It is helpful to have some technical knowledge but not necessary. If you would like to join us please give us a call.



Fred Koesling **MEMBER SPOTLIGHT**

Born in Erie, raised in Pittsburgh, a graduate of Allegheny College in Meadville, I spent my formative years in Western Pennsylvania. I surrendered to the siren call of California in the 60's and moved West. After a year of law school in San Francisco (didn't think it was for me), I moved to LA and like the many thousands thought to chase the dream of a career in entertainment. Five years of craziness later (there is more than one book in there somewhere), numerous back street stage productions and one TV pilot that never saw the light of day, I migrated back East to Washington, D.C.

I had supported myself in Los Angeles working as an assistant in the furniture buying office of The May Company, Los Angeles, and took the same route in Washington with the grand old carriage trade store, Woodward & Lothrop. Thirty three years later I emerged from a career path in the furniture business, first as a department store buyer and later

as a V.P. of merchandising and marketing with upholstery manufacturers in North Carolina. It suited me, and in the years when things started turning upside down in the world of retail and manufacturing it served me well to have the background to move between both.

In Washington I became a certified family man, producing two wonderful kids who were primarily raised in Hickory, North Carolina. Naturally both, upon graduating university in North Carolina, made their way to New York City, where they continue to live today in The Bronx. My daughter has gifted me with two grandkids (she married a fellow North Carolina theatre major), and so the circle of life continues.

After my first marriage of 18 years ended, I found a soul mate among my furniture associates. Seven years later I lost her to a long struggle with stomach cancer in 2002. To say my world turned upside down would be the understatement of the year, and partially set the course for my move to Mexico where I have now lived going on 16 years.

I never lost the acting 'itch' and while I 'abstained' for 25 years, busy with the family and the job, I scratched the itch in again in North Carolina and eventually here in Mexico. Lakeside Little Theatre introduced me to my companion of many years, Liz White, a theatre professional, who I lost to a series of strokes two years ago. Life does go on, and while I am of an age to accept that full scale theatre performances are behind me, I revel in the knowledge that I enjoyed wonderful years pursuing my fantasy avocation.

As to my spirituality I spent a number of years in the Episcopal Church, and in the Roman Catholic Church, but my very personal leanings have long been to the universality of our existence and so I found my way to LCUUF. Lucky me!



SHARE THE BASKET

The LCUUF Board will revive our Share the Basket program with a donation of MXN 5,000 pesos to *FoodBank Lakeside*

<https://www.facebook.com/FoodBankLakeside/> for July. We plan to continue donations of MXN 5,000 pesos, per month, to various organizations providing food to the local community during the coronavirus crisis.

We are asking the congregation to donate to support this program (separate from their pledge payment). If we collect more than MXN 5,000 pesos in any month, the full amount will go to an organization providing food to the local community. If we collect less than MXN 5,000 pesos in donations in any month, the balance will be subsidized from the LCUUF treasury, as long as this is financially feasible.

Our Share the Basket program was suspended when we stopped having in-person services in March. Prior to that, the Share the Basket program contributed half of the loose offering (which were not pledge payments) to a local organization and half was retained for the LCUUF treasury. We now plan to donate all the funds to the selected organization each month.

Please designate your donation for Share the Basket when you use one of the following payment methods:

1. From a U.S. or Canadian PayPal account, in U.S. dollars, to lcuufinc@gmail.com Put Share the Basket in the Memo portion of the transaction and set it for "Send money to a friend" to avoid fees.
2. By BillPay from your U.S. bank to our U.S. charitable organization, Lake Chapala Unitarian Universalist Fund, Inc. Contact Susan Miller ssmiller999@gmail.com for bank information and tell her you are making a Share the Basket donation.
3. In cash in Mexican pesos. Contact Lorna Dean lmdean695@gmail.com for drop-off addresses or to have someone pick up your donation. Put the pesos in an envelope with your name, the amount, the date, and Share the Basket on the envelope.

By Lorna Dean, Treasurer



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