



**We are now meeting in person again, and also on Zoom.  
You are encouraged to attend. Covid Vaccination and masking is required.**

## **Upcoming LCUUF Sunday Services**

**Oct. 3 Reflections on Kindness and No Judging** – LCUUF members Susan Miller, Sharon Robinson, Robert Barnett and Cat Barnett will offer reflections on kindness and not judging others.

**Oct. 10 Résumé and Eulogy Virtues** - A few years ago, New York Times columnist David Brooks wrote a column in which he noted the difference between what he called 'résumé virtues' and 'eulogy virtues', with résumé virtues being "the skills that you bring to the marketplace, while eulogy virtues are 'the ones that are talked about at your funeral.' This concept, of résumé versus eulogy virtues, engendered a lot of conversation. It's especially salient for those of us who are in our tercera edad (third age) of life, and we begin to evaluate what we've accomplished and what we still have to offer. We'll explore some of these questions, and how they relate to our happiness and wellbeing. Rev. Matt Alspaugh will give the talk.

**Oct. 17 Coming Out as Trans** – Karen Carlson, a transgender woman, will offer her thoughts on coming out, and tell some of her own story. She married over 30 years ago, a long time before she transitioned to being a woman full time.

**Oct. 24 Eight Practices that Create Peaceful Transitions Through Life and Death** – Loretta Downs, who lives at Lakeside and has many years of practice at hospital and hospice will talk about life, death, and companioning the dying.

**Oct. 31 Dia de Los Muertos** – The Mexican holiday Día de los Muertos invites us to explore the meaning of death, life, afterlife, and our connections with people living and dead. As part of our service, we will feature a virtual ofrenda slideshow of loved ones and friends who have passed on. If you would like your loved one included in this presentation, please send to roy\_haynes@aol.com by Sunday October 24, 2021: a photo of your loved one(s), their name(s), and their relationship to you. The talk will be given by Rev. Matt Alspaugh and the Service Leader Dee Dee Cahmi.

## A Change in In-Person Fellowship Attendance Requirements

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The LCUUF Board decided at their September meeting to amend the current, in-person attendance requirements. **We will now require that all attendees be vaccinated for Covid.** No one will be required to show proof of vaccination. You may be vaccinated anywhere, with any vaccine. This change will be effective beginning with the first service in October. Masking and social distancing will still be required for attendees in addition to Covid vaccinations.

This change is being implemented in an effort to be responsive to the congregation and to encourage in-person attendance. The Board will review this new policy after we have had some experience with this change. We will carefully consider feedback from those attending and those not attending. Of course we will also review any change in the number of attendees.

So that you are aware, the Board was split in coming to this decision, so it is especially important to let us know your feelings about, and experiences with, this new policy.

Lew Crippen, LCUUF President



We are also 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.



Rev. Matt Alspaugh

## MESSAGE FROM MATT

Kriss and Deb Gang offered a wonderful service a few weeks ago in which they explored a significant transformation in their lives. As Kriss relates it, two books, *Life, Inc.* and *Walden on Wheels*, were what opened his eyes and helped him change his career direction. Kriss and Deb are now in Lakeside thanks to the possibilities opened up by those books. Kriss' reflection caused me to recall a book that, while more prosaic, had a similar effect on me. This was "Your Money or Your Life" by Joe Dominguez and Vicki Robin, which Liz and I read in the late 1990s. This book got us to think about our income and expenses in terms of hours, or as the authors call it, "life energy," rather than thinking of it in dollars. We followed many of the precepts of this book, for example tracking our expenses down to the penny for a while, and came into a different relationship with money.

While it's hard to trace the connection directly, I think that new relationship helped me take the risk of changing careers from tech to ministry, and later of choosing to serve a congregation in Mexico, where both the pay and the expenses are significantly less than they would have been stateside. I've also been amused to learn that "Your Money or Your Life" has made a bit of a comeback in the last few years among people much younger than me. It's become the testament for the so-called FIRE movement: Financial Independence - Retire Early.

The FIRE adherents live minimalist lifestyles, so they can build up significant savings and retire earlier than most other people. But what is retirement? It's not necessarily giving up work altogether, but making work optional; with more freedom to choose the nature and conditions of work to match one's own sense of purpose in life. That might be volunteer work, or part time work. Or nothing at all. Perhaps you have encountered a book (or a person, event or other resource) that led to an "Aha moment," as Kriss suggests, that has transformed your life. Or maybe you've encountered more than one such moment. If you think this might be a theme for a discussion group, let me know.





## SHARE THE BASKET

Now that we are having in person services again, any loose pesos in the offering basket on Sunday will be split: 1/2 to the LCUUF general fund, and 1/2 to the Share the Basket recipient for the month.

If you pay your pledge or make a donation to LCUUF by PayPal, by Bill Pay, or pesos directly to Lorna Dean or David Hudnall, you may specify the amount that you want to donate to the Share the Basket program.

Our policy for Share the Basket, during the coronavirus crisis, has been: If we collect more than MXN 5,000 pesos in any month, the full amount will go to an organization providing food to the Lakeside 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. However, we have received over MXN 5,000 pesos for each month so far this year.

Our Share the Basket recipient for October 2021 is Tepehua Centro Comunitario AC <https://tepehua.org> which runs a nutrition program for its elderly, sick or poverty-stricken members, among other social service programs.



## 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	Cat Barnett
Member at Large	Kriss Gang



## OCTOBER BIRTHDAYS

03 Bill White	12 Jak Koke
07 Bob Koches	15 John Roam
09 Susie Lindeman	16 Jim Bellamy
09 Trudy Crippen	17 Curtis Kirker
10 Fred Harland	29 Lynn Cleek



Frank Howell



## **MEMBER SPOTLIGHT**

Frank was born and grew up in Fargo, N.D. At the age of 13, his family moved to Fort Worth, TX, where he finished high school. As a “damn Yankee” he knew he was different from the other kids there, and never felt fully at home. He attended TCU for 2 years, and when his family moved to Tucson, AZ, he transferred to U of A. At U of A he studied sculpture and graduated with a BFA.

Following marriage to his first wife, the couple moved to Eugene, OR, where he continued his studies, obtaining a MFA in the mid-60’s. He taught ceramics in the Los Angeles school system at Washington High School from 1966 to 1971, ending his career there as the department chairman in 1971.

Believing in his own instincts, he, his wife Judy and 2 young children moved to Los Gatos, CA, in the San Francisco bay area, and opened a small retail pottery shop in Los Gatos. Within a few years, he was carrying the work of over 100 potters and artists from around the western U.S. as well as selling his own work. During the 1970s and 1980s, “Mud in Your Eye” was the largest retailer of American-made functional stoneware in the country, with 3 locations.

He wrote “The Craft of Pottery” showcasing unique teaching techniques to help beginning potters, which was published in 1975 by Harper & Row, and was published in both English and Spanish. Frank has trained and apprenticed over 25 potters, many of whom have gone on to build their own businesses and earn their living making beautiful and functional stoneware.

The Los Gatos shops closed in 1989. In 1989, Frank met Cate, and the magic happened instantaneously. Within a month, they were living together, and were married the following year in Santa Cruz, CA. In 1996 they moved to Bellingham, WA, reopened “Mud,” and for 12 years had a successful retail business in an historic district, Fairhaven.

Cate and Frank moved to lakeside in 2008, just as the economy up north was going down. The first few years were a struggle, but after Frank opened a studio at their home in Mirasol, offering classes, life improved. He finally made a total retirement in 2020, selling his complete studio. He now spends most of his time reading and watching sports.



## **HUMANIST DISCUSSION GROUP**

The Humanist Discussion Group will meet on Wednesday, October 27th at 4pm. <https://us02web.zoom.us/j/86577912863>

Anthropologists, (quantitative) historians, and sociologists have proposed a variety of explanations for the collapse of civilizations involving causative factors such as environmental change, depletion of resources, unsustainable complexity, invasion, disease, decay of social cohesion, rising inequality, secular decline of cognitive abilities, loss of creativity, and misfortune. What are the lessons we can learn for our modern global times? We have skirted this issue in past discussions; it is time to study this topic in depth. If you wish to receive the reading materials prior to the meeting and are not on the mailing list please contact Bob Koches at: [bobkoches@gmail.com](mailto:bobkoches@gmail.com)



Cate Howell



By 2011 she was serving on the LCS board of directors, on the UU board as treasurer for 4 years, and was manager of the LCS library for 10 years, retiring from there this past spring to be home with Frank. She is now enjoying a slower pace of life, and taking care of her husband.



The Nominating Committee is open to submissions of members that would like to serve the LCUUF in Board positions for the 2022-2024 term: President, Secretary and three Member at Large positions will be open. Also, there will be open positions to fill for the 2022 Nominating Committee. If you are interested in being on the list of nominees or recommending a member, please forward the nominations to Paula Odom at [paulaodom01@gmail.com](mailto:paulaodom01@gmail.com)

Cate was born in Bar Harbor, ME, a post-war baby in a pre-war family. Her family moved to Detroit when she was 2 and then on to Spokane, WA when she was 7. After high school in Spokane, she attended Scripps College, a small women’s liberal arts college in Claremont, CA, with a degree in literature. With an unemployable degree, she continued to work in chemistry labs on campus when she and her first husband moved to Penn State University for his graduate work in chemistry. They lived there until 1969 when his draft notice came through and they packed up and moved to Toronto, Canada.

Following a divorce, Cate stayed in Toronto for 7 years, working a variety of jobs, including 4 years in student service offices on the University of Toronto campus. In 1974 she and a coworker quit their jobs and spent 4 months traveling on the cheap through Europe, from Wales to Portugal to Turkey, with all points in between. Seeing expats living abroad opened her eyes for the first time to the idea of living outside North America.

She moved to Vancouver, B.C. where she lived for 5 years, taking up skiing and mountain hiking again after years of missing it. She returned to the U.S. in 1981, when a contact in Canada offered her a job in Denver running his new data storage facility. She stayed there for 4 years, loving the mountains, but then the old wanderlust kicked in again and she moved to the Bay Area of California, wanting to be back on the “Left Coast.”

She met Frank in 1989, and when they left California for Washington in 1996, she ran his pottery business for 12 years before they retired to Mexico. Cate fell in love with the Lake Chapala Society library and began volunteering there in 2009.





Eric Luria, Member at Large

## **BOARD MEMBER MESSAGE**

Every week we provide financial support through our Share the Basket program. Now that we are gradually having more in-person members and guests at the fellowship on Sundays we are also passing the real basket in addition to our online donations. I thought you would appreciate a little information on each of the charities that we support.

Poco a Poco was started in 2016 to support the community of San Pedro Itzcan and surrounding villages. The town itself has about 5000 people. The total area actually consists of about 12 small villages and towns consisting of approximately 20,000 people. This is an extremely poor area of Mexico with many healthcare problems, poor sanitation, lack of adequate drinking water and very limited transportation. There is minimal local employment so the men frequently have to travel to Guadalajara or other nearby cities and might be gone for a week or more at a time. Education level is low and there is a significant amount of illiteracy. Poco a Poco provides food and clean drinking water. They also are working on setting up small projects to enable locals to have small employment opportunities for such things as homemade crafts. They also work with children getting them into school. There is a lack of adequate food and they provide a “kids community kitchen” and provide about 300 children food five days a week.

Foodbank Lakeside serves Ajijic. It was started last year after the Covid epidemic struck the area which resulted in many lost jobs. This has compounded the already great need for help with the impoverished families and disabled individuals. Each month the foodbank distributes a despensas of basic food and essential products. It includes beans, rice, eggs, milk, soap and toilet paper.

Our third recipient is Tepehua Centro Comunitario. This is a neighborhood on the top of a hillside above downtown Chapala and is one of the poorest areas in the state of Jalisco. Starting in 2010 an empty building was re-renovated into a community center. Over the last 10 years many essential services were arranged. Today this includes a soup kitchen, counseling program and a nursery. There are also various health services. There is a bazaar that allows locals to buy inexpensive clothing and also is a place where residents can sell their homemade products such as facemasks, shopping bags, purses and the like. They have programs to help women develop small income producing products along with a program teaching sewing.

Last, but not least, we contribute to Operation Feed, which is an organization in San Juan Cosalá run by Augustine which provides food assistance to needy families in the area.

All these organizations which our fellowship supports have great ongoing financial needs. They would appreciate any personal donations. It is easy to find their websites online.



The LCUUF News-letter is produced to provide LCUUF news to members and friends. Deadline for contributions to the November newsletter is October 20th and should be sent to Editor Kathy Koches, at: [kkoches@gmail.com](mailto:kkoches@gmail.com)