



**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**

**Nov. 7 – A Winter’s Reflection** – As a UU Humanist who just turned 80, Bob Koches will reflect on aging and his search for spirituality. Kathleen Pharis is the Service Leader.

**Nov. 14 – Interoception** - How do you know what you feel? Interoception is how; it’s the process of feeling your internal feelings. There is much scientific interest in this now, in how improving interoception can improve your life, your relationships, and your health. And there are easy ways to improve your interoception. Come listen to Richard Clarke, our meditation expert, tell you more. Carol Johnson will be the service leader.

**Nov. 21 – Thanksgiving** – Let us Give Thanks...With all the trouble in the world today, it is often hard to just be thankful. Janice Kimball will explore the not so “textbook” truth of the origins of Thanksgiving in the United States and the ongoing conversation of not telling the truth about American history. Why is it so important to “color” the truth? How can we be thankful given our history? And what does that say about us? Janice Kimball will give the talk and Roy Haynes will be service leader.

**Nov. 28 –The Good Life/The Rich Life** – Most of us say we want a good life, but what does that mean? This has been a question for thinkers since at least the ancient Greeks (and Stoicism has reemerged in popularity in recent times). More recently, psychology has weighed in with ideas about the good life. We'll explore what these might mean for us. Rev. Matt Alspaugh will give the talk and Liz Hill will be the service leader.

## 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

When I first encountered meditation over 30 years ago, it was presented as this arduous, challenging practice. You sat rigidly, and forced the mind into stillness. I was a complete failure at stilling my wandering monkey mind. Little wonder that I abandoned the practice. While I tried meditation in various forms over the next couple decades, it just didn't 'stick'. Ultimately, I did find a practice that worked for me, and it became a daily practice for me for about two decades.

In those years, meditation was outside of the mainstream, maybe even cultish. I recall being part of a panel presentation on meditation at a UUA General Assembly in 2004, where we led the group in a short meditation. Afterward a woman came up to me and said she had been quaking in fear at the thought of doing meditation, but our meditation wasn't nearly as bad as she expected. That was a small step.

Meditation has become much more mainstream, with many teachers, classes, podcasts, and apps available to help people start and develop their practice. Part of why meditation has become more mainstream, I think, is that many teachers offer a more approachable practice. I've seen this in my own practice. I now accept that the wandering mind is just part of the practice. When the mind wanders it may feel like a failure, but it is to be welcomed. In that failure we get the gift of bringing the mind gently back to the practice, without judgment or criticism. We simply return to focus, and begin again.

Seen this way, meditation can be a metaphor for life. I look over the arc of my life and see its string of failures -- school rejections, job terminations, broken relationships, financial losses, foolish actions, bad decisions. When these failures come to mind, I have too often berated myself for poor choices, weaknesses, and inadequacies. I try now, through my meditation practice, to learn acceptance, reflecting that these failures are part of life. Part of the practice is to hold our failing, imperfect selves with kindness and affection. The practice is to remind ourselves that we would not be here, at our places on the path, had we not had all our experiences in totality, good and bad.

Such a practice of life invites an open, curious stance to life. What's next? What now? When we're able to accept whatever may come, we are more courageous, willing to take risks, and to chance failure. We become more accepting of others, in their successes or failures, seeing them without judgment, envy or blame. We begin to see more clearly the intertwined nature of the paths of all people, all beings, all acceptable, and thus glimpse the underlying unity of life.



November 2, 2021



## PRESIDENT'S MESSAGE

One of the recent actions by your Board was to clarify our LCUUF communications policies and practices. After some discussion at today's Board meeting, I am clarifying some of our practices. We have a few ways that we all can communicate with each other, primarily via our Facebook page and our io groups' account. Our Facebook page is lightly moderated and open to all reasonable discussion, including matters of general interest to individuals on topics that may have little or nothing to do with LCUUF activities. For example this is a perfect place to discuss art, literature, ethics, or just to present one's own views or upcoming events. Pretty much anyone can join in Facebook discussion. Our io groups is designed primarily for information from and about LCUUF. A more official conduit, wherein information about upcoming and past services can be posted in order to inform our congregation (and visitors and friends who apply for admittance), as well as items of interest. Io groups is more heavily moderated and postings must be approved by a moderator before being displayed.

To restate: Facebook can be used by members, friends and visitors for both LCUUF specific topics and items of general or personal interest. Polite discussion and replies about these issues and items are encouraged. However, io groups is solely for LCUUF specific topics and is also a repository for general LCUUF information. Please understand that replies to io groups postings will likely not be displayed, although such replies may receive individual answers or acknowledgement. As always, thanks for your consideration.

## Making your UU Pledge for 2022

The Pledge Campaign for LCUUF is underway for the next fiscal year, February 1, 2022, to January 31, 2023. Our goal this year is MXN 750,000 pesos.

As of October 18, 2021, we have received pledges totaling MXN 459,900 pesos from 17 pledge units. A pledge unit is a single person or a couple who pledge together.

I encourage all member and friends to make their pledges for next year as soon as possible. We intend to wrap up our pledge campaign on December 5, 2021. Email your pledge to [Treasurer@LakeChapalaUU.org](mailto:Treasurer@LakeChapalaUU.org) and state your pledge for 2022-23 as an annual amount. It is best if you specify your pledge in the currency you plan to pay it in (pesos, U.S. or Canadian dollars).

There are also paper Pledge Forms on the table at the Fellowship if you attend in person. You can put the completed Pledge Form in an envelope in the offering basket. It is not necessary to start paying on this pledge until after February 1, 2022.

Lorna Dean, LCUUF Treasurer



## 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 assistance to low-income members of 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 November 2021 is Operation Feed which provides food assistance to local families in San Juan Cosalá.



## 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



## NOVEMBER BIRTHDAYS

- 13 Sharon Robinson
- 22 Dave Miller
- 24 Norman Woods



Sue Kelley



C.B. Kelley

## MEMBER SPOTLIGHT

Susan Rae Finlayson was born December 17, 1936 at Memorial Hospital in Waterloo, Iowa. After her brother, Bruce, was born in 1937 the family moved to Mason City, Iowa, a small city serving the rural farming community around it. The Music Man was born here as well as a hotel and bank designed by Frank Lloyd Wright. When Sue's Dad was drafted into World War II, her mother started working at the Mason City Public Library. The library and staff became a refuge for the Finlaysons. To walk to the library Sue walked past 11 homes designed by FLW assistants. When Sue's Dad was released from the Navy the family moved to Oklahoma. The kids really believed they would see wild Indians and were not too happy about the move. Sue remembers seeing her first cotton field. While in Muskogee the Finlayson family would expand to include brother, Mac. Sue and Bruce would go through the Muskogee Public School System. Sue would take a gap year and then enroll at Oklahoma State University in Stillwater, Oklahoma where she would meet Kelley.

Charles Byron Kelley (now you know his real name) was born May 6, 1936 in Stillwater, Oklahoma. He has two older sisters, Bonnie who died several years ago and Jeanette who is 14 years old than Kelley. Kelley's mother went back to work when he was six and had started school. He went through the Stillwater Public School System and enrolled at Oklahoma State University. It was here he met Sue. Sue's sorority house backed up to Kelley's fraternity house. It was

unavoidable! Sue and Kelley were married on August 15, 1959 in Tulsa, Oklahoma where Sue's family now resided. They started their married life in Norman, Oklahoma but Kelley was drafted almost immediately. He would complete his basic training at Ft. Carson, Colorado and go to IT school in Indianapolis. Sue was able to join him there. Upon completion of that course Kelley was sent to Metz, France, a far away, scary place in 1960. Sue went to work to pay for a trip to France which she made in December of that year. The three years in France were exhilarating. They lived through the French/Algerian war. They learned about art and music in a way that would not have been possible in Oklahoma. While in Metz, Kelley wrote an inventory system for the Base Commissary that was eventually used in Army Commissaries all over the world. Once Kelley made SP/5 and Sue was working at the Officer's Club they were able to travel not only all over France but to England as well. Imagine being 23, in love and in Paris! Sue's mother and her best friend spent time visiting them. Not at the same time, of course.

Once discharged from the Army in 1963 Kelley was looking for another overseas position. He ended up with Jersey Research in Tulsa, Oklahoma waiting for a transfer to Houston, Texas in preparation for a permanent transfer to Tripoli, Libya. Kelley left for Tripoli in August 1965 for a position with Esso Libya. Sue followed in December of that year, this time first class paid for by Standard Oil of New Jersey. Sue and Kelley would spend seven years in Tripoli. Kelley was busy with work while Sue did what stay at home wives did. Eventually she would spend two years as the Oil Companies school librarian. This school was maintained by the oil companies in Tripoli and had 1,000 students and a staff of 100. Those years would include an Arab-Israeli war with the evacuation of several hundred Americans and Europeans including Sue, a revolution that would change the world, beach visits along with visits to Roman ruins that are centuries old, and even building a still once Ghaddafi came to power, and

many trips throughout Europe. Sue has written a book about those years. After Ghaddafi took power just about everyone wanted out of Libya including the Kelleys. Our first stop would be New Orleans for a year and a half and then Dover, Delaware for five years. Kelley would be working for Playtex, they would buy a house and Sue would become a paid lobbyist for Common Cause of Delaware working with then Senator Joe Biden. We would be fortunate to attend parties in Washington, D.C. and meet prominent politicians. Sue also finished her degree at Wesley College as a paralegal. They landed in Houston, Texas where they would stay for 25 years. Sue would pursue her career as a paralegal and Kelley would work for Houston Lighting and Power as a systems analyst. They bought a house with a yard full of roses that would consume their weekends. They added dogs and cats to their family eventually rescuing 3 dogs and 9 cats. They took many trips through the HL&P travel club and eventually landed in Merida, Mexico in 1981. They were hooked. They would travel throughout Mexico during these years. They had subscriptions to the Houston Symphony and Houston Grand Opera. They were close enough to Stillwater to enjoy some Cowboy football and since the Houston Astros were then in the National League they were able to see the Chicago Cubs every year.

They said it was not a hard decision to decide to retire to Mexico. They made five trips to Mexico during the early 2000's trying to find the perfect place. Guadalajara was the last stop and this area seemed to have what they needed. They moved to San Antonio in October 2005 two months after Sue had knee replacement surgery. Sue had asked her UU minister in Houston what they were going to do for a church. She presented the list of what was available and he suggested she might have to start a church. She did not do that but was active in getting the current LCUUF on its feet. Sue was a member of the original Steering Committee and on the Sunday Service Committee for seven years,

chairing it for one year. Sue also worked for four years as a volunteer at the LCS library and then spent four years setting up a children's library at Love In Action. Kelley was doing other things with his photography and Picasso classes but had time to be the church photographer. Sue says that now that they are in their middle 80's and have had a full life it is time to relax and enjoy what time they have left.



## **HUMANIST DISCUSSION GROUP**

The Humanist Discussion Group will meet on Wednesday, November 24th at 4pm. The majority of us are now in the Third Age. How do we as Humanist celebrate Life of lost friends? This is a deep and reflective discussion as UU Humanists about our own spiritual paths. <https://us02web.zoom.us/j/86577912863> 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)



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)

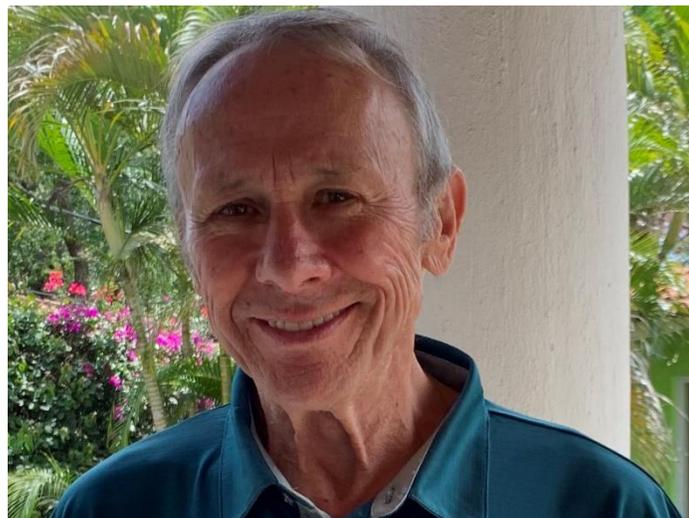
# Welcome New Members



**Richard Krueger & Riki Martin**

**Richard Krueger** was born in California. Left in the early 80's with his soon to be wife Riki Martín. Together they lived 11 years in Alaska where they homesteaded 20 areas of Alaskan forest, later moving to Montana and Washington for a time, later moving to Nicaragua. After an attempted government take-over in 2018, they moved to Lakeside. Richard enjoys woodworking, carving, pen turning and water color painting.

**Riki Martin** was born in California. Left in the early 80's with her soon to be husband, Richard Krueger moving to Alaska, together they enjoyed hunting and fishing and where they homesteaded 20 acres of virgin Alaska. In the mid-90's they return to the lower 48 to start a farm and travel. After spending time living in Costa Rica they ended up living in Nicaragua. After an attempted Government take over there in 2018, they were prompted to move to the Lakeside area in 2019. Riki enjoys knitting, fishing and gardening.



**Tom McClure** Thomas McClure has over 30 years experience in USA and international project design, development, fund raising, management and evaluation. He is the founder and former President and CEO of Support Centers International (SCI), now located in Berea, KY. He has been instrumental in helping SCI create and fund community based community development and addiction prevention and treatment initiatives in KY, Eastern Europe, Egypt, South Asia, Africa and Mexico. Tom is currently the Chairman of the Elks Tri-County Lodge Drug Awareness Project in Kentucky.



Daylight Saving Time ends here in Mexico on October 31<sup>st</sup>.

It ends in the USA on November 7<sup>th</sup>



## **BOARD MEMBER MESSAGE**

### ABOUT THANKSGIVING

To my dear beloved community:

My main thought as November approaches is that I'm glad the rainy season is over. From what I hear, we are not alone in having at least a half dozen roof leaks at our house fixed in the last three months. Thank goodness that's over until next summer. At the Fellowship I am still enjoying seeing people in person, since we opened back up in July. I hope that more members will feel comfortable coming to in-person services soon.

Robert and I went to the US in September for two weeks, and we experienced what I imagine many of us here at Lakeside have experienced going north. We were not able to see our elder family members because they still felt too nervous about gatherings (with travelers), even with all vaccinated family. We were also not able to see the youngest family members – our two nieces who are 11 and 9 - because the vaccine was not yet available to children their age. We did see our son and his wife who live in Houston, and we visited with some old friends there. But this pandemic is still wreaking havoc on our family and social lives.

Something I have been noticing for the whole two years of the pandemic is how angry and frustrated EVERYONE is these days. We are mostly able to hold on to our civility, but it is a thin veneer. I find myself angry at the slightest frustration. This surprises me very much. I am a generally kind and happy person. In the US, the retail, hospitality and restaurant industries are having trouble finding workers. The work is physically demanding and low wage. But when you add to that the fact that customers are much more difficult than they were just a few years ago, well, people are quitting their jobs. Who wants to work in an environment where your customers are rude to you

all the time? When there are too few workers, the problem gets worse. Customers blame workers for delays (and everything else), and in restaurants and hotels they often they don't tip much, if at all. So the workers who are left quit their jobs to look for workplaces where they can work with dignity for a living wage. Social scientists are calling this the Great Resignation. When you are interacting with a person in a store or a hotel or restaurant, remember that your level of frustration is not being caused by that person. Remember to be kind, despite the pandemic.

I very much hope that things will be better in the spring. But before that, everyone has to get through Thanksgiving and Christmas with little or nothing in the way of family gatherings. Like many other Americans, I have always liked Thanksgiving the best out of our holidays. It's a beautiful time of year, and it was wonderful to visit with family that we seldom see. But this year I will try to enjoy the season here, not so much winding down to a cold and barren winter as rolling along through many lovely warm days and cool nights. We will have fires in the chiminea sometimes at night, and we will be okay. We will have to have our holiday celebrations at the Fellowship with our chosen family and be content. Living here, we all have much to be thankful for.



Happy Thanksgiving  
November 25, 2021



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