



Upcoming LCUUF Sunday Services

Feb. 6 – Critical Race Theory –Critical Race Theory is the idea that one can analyze systems, institutions, and power through the lens of racism. It developed in the United States in the 1980's and is beginning to be applied in other countries today. It has come under attack by conservatives who see it as divisive and unpatriotic. We'll explore how CRT fits in understanding the culture, the history, and perhaps the religion of the USA, and how it might be applicable elsewhere. We'll also explore how CRT relates to UU values. Rev. Matt Alspaugh will give the talk and Service Leaders are Sue Kelley and Deb Gang

Feb. 13 – Building the Beloved Community One Drop at a Time - Our goal is to create a beloved community, and this will require a qualitative change in our souls as well as a quantitative change in our lives. ~ Dr. Martin Luther King Jr. ~“The Beloved Community” is a term that was first coined in the early days of the 20th century by the philosopher-theologian Josiah Royce, who founded the Fellowship of Reconciliation, and later made popular by Dr. Martin Luther King Jr. Rev. D’Vorah Kelley, an Interfaith Minister and member of LCUUF, will lead the service. The service will include a Story For All Ages: *Higgins: A Drop of Water With A Dream*. Service Leader is Joan Bellamy.

Feb. 20 – Emptiness – Emptiness, sometimes called boundlessness, is the idea in Buddhism that our understanding of world of things is illusory, hiding a deeper, more interconnected reality. This idea is difficult, even impossible, to grasp cognitively, but may come to us through a spiritual experience like awakening. We don't have to be practicing Buddhists to find appeal in this idea, suggested in our Principles as 'the interconnected web of existence of which we are a part.' Rev. Matt Alspaugh will give the talk and the Service Leader is Annie Morris.

Feb. 27 – Post Polio/Covid Paradox – The Polio-Covid Paradox is the personal story of the author, Janice Kimball, a polio survivor. It is also a carefully researched and documented article about the correlation between the Covid virus and the Poliovirus, whose variants are now suspected to be fibromyalgia and Chronic Fatigue Syndrome, among others. It explores the effects of Post- Polio which gives insights into the problems Covid survivors might face in the future. Carol Johnson is the Service Leader.

THERE WILL BE NO IN-PERSON SERVICES IN FEBRUARY DUE TO COVID



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

Memorial services, celebrations of life, funerals have been on my mind recently. I'd like to share some of my thoughts about these services, thoughts which may be useful to you whether I'm involved in preparing them or not. One of my primary goals in such a service, in preparing a eulogy and in assembling other people's reflections is to try to tell as complete a story of the person's life as I can. I feel I've done my job well when someone tells me afterwards, "I thought I knew the deceased person very well, but there were things I learned about them today."

A challenge comes when there are difficult things to talk about. Alcoholism, homelessness, mental illness, and suicide are some of the things I've had to consider in past services. I feel it is important to name these things and address them directly, even while upholding the inherent dignity of the deceased. Being direct opens the possibility that people present will be able to talk more directly about their experiences with the deceased person, and perhaps about their own struggles with similar concerns. So it can lead to healing conversations. As a third party, it's sometimes easier for me to raise such challenging topics, but I've seen it done well even in services that didn't include a clergy person as an officiant. It takes courage to talk

about these things as a family member or friend. To assemble a eulogy, I try to talk with a handful of family members or close friends. People usually find these conversations healing in their own right, for they have a chance to talk about the person we are celebrating. I typically also include "words on grief," where I try to name the experience of grief that many people may feel after a loss. This is especially important if the loss was complicated somehow, a sudden death, or a long lingering illness, a violent death, perhaps. Many people seek to keep the celebration light and happy, but the reality is that we must confront feelings of grief, and what better place to do that than the service itself. I try not to dwell on topics of theology or afterlife other than to perhaps acknowledge the views of the deceased person, if those were really important to them. Occasionally I'll weigh in to encourage people to turn to their own faith and beliefs for comfort. I have done this, for example, to counterbalance a family member and Baptist minister who felt the need to tell people to get saved.

Finally, there is often the question of whether to open the floor to anyone who wants to speak about the deceased. I've seen this go well, and go very badly — as with long-winded persons who really want to talk about themselves, rather than the deceased person. I prefer to get reflections from people ahead of time; these we can edit and weave into a "collage of voices" which we read aloud during the service. But I respect the choices that the people planning the service want to make on this and other topics. I know the time surrounding the preparation of such services is often difficult for family and friends. But holding such services can be a healing and positive experience in a difficult time.



Board Member's Message

Kriss Gang, President

For my first Board President's column I want to begin by thanking Lew Crippen for his board stewardship over the past four years. I am grateful to have served on the board for one of those years. The challenges with Covid were immense, yet board work continued without missing a beat as our membership continued to grow and two successful pledge campaigns kept us financially sound. As I take over from Lew I would be remiss if I did not acknowledge that he has set a high bar for success, a bar I am looking forward to living up to and maybe even surpassing. I would also like to welcome two new members to the board; Dee Dee Camhi and Catherine Luria who will be serving as members-at-large. I also want to thank Cat Barnett for serving as Board Secretary, Charlie Jacobs for continuing to serve as Vice President, Susan Miller for staying on as a member-at-large and of course Lorna Dean for continuing her fabulous work as Treasurer.

On January 28th and 29th this new board will participate (unfortunately via Zoom) in a board retreat facilitated by Lisa Presley, Congregational Life Consultant for the Mid-America region of the Unitarian Universalist Association. I know Lisa personally and have worked closely with her in the past both as Board President and in my role as district representative for the UUA annual program fund. I was thrilled that she was available and willing to work with our board. She will help us develop our working relationship and set goals for the coming year. I will report on what we accomplish during our retreat in next month's column.

So why would one want to serve as Board President at a Unitarian Universalist congregation? A good question. I agreed to accept the nomination for several reasons. First off, this is a vibrant, thriving and growing congregation. That makes the job of President a lot

easier. The last time I assumed this role, my congregation was in tremendous conflict with the minister's resignation pending. All our time and energy was spent dealing with conflict rather than strategic planning. That is not to say we don't have important challenges to address here, we do. But what we don't have is conflict. Another reason I agreed to serve was to be in a position to bring my years of service in congregational leadership to help LCUUF continue to navigate the unknowns of this Covid era, expand our presence in the community, manage our growth and continue on the path to success we have been on despite the challenges of Covid. And finally, I was raised a UU, have been a member of four congregations and have served on three other congregational boards, including three years as Board President. I was also fortunate to serve on the UUA Annual Program Fund where my work focused on communicating with and providing stewardship development support for 53 Midwest congregations. I was honored to be asked to serve as Board President and for the opportunity to further expand my congregational leadership experience here at LCUUF.

This new board will be unique in that it is the first time that a founding member of the congregation will NOT be serving on the board. We have been identified has the next generation of leadership tasked with gently guiding the fellowship from being a start-up congregation to one that builds on its success, manages its growth and expands its scope of services to its members and outreach to the community. We have big shoes to fill and as I said at the beginning of this article, a high bar to reach. I am convinced we are all up to the task. So I close with the line a former minister and mentor used to close every sermon he delivered.

"It is for today and for times we shall never see, so let us be about the task, the materials are very precious and they are very perishable. May it be so."

Kriss Gang, Board President





SHARE THE BASKET

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. 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.

FoodBank Lakeside will be the LCUUF's recipient for February. Over 730 families received food assistance last month. In addition, 539 children were fed through their partnership with the Kids Kitchen and Poco a Poco San Pedro Itzican.



HUMANIST DISCUSSION GROUP

The Humanist Discussion Group will meet on Wednesday, Feb. 24 2022 at 4pm. Via Zoom <https://us02web.zoom.us/j/86577912863>

We will be discussing Gun Control, the Second Amendment and the threat to Democracy. 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

CONGRATULATIONS 2022-23 BOARD!



LCUUF BOARD OF DIRECTORS

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Vice President	Charles Jacobs
Secretary	Cat Barnett
Treasurer	Lorna Dean
Member at Large	Catherine Luria
Member at Large	Dee Dee Camhi
Member at Large	Susan Miller



FEBRUARY BIRTHDAYS

01 Eric Luria	16 Janice Kimball
05 Robin McCormick	26 Diane Van Brocklin
12 Mary Roam	22 Karawynn Long
13 Donna Burroughs	23 Susan Reynolds
13 Richard Krueger	29 Liz Moulder
15 Rikki Martin	



The LCUUF Newsletter is produced to provide LCUUF news to members and friends. Deadline for contributions to the March Newsletter is February 25th and should be sent to Editor, Kathy Koches, at: kkoches@gmail.com