



We are now having in person services and NO RESERVATION is required. We will continue to maintain safe distance spacing of chairs. Masks are strongly encouraged but are not required.

Oct. 2 – The Great Leap of Faith – *“Leap like a lunatic. Over the chasm below Erupting as you go. Your true self awaits you and you will know.”* These words by Minneapolis poet and artist Jane Evershed will set the tone for our annual service focusing on stewardship and giving. It is said a congregation’s morality is reflected in its annual budget. This is true, but in addition to morality, a congregation’s dreams and aspirations are equally present. This service will challenge you to think of what could be possible when we step out of the box of traditional budget planning and evaluate what we value most and whether we are willing to dedicate our “collective” financial resources to turning values and beliefs into actionable services and programming...a process that **may** just require a “Great Leap Of Faith. Rev. Matt Alspaugh and Board President Kriss Gang will give the presentation.

Oct. 9 – Grace Under Pressure – Ernest Hemingway once said, "Courage is grace under pressure." Perhaps with this statement, he knew that courage covers more territory than the battlefield or the bullfighting ring. In this service we explore other kinds of courage, including the courage to say no. How do we make choices, how do we act, when external pressure pushes us in a different direction than that of our heart? How do we make peace with the outcome, even if it leads to pain? Rev. Matt Alspaugh will give the presentation and the Service Leader is D’Vorah Kelley.

Oct. 16 – Seeing Animals – Moving Toward Ethical Eating - The presentation will provide insights and information on ethical eating from a Unitarian Universalist perspective. The focus will be on seeing animals as sentient beings, worthy of compassion and freedom from suffering. Presenters are Barley Donahue and Sandy Wallin.”

Oct. 23 – History of Day of the Dead – Rev. Matt Alspaugh and Trudy Crippen will discuss how and why Christianity and Catholicism are considered different religions in Mexico, as well as in much of the world. We will also discuss the impact this has had on some of our local charities.

Oct. 30 – Remembrance – Day of the Dead – On this Day of the Dead we not only remember those who have passed away, but also those who have made an impression on us and changed our lives. Bob Koches will be the speaker and Kathy Koches will be the service leader.



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/j/233941792>

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.



Newsletters (including Member Spotlights) from 2015 to the present) are now available on the website. From lakechapalauu.org select the menu tab **News**, then **LCUUF Monthly Newsletters**; or go directly via <https://lakechapalauu.org/lcuuf-monthly-newsletters/>. Newsletters are arranged by year with most recent on top. Click on the month you want to see. An index of Member Spotlights is at the end of this newsletter.



MATT'S MESSAGE

I've been thinking about my internship supervisor, Rev. Rob Eller-Issacs, who died this summer, and whose memorial service was held recently. Unitarian Universalist ministry students are required to spend a year as an intern, usually in a congregational setting. I interned about 15 years ago, at Unity Church Unitarian in St. Paul MN, where Rob and his wife Janne served as co-ministers. One thing that was important for Rob was a set of daily personal spiritual practices. While he didn't talk much about his own practices, he had a set of things he did every morning, reading, meditation, exercise, and memorizing poetry, among others. I think Rob and I connected in part because I too brought some spiritual practices of my own. Perhaps I was less structured than he was, but I did have a daily practice of half an hour meditation, poetry reading, and journaling (though that writing didn't get done every day). My spiritual practices have changed over the years. I had a movement practice, an aikido kata, for a while, and for a while used a daily devotional book, vaguely eastern, for reflection. Perhaps the only practice that has remained constant is my daily meditation, but even that has shifted as I've taken up different styles of meditation.

I've found that certain practices really help me stay grounded and energized for life — even if I don't practice them daily. I've found that walking in the hills (either above Ajijic or in the Pisgah Forest of North Carolina), ideally three times a week, is profoundly restorative for me. When I was serving full-time as a minister, I found that taking one day a month to go on silent retreat was regenerative, especially as that included an hour of spiritual direction, where I could explore what was going on in my ministry and in my own spiritual life.

I think that anything that you do regularly that feels 'soul-restoring' counts as spiritual practice. Other UU practitioners have named practices including gardening, quilting, art, cooking, even Instagram and roller derby. It's possible that most anything could become a spiritual practice if approached in the right way (and of course any 'traditional' practice could become unspiritual if approached in the wrong way). Some questions to consider: Do you have regular spiritual practices in your life? How have they helped you as a spiritual being? What practices have come and gone over the course of your life, and what caused these changes?



CIRCLE SUPPERS

The

LCUUF Board has approved social activities so we will initiate Circle Suppers for October - November.

Circle Suppers are a chance to renew friendships, get to know new folks, while sitting round the dinner table

at someone's home enjoying conversation and shared food. Discussions are generally spontaneous, varied and fun.

Hosts: Hosts provide the home, decide the date, time, contact their guests, and prepare a main course for guests. Guests bring an appetizer, side dish, or dessert. *Typical number for dinner is 6 to 8.* If you can **Host** in October-November, indicate the number of attendees, including yourself.

Attendees: If you choose to attend, please indicate any dates you are traveling in October and November and food allergies/preferences (Vegan, Vegetarian, Pescaterian, Gluten Free, etc. etc.).

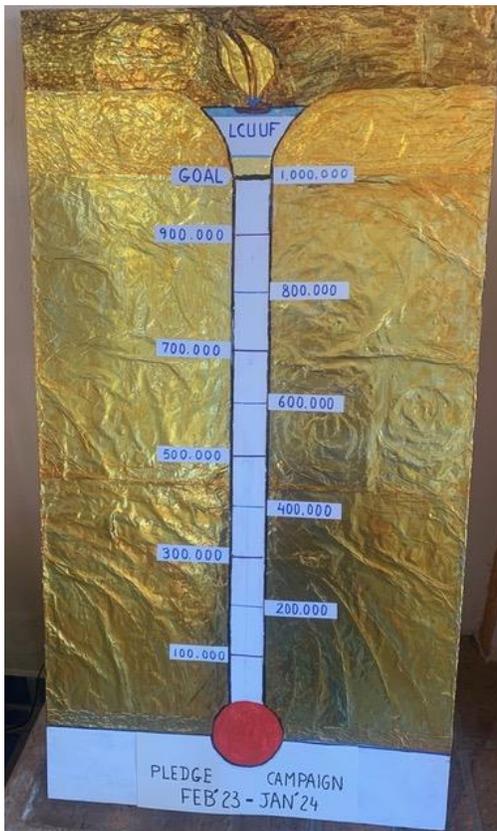
If you are interested in hosting or attending please send an email to paulaodom01@gmail.com by **Wednesday, September 28th.**



BOARD MEMBER'S

Lorna Dean, Treasurer

MESSAGE



PLEDGE CAMPAIGN

LCUUF will conduct its pledge campaign for 2023-2024, from October 2 to November 27, 2022. The Goal this year is MXN 1,000,000 pesos.

A pledge is the annual amount that you expect to donate to LCUUF in the next fiscal year (February 1, 2023 to January 31, 2024). The pledging system helps us plan our budget for the year, and assures us that we will have sufficient income to pay for our part-time minister, our expenses, and any outreach or special projects that we decide on.

Paper pledge forms and envelopes for 2023-24 will be available on the Welcome Table from October 2, 2022. They can be completed and put in the offering basket.

If you are not attending services in person, you may submit your pledge by sending an email to Treasurer@LakeChapalaUU.org The email should state "My pledge to LCUUF is ... (amount in U.S. or Canadian dollars or Mexican pesos)... for the fiscal year from February 1, 2023 to January 31, 2024."

It is not necessary to start paying your 2023-24 pledge until after February 1, 2023.

On Sunday, October 2, Rev. Matt Alspaugh and Kriss Gang, President, will introduce the Pledge Campaign during the service. Then after the service, Lorna Dean will give a PowerPoint presentation on pledging, via Zoom. She will review the procedure for making a pledge and the various methods of paying your pledge.

The photo is the new Pledge Thermometer that Johannes Bjorner has graciously made for this year's Pledge Campaign.



HUMANIST

DISCUSSION GROUP

The Humanist Discussion Group will meet on
Wednesday, Oct. 26, 2022 at 4pm. Via Zoom
<https://us02web.zoom.us/j/86577912863>

A new normal is a state to which an economy, society, etc. settles following a crisis, when this differs from the situation that prevailed prior to the start of the crisis. Experts Say the 'New Normal' in 2025 Will Be Far More Tech-Driven, Presenting More Big Challenges We will explore what the term "New Normal" means for the world in which we are living.

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



Jane Castleman



MEMBER SPOTLIGHT

I was born in the Midwest just as WWII began in Europe but my father, being a food chemist, was classified 4F and I was shielded from knowledge of the war and my parents' worries. In elementary school I became a Girl Scout, played violin (badly), and enjoyed Saturday art lessons at the Toledo Museum of Art. My parents were quiet, bookish, rational, the first in their families with college educations, both as science majors. There was no spiritual language at home, though my parents allowed a neighbor to take me along to Sunday school at her nearby Evangelical United Brethren church. The upside of this was learning the Bible stories, a fund of basic cultural knowledge. The downside was the pastor, a thoroughly Old Testament eye-for-an-eye guy. At last, upset and confused by being given a picture of God as a bearded man in a white robe sitting in the top of a big tree, I left off church-going. Nevertheless, at 13 I had a sudden and deep realization of God while I sat alone sketching by a creek. In my teens I attended Catholic, Methodist, Congregational, and Jewish services with my friends but never found a spiritual home. In high school, I followed my friends into LRY, the Liberal Religious Youth group at Toledo's Unitarian Church and attended summer camp at Lake Geneva, WI. After my junior year in high school, my father was transferred to California where I talked my family into coming along with me to check out the Unitarian Church in San Jose. Unfortunately the congregation was heavily activist, I missed the spiritual elements, and it was just too many cultural changes for us all at once!

At the university level, I majored in chemistry 60 years ago when science education (or at least mine) was focused on mechanical explanations for phenomena, then worked at Stanford Research Institute (SRI) for seven years but became increasingly disillusioned after seeing SRI square off against Stanford University students demonstrating against the Vietnam War; learning that I had contributed to the development of Mace used against student demonstrators at the 1968 Chicago Democratic National Convention; and learning that I was being paid less than men in my lab doing the same work. I was relieved to be able to quit in order to become a stay at home mom to the son we adopted as an infant and later our daughter.

Al and I had been married in a beautiful old Episcopal Church in San Jose (I had to agree to be baptized!) and then were involved from 1968 to 1972 with Creative Initiative Foundation/Build the Earth/Beyond War/Foundation for Global Community <https://www.globalcommunity.org/fgcHistory.pdf> in the Palo Alto area. It was pivotal for me, helping me to reconcile my disparate experiences and beliefs into a coherent whole. When we left that group, I grieved the loss by completing a second BA

developing a fund of psychological knowledge and then began building a spiritual foundation gathering together my science training with reading from the wisdom traditions of many cultures, and beginning to meditate.

My continuing education, volunteer work and career experiences moved in tandem during those years from physical sciences to computer sciences and finally to human services. Before public agencies took on this function, I ran a neighborhood recycling center, worked with computer learning for kids, volunteered as a Rape Crisis Counselor, and trained and managed 100 volunteers for a telephone Suicide Prevention and Crisis Center (my last and favorite job!). I completed a Master's degree in Marriage, Family, and Child Counseling just before Al retired (I'm a late bloomer) and though my work life ended before moving to licensure, my heart has always belonged first to my own marriage and family—Al and our children.

Despite 70 years trying to un-see the persistent “God-in-a-tree” image, not being able to replace it despite a lot of work kept me feeling alienated, as though God were a movie playing across town which I couldn’t see from where I was--until my husband helped me through this in a long conversation we had less than five years ago. I guess in Jung’s terms, I finally incorporated the spirituality living in my shadow side?



HAPPY HALLOWEEN!



Al Castleman

MEMBER SPOTLIGHT



I was born and raised in San Jose, California ... then an agricultural and WWII military manufacturing center and now the heart of Silicon Valley. My family circumstances were unusual in that my brother and sister were 23 and 15 respectively when I was born and my father retired to self-employment when I was only 3; so, I had perpetual access to both parents from infancy. Our daily conversations, especially with my father, shaped my outlook on life and relationships and built my confidence to take appropriate risks to achieve a goal. My parents fully supported my pre-teen interests in music (I became a professional when a teenager) and all athletics. They were practicing Christian Scientists and I attended Sunday school until I was 18. Most traditional organized religions are unattractive to me because of their reliance on what I perceive as unhelpful dogmas, rituals and idolatry, which, for me, obfuscate true purpose and meaning. In my twenties I began to evolve my own sense of spirituality incorporating many principles of Christian Science which, interestingly, are largely consistent with UU values and principles. I feel very fortunate to have found the LCUUF congregation. I graduated from a coed boarding prep school where I was absorbed with music, athletics, and learning to be largely self-reliant. During college I participated in numerous competitive boating and sports car activities and emerged with both Bachelor’s and Master’s degrees in business management and finance.

After 8 years as a management consultant I spent the remaining 29 years of my business career as an executive of several high-technology companies involved in computer hardware, software, and semiconductors (electronic chips). Growing emerging companies successfully to enable them to offer their stock to the investing public (initial and secondary public financial offerings) became my passion. Jane and I met during our last years as undergraduates and will celebrate our 60th wedding anniversary next June. We have a son (married and living in Tucson, Arizona) and daughter (married and living in Hollywood, California),

whom we raised in Woodside on the San Francisco peninsula. Sadly, our only grandchild, the son of our daughter and son-in-law, died three years ago before his third birthday. Jane and I used boating and skiing as ways to develop our relationship and spend our recreational time together. Over the years we've owned both sail and power boats, frequently both at the same time. Nearing my retirement, we decided to build a power boat on which we could live and travel full time. "Fine Romance" took three years to build, but she was completed in time for me to sleep aboard the night that I retired and we then lived aboard her for the next six years ... travelling more than 35,000 miles from Alaska to the Panama Canal, throughout the Caribbean, from Colombia (South America) to Newfoundland, visiting most significant U.S. harbors, the Chesapeake, the Potomac and Hudson Rivers and Erie Canal, the Great Lakes, St. Lawrence Seaway, and so forth. To enable us to offer "Fine Romance" for charter occasionally, I obtained a Merchant Marine Captain's License.

We first visited Ajijic in 1974 during an extended vacation to central Mexico. As you can imagine, the village was tiny and sparsely populated at that time, but we never forgot its charm and ambiance. When we moved off of the boat we built a home in Tucson, Arizona, to be close to our kids. Alas, Arizona just didn't fit us ... we longed for the better climates and more international lifestyle that we had enjoyed when living aboard. But where? When we learned that our long-time boating friends Jim and Flo Rhodes were living in Ajijic they invited us to visit them and re-explore. As a result we are now long-time permanentes, are in our eleventh year of living in La Floresta, and have no intention to live anywhere other than Lakeside. Fortunately our kids, family and friends enjoy visiting us here in Mexico.



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Friday Conversation

Zoom get together for open talk. We never know what we are going to discuss, we converse about whatever is on people's minds. We meet every Friday at 2:00 pm. You are all welcome. If you have questions, email Richard at: Richard@infinitepie.net The Zoom link is: <https://us02web.zoom.us/j/85190017215>



¡FELIZ DIA DE MUERTOS!

At our service on October 30th we will be celebrating Dia de Muertos and remembering those people who have been influential in our lives.

PLEASE SEND A PICTURE TO ROY HAYNES, AT roy_haynes@aol.com if you would like to have it included in the In Memoriam slide show. Please give Roy the name of the person and how they are related/or influenced your life. You are also welcome to bring a photo to place on our Dia e Muertos altar and speak about the person during the service.



SHARE THE BASKET

During the corona-virus crisis 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. 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. Food Bank Lakeside is our recipient for Share the Basket donations in October, 2022. FoodBank Lakeside works to relieve the chronic food poverty of our most disadvantaged neighbors, collaborating with donors, volunteers, businesses, and community organizations to ease suffering and offer the hope of a brighter future.



OCTOBER BIRTHDAYS

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

Happy belated birthday to Alan McKean (Sept. 15) who was inadvertently omitted last month.

LCUUF CHARITABLE DONATIONS

In addition to the Share the Basket program, LCUUF has donated to UVA Scholarship Fund and CEDEJO for several years. Pre-Covid, the LCUUF made regular donations to the UVA Scholarship Fund, A.C. <https://www.uvalakeside.org/> Initially, the LCUUF donations were used to provide support to Juan Pablo Medeles Cordova for his music studies. Juan occasionally performed on the violin at the LCUUF.

After Juan graduated, UVA used the LCUUF accumulated donations for support to Johnny Miguel Angel Lopez Hernandez who is studying psychology. LCUUF's current credit with UVA is sufficient to provide some support each semester to Johnny through his graduation in 2024. Sometimes UVA also helps students with a contribution towards their professional qualifications after graduation.

LCUUF has also provided a monthly donation to Centro de Desarrollo Jocotepec, A.C. (CEDEJO) <https://www.facebook.com/CEDEJOAjijic/> for several years. CEDEJO is currently based in San Juan Cosala. CEDEJO provides reproductive health care and family planning services to low-income men and women. Sylvia Flores, a gynecologist, is the director. Sylvia has spoken at LCUUF in the past.

Lorna Dean, Treasurer



LCUUF BOARD OF DIRECTORS

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Lorna Dean

Member at Large

Charles Jacobs

Susan Miller

President

Secretary

Member at Large

Member at Large

Kriss Gang

Cat Barnett Treasurer

Catherine Luria

Cate Howell





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



LAKE CHAPALA UU FELLOWSHIP MEMBER SPOTLIGHTS

2015

November Susan R. Kelley

December Francisco Uruza

2016 NONE

2017

Jan. – March NONE

April Mary Helen Montgomery

May NONE

June Norman Woods

July Sharon Woods

August Ellen McFarland

September NONE

October Kathy Koches

November NONE

December Els Abercrombie

2018

January Jeanne Haley

February NONE

March Paul Bennett

April Carol Powell

May John Roam

June Mary Roam

July	Hugh Jenney
August	Claire Jenney
September	Doug Mattoon
October	Liz Moulder
November	Bill White
December	Helen White

2019

January	Val Marcum
February	Pixie & Bill Frayer
March	Janice Kimball
April	Bob Koches
May	Richard Clarke
June	Carol Johnson
July	Fred Harland
August	Mardele Harland
Sept.	None
Oct.	Roy Haynes and David Hudnall
Nov.	Jack Prinz
Dec.	None

2020

Jan.	None
Feb.	None
March	None
April	None
May	Charlie Jacobs - VP

June	Lorna Dean, Treasurer
July	Trudy Crippen
Aug.	Fred Koesling, MAL
Sept.	Eric Luria, MAL
Oct.	None
Nov.	None
Dec.	Susan Miller. Secretary

2021

Jan.	Lew Crippen
Feb.	Marion Blackmer – in Memoriam
March	None
April	Kriss Gang
May	Cat Barnett
June	None
July	None
August	Hanna & Federico Frederick
Sept.	Donna Burroughs
October	Cate & Frank Howell
November	Sue & CB Kelley
December	None

2022

Jan.	None
Feb.	None
March	None
April	Johannes Bjorner & Susanne Bjorner

May	Kathleen Pharris
June	D'Vorah Kelley & Colleen Berry
July	Sharon Woods, Norman Woods & Kathy Koches from 2017
August	Bob Koches, Fred Harland & Mardele Harland from 2019
Sept.	None
Oct.	Al & Jane Castleman