



LAKE CHAPALA UU FELLOWSHIP NEWSLETTER –JAN. 2023

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.

Jan 1 – Gratitude – After the holidays is a good time to reflect on all we are grateful for. Dee Dee Camhi will speak about gratitude. Carol Johnson will be the service leader.

Jan 8 – Finding Our Center - Various spiritual and religious traditions speak of finding our center, though the language differs. It may be a sankalpa, connecting with the highest truth, listening to the still, small voice within. It may lead to following your calling, to living a purpose-driven life, finding refuge in the dharma. According to most traditions, finding our center is not obvious or easy! We'll explore how we might find our center, how we might follow the wisdom we find there, even as things in the everyday world attempt to pull us away. The speaker will be Rev. Matt Alspaugh.

Jan 15 – An Easy Way to Know Yourself – In India, and the west, religion followed similar paths, first with a version in which the priests had all the power, then, after a thousand years or so, a revolt, saying that people can know directly, without priests. In Europe, this was the Reformation, started by Martin Luther and which led to the UU idea that we can know for ourselves. In India it was the Upanishads, 1000 years after the Vedas. There are 108 Upanishads. Richard Clarke will give you the essence of all this, based on the shortest of them, the Mandukya Upanishad. This is the heart of the Fourth Principle. The Service Leader is Carol Johnson.

Jan 22 – State of the Fellowship/Mission - As this is the service just prior to our Annual General Meeting, let's take time to reflect on what we've accomplished in the last year, and in the years before that. We'll reflect a bit on how we've grown. We'll also consider what the future might hold, what big questions we might face, like "Who are we?" "Why do we matter?" Speaker – Rev. Matt Alspaugh

Jan 29 – Think Outside Your Culture - Member Cat Barnett will talk about what culture is and how it influences our thinking and our actions.



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/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.



January 6th – Three Kings Day



MATT'S MESSAGE

We had a wonderful workshop on Sunday Services on December 5, with over 25 people present. Presenting at that workshop has caused me to think about some of the service elements I offer during worship.

Consider, for example, meditations. I often choose to offer a short meditation, typically around five minutes, usually guided (that is, with visual imagery or music), sometimes silence. Admittedly I love meditation because I've been meditating regularly for almost 20 years, and daily for at least 15 years. It's easy for me to sit down and meditate for 30 minutes or longer. However, I realize that for some people, this is a difficult practice, and so I tend to keep these Sunday meditations short, with lots of verbal guidance.

On the other hand, I tend to use prayer quite rarely as a service element. I acknowledge this is a personal choice, and other service leaders can choose to lead prayers in their services if they like. Now I certainly have been comfortable praying with people in their own contexts in the past. For example, when I worked as a hospital chaplain, we had many Lutheran and Catholic patients, and I was happy to pray with them to a personal God who might intervene in their care situation. It was a kind of theological flexibility that I adapted. We Unitarian Universalist chaplains were appreciated for this flexibility, for we were able to offer care to patients and their families no matter what their religious tradition.

But my own personal understanding of God is far more complex and mysterious, and this understanding doesn't lead to a personal prayer life for me. I sense that this is the case for most folks in the fellowship: that you don't have a prayer life, and that you don't expect me to lead prayers as part of our services. I could be

quite wrong on this, and I fear that I might be leaving people out, by not leading prayer. That would make me sad, for I want to encourage a theological openness in our community.

So I'm curious, what do you think? Drop me a quick, one word, email. Just write 'meditation', 'prayer', 'both' or 'neither' depending on your preference around these worship elements, and send to minister@lakechapalauu.org. You can of course write more than one word! I appreciate your thoughts on this topic, and on how we do Sunday services and worship in general. See you in the New Year!



At least 5 LCUUF members have Covid as of this writing, and another 20 have been exposed to the virus.

PLEASE be careful and take every precaution to protect yourself and others from this pandemic. Mask up when you go out in public.

The Care Team strongly recommends that you download the Traitte application. This is an easy way to order food and other necessities. Also good is Chopsticks during the week for warm and comforting food and Panino's for the same. Also, Mom's Deli will deliver all the comfort food you could want. <https://www.momsdelichapala.com> It is a good idea to have some meals to microwave when you are not feeling well. Get some scones too and you can sit back and relax.



BOARD MEMBER'S MESSAGE

Susan Miller – MAL

2023-2024 LCUUF Proposed Budget Information Presentation

On January 8, 2023, immediately after the Sunday service, Lorna Dean, Treasurer of LCUUF, will present information about the Fellowship's proposed budget for 2023-2024.

AGM Information

On January 22, 2023, immediately after the Sunday service, LCUUF will hold its Annual General Meeting. During the meeting, members will vote on the proposed 2023-2024 budget, on the slate of new officers for the Board of Directors, and the slate of nominees for the Nominating Committee. Nominations from the floor will also be entertained for Board or Nominating Committee members. Anyone who has been a member of LCUUF for at least 30 days before the date of the AGM is eligible to vote. Voting on the budget, Board, and Nominating Committee will be conducted in person and via the Zoom meeting. Votes will be tallied and results announced during the meeting.

The 2023 AGM agenda is as follows:

- Agenda Presentation: Kriss Gang
- Opening Remarks: Matt Alspaugh
- Treasurer's Report: Lorna Dean
- Committee Reports: Charlie Jacobs
- State and Direction of the Fellowship: Kriss Gang
- Open Questions: Congregation and Kriss Gang
- Call to Order: Kriss Gang
- Quorum Confirmation: Cat Barnett
- Presentation and Adoption of Budget: Lorna Dean
- Slate of Candidates: Lew Crippen
- Election of Board: Kriss Gang
- Election of 2023 Nominating Committee: Kriss Gang
- Closing Remarks: Matt Alspaugh
- Meeting Close: Kriss Gang



The Nominating Committee for 2023 will submit the following slate to be voted on at the annual meeting on January 22nd. Nomination will also be accepted from the floor if the nominee accepts the nomination.

- Treasurer: Open
- Member at Large: Catherine Luria
- Member at Large: Paula Odom
- Member at Large: Cate Howell

The nominees for the 2024 Nominating Committee are:

- Lynn Cleek, Chair
- Linda Jessen
- Lew Crippen



The LCUUF Taco Party is back!! Alfonso Garcia family will be returning make their delicious tacos and trimmings. On New Year's Eve, Saturday, December 31, 2022 from 2-4pm. Cost is \$120 pesos per person. Bring a drink and leftover Holiday treats to share. Sign up at the Fellowship or email Barley Donahue at Barleydonahue@gmail.com by December 25th. If you would be willing to help setup or cleanup, please reach out to Barley.



HUMANIST DISCUSSION GROUP

The Humanist Discussion Group will meet on Wednesday, January 25, 2023 at 4pm. Via Zoom <https://us02web.zoom.us/j/86577912863>

With the formation of the Social Justice team at the Fellowship it is time to tackle one of the great worldwide economic themes: Income Inequality. The book Capital in the Twenty-First Century by French economist Thomas Piketty is the guiding light on this subject. Paul Krugman hailed it as a landmark, while World Bank economist Branko Milanović considers it "one of the watershed books in economic thinking." The subject was suggested by Mark Etkin.

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



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, e-mail Richard at: Richard@infinitepie.net The Zoom link is: <https://us02web.zoom.us/j/85190017215>



The Social Justice Team and members of the Fellowship met November 30th to make signs for our event on December 3rd. A celebration of Love, Light and Peace. We gathered on the Carreterra in front of Pranzo's with others from the community to promote good feelings and actions during the holiday season with a peaceful celebration of love, light and peace.





Gary Cleek

MEMBER SPOTLIGHT



I was born in 1948 in San Luis Obispo, California. Lived there a whole 6 months and family moved to Yakima, Washington where we lived for 4 years. Then to Pine Bluff, Arkansas for a couple of years. Then on to Houston, Texas where we claimed residency as we were going to Venezuela and we needed a home base. (Dad did move around a lot!) We spent 7 years in Venezuela, the first 6 months in Caracas then 2 years in Punta Gorda (Carabobo state; yes it's the real name!). We lived in a trailer camp in the middle of the jungle just 300 meters from the beach. Loved it! Then on to Cabimas, Zulia state, just across Lake Maracaibo from the city of Maracaibo for another 4 and a half years.

Returned to Houston for 9th grade as company school in Cabimas only went to 8th grade, so, made it through junior high and high school. On to the University of Houston and graduated in 1970 with a BBA in International Business. (You know....fly and play with a BBA!). During this time got married and had first child Tiffany who is now A LOT older than I want to think about! Worked as a couple of different jobs for a couple of years and then ended up at an international freight forwarding company with branches in Tulsa, Dallas, Miami, New Orleans, etc. Also got divorced during this time. Guess who worked in the Tulsa office? Yep.....my future bride Lynn, (only she didn't know it then). She finally moved to Houston, got divorced, saw the light and we've been together since.

For the rest of my bio I refer to Lynn's bio. She's a lot better writer than I am and the story is the same!



Lynn Cleek

MEMBER SPOTLIGHT



I am a third generation UU, growing up in All Souls Unitarian church in Tulsa. When I was 17 I went to Uruguay with AFS (American Field service). I had two years of Latin and 1.5 years of French and knew 3 words in Spanish. But they match personalities more than languages, and the family I stayed with was a perfect match for me. I enrolled in University of Tulsa for 2.5 years, was president of the first co-Ed dorm on campus (1970), and married my college sweetheart. I worked for a freight forwarding company in Tulsa (a travel agent for boxes). Gary worked for same company in Houston and we talked frequently. He even told me (sight unseen) I shouldn't marry until I had met him! Turned out he was right.

While living in Houston I worked for several airlines in Cargo dept. as a sales rep. And cargo manager. TAR (Transporte Aéreo Rioplatense) an all-cargo airline based in Argentina. Alía, the Royal Jordanian Airline, British Caledonian Air, and finally Aerolíneas Argentinas. My parents had purchased a campground, and we were tired of the big city, so we took our two girls and became partners w them for the next twenty years, raising our family there. (Our son was born 2 years later). When he graduated high school, we sold, and traveled to Mexico, eventually settling in Jocotepec to run a branch of a Restaurant there, 60's in Paradise. 2008 sadly brought disaster to our portfolio and we moved back to US to work in Washington DC until I reached 62 and social security kicked in. We moved back to Mexico, rented for two years, sold our home in OK and purchased our forever home in Riberas.



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. Our recipient for Share the Basket donations in January 2023 is Tepehua Centro Comunitario.



Helping a Village to Help Itself



JANUARY BIRTHDAYS

- | | |
|----------------------|--------------------|
| 03 Cheryl Cholavchek | 19 Joan Bellamy |
| 05 Kathy Koches | 21 Charlie Jacobs |
| 07 Hanna Frederick | 25 Paula Odom |
| 08 Steve Wilson | 27 Pamela Cucinell |
| 10 Karyn Carpenter | 27 Pearl Glenn |
| 14 David Hudnall | 28 Teresa Sande |
| 18 Linda Samuels | 30 Jan Manning |

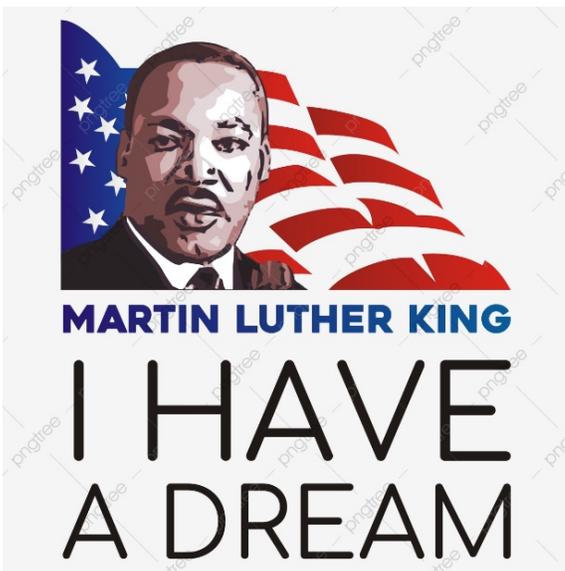


Chinese New Year – January 22nd
Year of the Rabbit



Many of our wonderful volunteers are stepping down from their positions at the end of January. A special thank you to all of them for their years of dedication and service to LCUUF.

- Lorna Dean – Treasurer
- Susan Miller – Board Member at Large
- Richard Clarke – Sunday Service Committee
- Kathy Koches – Sunday Service Committee
- Paula Odom – Hospitality Committee
- David Hudnall – Tech Team



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

January 16th – Martin Luther King, Jr. Day



LCUUF BOARD OF DIRECTORS

- | | |
|-----------------|-----------------|
| President | Kriss Gang |
| Vice President | Charles Jacobs |
| Secretary | Cat Barnett |
| Treasurer | Lorna Dean |
| Member at Large | Catherine Luria |
| Member at Large | Susan Miller |
| Member at Large | Cate Howell |



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.