



## *LAKE CHAPALA UU FELLOWSHIP NEWSLETTER—MAR. 2023*

**March 5 – Celebrating Women Through Music and Words** – Women’s History Month is celebrated during March in the United States, the United Kingdom, and Australia, corresponding with International Women’s Day on March 8, and during October in Canada, corresponding with the celebration of Persons Day on October 18. This service will celebrate Women in word and song, with a focus on UU women’s history beginning in the 1700s in the US and Canada. Various LCUUF members will be presenting – S/L is D’Vorah Kelley

**March 12 – Vulnerability** – The poet and philosopher David Whyte suggests that we can choose to be vulnerable, and from that courageous and compassionate, we can inhabit the place of vulnerability as a citizen of loss. We can do this in opposition to being defended, reluctant, and isolated, unwilling to risk ourselves. In this service, we’ll explore what it means to be a citizen of loss, living in the realm of vulnerability. Rev. Matt Alspaugh will give the talk and the S/L will be Jane Castleman

**March 19 – Il Dolce Far Niente (The Sweetness of Doing Nothing)** – Bob Koches will explore the Southern Italian concept and how it lead to the Slow Movement. As UUs we all need to take a break, slow down, take care of ourselves and enjoy being in the moment – S/L is Kathy Koches

**March 26 – Teaching English to 3<sup>rd</sup> and 4<sup>th</sup> Graders Here at Lakeside –**

Teaching for the first time! Ron Avalon has taken on the challenge of teaching English at an elementary school in the Lakeside area, and he will share with us what it has been like to undergo this opportunity. Dee Dee Camhi, who has worked in the field of English as a Second Language since the mid 1970's will be his service leader. A most interesting session you won't want to miss!



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

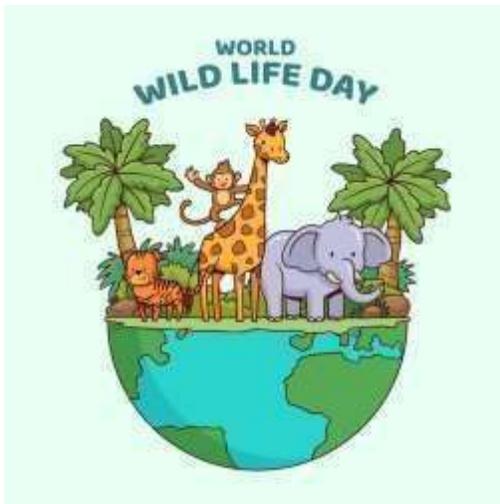
+1 778 907 2071 Canada

+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.



March 3<sup>rd</sup>



March 17th



## MATT'S MESSAGE

This coming weekend is the Global Day of Unplugging. From sunset on Friday March 3 to sunset on March 4, we are invited to step away from our screens and take up offline activities, like connecting with other people in real life. You can learn more about this at the website <https://www.unplugcollaborative.org/>.

For one day, we are encouraged to think about how we might minimize our use of screens and devices, and then try that out. The 'rules' for this day are left to us to define for ourselves. Even choosing the day itself - there may be a better day for you than Saturday. Same with our 'rules' for the technology. Some of us may be able to just turn off and put away all our technology. Others might have to be more thoughtful — what if a friend calls for help? What about that prior Zoom commitment with my family?

Then, of course, we might want to think about what to do with the free time we create by unplugging. Realize that the average person worldwide spends 7 hours a day (44% of their waking time) looking at a screen. So we may find ourselves with free time to do things like get outdoors, connect with friends or family, or nurture our health.

If this sounds a little Jewish, that's because it is. Unplugging originated in the Jewish world as a way to slow down in our increasingly hectic environment. So the day is scheduled from sundown to sundown, like the Shabbat. In fact, some have called this a 'Tech Shabbat' a chance to create a day of rest from tech. (You can read more at "On Being": <https://onbeing.org/programs/living-the-questions-weve-been-enmeshed-with-our-technologies-tech-shabbat-for-everyone/>)

If you like, you can add some other Jewish ritual practices like doing no chores or work, drinking wine, eating bread, and lighting candles to your experience, but you don't have to. The creators, while Jewish, have offered this practice of unplugging to everyone who wants to notice and get control of the tech in their lives.

I hope to give the Global Day of Unplugging a try this weekend. I invite you to try it, too. It's a big experiment. I don't know how I'll do. I will be forgiving of myself however it turns out. And who knows, it might become a more regular thing for me. I'll report back - and I'd love to hear from you. If you give this a try, how did it go?



## SHARE THE BASKET

Our policy for Share the Basket, during the corona-virus 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 Treasurer Al Castleman, you may specify the amount that you want to donate to the Share the Basket program. The recipient for March is Operation Feed. Operation Feed is a group of people dedicated to providing food and improving the lives of the very poor and marginalized people of the village of San Juan Cosalá, less than a 10 minute drive from Ajijic. They provide weekly food despensas for those who would go hungry without the aid. Many of the recipients are elderly, disabled, and children who are hungry. Operation Feed also supports new program initiatives to involve the people in developing additional income sources and skills (such as English), thereby offering them a “hand up” and not just a “hand out”. Operation Feed’s goal is to help these people live productive lives, free from hunger. Finally, although Operation Feed doesn’t provide monetary support, they do participate in other initiatives in San Juan Cosalá, such as the Token Store and the music program to help increase the dreams of the people of San Juan Cosalá.



Spring Equinox – March 20th



## MARCH BIRTHDAYS

03	Sharon Wilson	19	Michelle Naquaiya
07	Joan Ward	27	Paul Bennett
15	Lorna Dean	30	Susan Miller
15	Marie McGregor		



### HUMANIST DISCUSSION GROUP

The Humanist Discussion Group will meet Wednesday, March 22, 2023 at **11 am** Via Zoom. **NOTE THE NEW TIME!**

<https://us02web.zoom.us/j/86577912863>

**Generative AI** (GenAI) is the part of Artificial Intelligence that can generate all kinds of data, including audio, code, images, text, simulations, arguably, because machine learning and deep learning are inherently focused on generative processes, they can be considered types of generative AI, too. Any time an AI technology is generating something on its own, it can be referred to as “generative AI.” This umbrella term includes learning algorithms that make predictions as well as those that can use prompts to autonomously write articles and paint pictures.

If you wish to receive the reading materials prior to the meeting and are not on the mailing list contact Bob Koches at [bobkoches@gmail.com](mailto:bobkoches@gmail.com)



President	Kriss Gang
Vice President	Charlie Jacobs
Secretary	Cat Barnett
Treasurer	Al Castleman
Member at Large	Catherine Luria
Member at Large	Paula Odom
Member at Large	Cate Howell



## **MEMBER SPOTLIGHT**

Joan Bellamy

What are the things that shape a life? Numero Uno. We need to feel safe, secure, and loved. I had two parents who survived hardship during the Depression and WWII so they were totally focused on providing that for themselves and me, their only child. I had cousins who were not so lucky in that department and endured abuse and alcoholism. We need role models to show us the way to kindness and civility, and how to live a moral and ethical life. I lucked out there too. We need role models to show us the way to kindness and civility, and how to live a moral and ethical life. I lucked out there too. We need a sense of purpose. My Mom provided that when I was just two years old and she 'went back to work' as a hairdresser and worked until Alzheimer's forced her to stop at 67. None of the other mothers I knew worked in the 1950s. My Dad was a very handsome and reliable mailman after trying to make it in that newly developing field of TV Repair. TV repair was not for him. Not stable enough. My parents thought that I should have some grounding in a spiritual life so I was baptized and confirmed at the local Methodist church. I never once heard the word God uttered at home. They sent me to both day camp and sleepaway camp because they were working. Fine with me. It was fun and a skinny guy named Fred gave me my first kiss. There I also first felt a connection to the larger web of life. I was 12 and sitting on wooden slat pew in an outdoor chapel among the tall trees at a YMCA Camp in northwestern Connecticut. Later when I was 16 my mother took her intellectually precocious teenager to our closest Unitarian Church in White Plains, N.Y. where my mind as well as my spirit might be fed. Now I was becoming a full-fledged baby boomer with a restless curiosity and those UU services stretched the definition of spirit for me into one that included a community. Mom made sure I could take art and music classes. She knew that a woman does not live by bread alone. Between high school and college I toured Europe for 6 weeks as a flutist and part of a Woodwind Ensemble. And when I told my parents after two years at the Univ. of Buffalo that I wanted to go to Parsons School of Design in NYC, they were totally supportive and made sure that I never needed to take out a student loan. I waited tables for years during high school and college. When I met my husband John in my senior year of Parsons and my parents learned he was 15 years older than I, divorced, and had two young children, well, that was a bridge too far. It took those 9 years to be okay with my choice. He was a good man, a wonderful artist and designer, a good dad,

a loving husband. I had an exciting, demanding, and very stressful life in corporate interior design in NYC so by the time I was 40, and after 8 years of fertility testing, (In-Vitro was a new treatment but had a low chance of success then) we decided, okay that's it, we're done with that. Let's retire instead! We had exactly one great year of goofing off and painting after moving to Santa Fe, NM before we learned my mom was beginning the Long Goodbye that is Alzheimer's. I enjoyed a few more years of design work in NM and then my dad followed mom down the same path. We moved them west and saw them both through another 9 years of decline. Hiking in the mountains kept me sane then. It still does. After they passed we had one year of normalcy again before John also showed signs of memory loss at 72. That was one too many curveballs for me. Between menopause and caregiving I was a complete wreck but tried to keep top of mind that I was one of the lucky ones, all things considered. We had tried going to the Santa Fe UU from time to time but I found more solace joining the meditation and Dharma talks at the Upaya Zen Center. On one of our occasional month-long visits to Ajijic in 2008, we found the Lake Chapala UU Fellowship when there were about 50 members sharing space with the Jewish congregation. I knew then we could move here and find our community and we did so in 2010. These were difficult years but we found friends who allowed John to retain his dignity as long as possible. He died almost 9 years ago and for the following two years I felt the warm cocoon that UU is when someone is in need of support and I am forever grateful for that. And now if you also find yourself also taking the journey through dementia with a loved one and need someone to listen, to bounce ideas off, to rant or cry or scream into the dark, well just send me a note. Hopefully I will still have all my marbles. Having married an older guy I had thought that I would likely have many years as a widow which was exactly why my parents had discouraged our relationship but--No Regrets here. We had a great run. I sold my house and was preparing to move into an apartment here when my neighbor of 9 years, Jim Bellamy, asked me to lunch. He had lost his wife Fran some months before and was completely despondent. He wanted advice about what he had to do to sell his house in Mexico and go back to Canada. So an old story then replayed itself—the widow and widower get together....And then on March 4, 2018, Rev. Matt performed the first wedding held at LCUUF. We followed up with a 'legal' one that summer in New Mexico. Jim and I decided to move back to Santa Fe together as the pandemic hit the world and it will be our home base now but we will look forward to visiting Lakeside in the future again. For now we are so grateful to be able to join you all on Zoom most Sundays and so--Thanks again to Matt and all the volunteers that continue to make that happen. Thank you all for being part of this wonderful fellowship.



### **INTERNATIONAL WOMEN'S DAY**

Supporting Girls and Women Lakeside  
Saturday, March 4th  
10:00 am until 3:00 pm  
Centro Laguna Mall, San Antonio Tlacayapan

Meet the women and men from some outstanding Lakeside nonprofits that support local girls and women at their tables at the Art Fair in Centro Laguna Mall. Organizations include: Tepehua Sewing Group, Niñas Sabias, Have Hammer...Will Travel, and Pro Mexico. Volunteers and students will be on hand to help you learn about their services, sell you their handmade products, and take your donations for their worthwhile causes. Please come support and celebrate Lakeside women!

This event is sponsored by the LCUUF Social Action Team and Neighbors Helping Neighbors interfaith group. Email D'Vorah or Colleen for more information about the event or joining either group.



### **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](mailto:Richard@infinitepie.net) The Zoom link is:

<https://us02web.zoom.us/j/85190017215>



Newsletters (including Member Spotlights) from 2015 to the present) are now available on the website. From [lakechapalauu.org](https://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.



The LCUUF newsletter is produced to provide LCUUF news to members and friends. Deadline for contributions to the April newsletter is March 25th and should be sent to Editor, Kathy Koches, at: [kkoches@gmail.com](mailto:kkoches@gmail.com)