

LCUUF NEWS OF THE WEEK



First Edition

Mar 25 - Apr 2, 2023

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Welcome to the first weekly edition of LCUUF "News Of The Week." This is a new initiative to bring more timely information and updates about LCUUF events and activities.

Attend our weekly services in person or via Zoom on Sundays at 10:30am CST. We are located at 261 Hidalgo, Riberas Del Pilar. To participate on Zoom use this link:

[Sunday Service Zoom Link](#)

[Click for Order of Service](#)

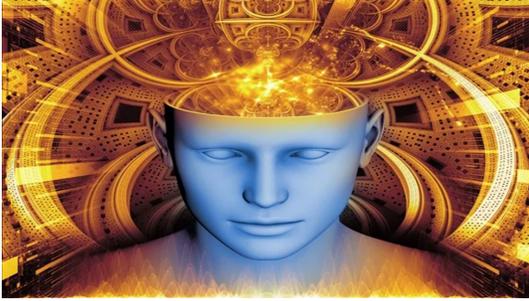


THIS WEEK: MARCH 26, 2023

Teaching English: A New Experience

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!



NEXT WEEK: APRIL 2, 2023

"Getting Out of Our Heads"

Rev. Matt Alspaugh

June Wilson, Service Associate

Writer and contemplative Richard Rohr has said "the key to a healthy spiritual life is getting out of the top three inches of our body." This is the essence of embodied spirituality. In this service, we explore finding balance by getting out of our heads and into our bodies, all the while not leaving our heads too far behind.

Thank You Kathy Koches!

I have had the pleasure of being the editor of the LCUUF monthly newsletter since March of 2018, having served as guest editor several times since its beginning by Mardele Harland In 2015. It has been both fun and challenging at times, but I was happy to give of my "time and talent" to the Fellowship that I love.



"Thank you all for your kind words and support over the past five years." - K. Koches

Matt's Message

If you are reading this "Message from Matt" now and perceive that some things have changed, you are right! This is the first edition of a new, weekly format for our LCUUF newsletter. This is part of your board's efforts to improve communications within the fellowship, especially as we keep growing. Right now, each weekly will include upcoming services, LCUUF announcements, and an article from me, or the board, or one of our teams and committees. However, this is just a start, and things are fluid, and will likely change. We welcome your comments and suggestions. [Continue Reading](#)





LCUUF Social Action Team In Action

The LCUUF **Social Action Team**, led by D'vorah Kelley and Colleen Beery, planned a successful event to celebrate International Women's Day by organizing with a newly formed interfaith community group called **Vecinos Ayudando Vecinos – Neighbors Helping Neighbors**. The newly formed group decided to celebrate and support Lakeside nonprofits that are serving girls and women Lakeside by inviting these organizations to attend the March Art Fair at Centro Laguna Mall on Saturday March 4. Four groups attended:

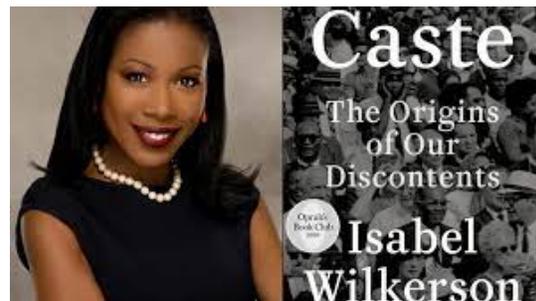
- **Niñas Sabias – Wise Girls**
- **Tepehua Sewing Group**
- **Have Hammer Will Travel**
- **Asociacion Pro Mexico.**

The event was a resounding success. In the words of D'Vorah: **"It was mobbed!"**

Want to join the team? email: dvorahc.kelley@gmail.com or colleenbeery@gmail.com

Humanist Discussion Group: Wed., April 26- (NEW TIME 11:00AM CST)

We will be discussing the caste system in society. The reading material is: "**Caste: The Origins of Our Discontents.**" This is a nonfiction book by the American journalist Isabel Wilkerson, published in August 2020 by Random House. The book describes racism in the United States as an aspect of a caste system – a society-wide system of social stratification characterized by notions such as hierarchy, inclusion and exclusion, and purity. Wilkerson does so by comparing aspects of the experience of American people of color to the caste systems of



India and Nazi Germany, and she explores the impact of caste on societies shaped by them, and their people. 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.

Zoom link is:

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



April Share The Basket: Poco A Poco

Each month, LCUUF donates 5000 pesos or more to an organization in our Lakeside community. We share one half of the offering collected at the Fellowship each week with that organization.

For the month of **April** we will be supporting **Poco a Poco** which helps people in the San Pedro Itzicán area. This organization supports youth and women in this indigenous area, through education, teaching local organic food growth, providing food and drinking water to renal patients, feeding over 300 children 5 days a week, offering health services, as well as literacy and English as a second language classes. They now have **six** community kitchens in the area!



**THANK YOU JOHANNES FOR
THIS BEAUTIFUL PAINTING!**

With appreciation to Johannes Bjorner who donated this beautiful painting to LCUUF. It is on the right wall at the front of the main hall behind the piano.

Weekly and Monthly Events

**Zoom Women's Group: 12pm - 1pm 1st and 3rd Mondays Monthly
Catherine Luria, Facilitator: Contact CLuriaARNP@gmail.com for topics**

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**Zoom Meditation Lessons: 2pm - 3pm Weekly on Thursdays Richard
Clark, Facilitator. (Click for current lesson)**

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**(NEW TIME) Monthly Humanist Discussion Group: Wed. Apr. 26th
11:00am CST. Bob Koches Facilitator (Click for Monthly Topic)**

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**Friday open conversations on Zoom-- 2:00 pm. Open to all questions: e-
mail Richard Clarke at: Richard@infinitepie.net (click to join on Zoom)**

Sunday March 19th Video Recording

"Dolce far niente" - "the sweetness
of doing nothing."

Bob Koches, Presenter
Kathy Koches, Service Leader
March 19, 2023



Studio



Birthdays This Week

Susanne Bjorner 3/27

Paul Bennett 3/27

Do you have a news item you would like included? Contact us at:
editor@lcuuf.groups.io

Newsletters are Available on our Website

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 to:

<https://lakechapalauu.org/lcuuf-monthly-newsletters/>.

Newsletters are arranged by year with most recent on top. Click on the month you want to see.



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