

LCUUF NEWS OF THE WEEK



Issue 50

Mar 3, 2024 - Mar 10, 2024

[LCUUF Website](#)

[Become a Member](#)

[Facebook](#)

[How To Donate](#)

[Calendar of Events](#)

[LCUUF Elected Leaders](#)

Attend our weekly services in person or via Zoom on Sundays at 12:00pm CST. We are located at St. Andrews Anglican Church, San Lucas 19, Riberas del Pilar.

[Click for Zoom](#)

[Order of Service](#)

[Send Joys and Sorrows](#)

UPCOMING SERVICES



This Week: March 3rd

NOTE: SERVICE WILL BE AT 12:00 NOON AT ST. ANDREWS AT SAN LUCAS 19, RIBERAS DEL PILAR

"Cooperation Vs. Competition"

Presenter: Rev. Matt Alspaugh (Remote)



Next Week: March 10th

NOTE: SERVICE WILL BE AT 12:00 NOON AT ST. ANDREWS AT SAN LUCAS 19, RIBERAS DEL PILAR

"Cultivating Joy Through Gratitude"

Presenter: Richard Clarke

Michael Sword: Service Associate

A few weeks ago, I mentioned Charles Darwin's concept of the survival of the fittest leading to the evolution of species, which has been expanded to a kind of social Darwinism, the idea that society is best organized around competition and reward, leading to the survival of the most successful people. It seems that competition rules in everything from capitalism to romance. But does competition trump cooperation? We'll explore more recent work which suggests that cooperation has its place. How might we balance cooperation and competition? How might we create a more cooperative world, and what might that look like?

Carol Johnson: Service Associate

Richard Clarke explores the transformative power of gratitude to enrich our lives through simple joys and cherished memories.

Research underscores the physical and mental benefits of gratitude for older adults, from bolstering immune function to enhancing cognitive well-being. But beyond the science lies a deeper truth: gratitude fosters connection and purpose, guiding us through life's transitions with grace.

Practical tips for infusing gratitude into daily life offer a roadmap to joy and fulfillment. From morning reflections to evening gratitude practices, each moment becomes an opportunity to embrace abundance and inspire others.



Sandy Britton, Fundraising Chairperson for Foodbank Lakeside Will Have A Brief Presentation on Sunday March 3

For the month of **March** we are supporting Foodbank Lakeside. 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 throughout the Lakeside Community.



Thank You For Your February Contributions to Share The Basket

As a result of your generosity our February Share The Basket recipient, Asociacion ProMexico has received a payment equivalent to \$476.83us.

The Care Team Is Here For You

The Care Team has unfortunately been very busy this year (too busy) with many of our members needing their help and support. It is important that everyone knows how to contact the most amazing group of volunteers. If you find yourself or someone you care about or love needs their support you can contact them by email at the following address:



lcuufcareteam@gmail.com

Or you can contact one of the Care Team Volunteers Directly:

Carol Johnson: carolatinfinitepie@gmail.com

Douglas Mattoon: douglasmattoon@gmail.com

Eric Luria: luriaec@aol.com

Lynn Cleek: dcokiemex@gmail.com

Pamela Cucinell: pamelajcny@gmail.com

Trudy Crippen: trudycrippen@gmail.com

Adele St. Pierre: astpierre2345@gmail.com

Annie Morris: ajjic.annie@gmail.com



Mindfulness With Richard Every Thursday on Zoom

Every Thursday from 3pm - 4pm our own Richard Clarke leads a Meditation Lesson on Zoom. The above video is a recording of his most recent session.

Mindfulness is the fountain of youth for the mind. It enhances clarity, boosts mood, and keeps stress at bay. Meditation not only helps you age gracefully but also lets you savor life's every moment. To find out more contact: riberasmeditation@gmail.com. Click below for the Zoom link for the next session Thursday, Feb. 22nd.

Join Me On Zoom

Unfortunately the Sunday February 25th Service "Do UUs Pray" was not recorded.



March Humanist Discussion Group

The Humanist Discussion Group will meet **Wednesday, Mar 27, 2024** at 11 am Via Zoom.

March Topic:

Hate and hate speech online has been linked to a global increase in violence toward minorities, including mass shootings, lynchings, and ethnic cleansing. We will discuss the causes and motivations of the increase.

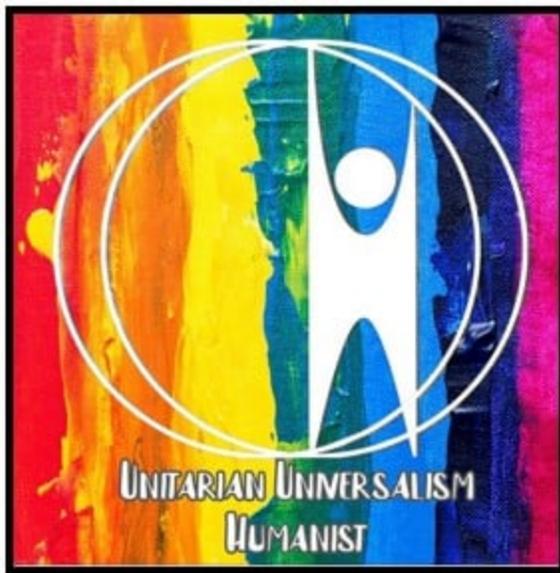
If you want to be added to the reading list email Bob Koches at bobkoches@gmail.com

[Click to join on Zoom](#)

WEEKLY AND MONTHLY EVENTS
Click on the + for info and links

**Humanist Discussion Group-Wed Mar. 27
11am**

+



Wednesday Mar 27 11:00am on Zoom (CST)

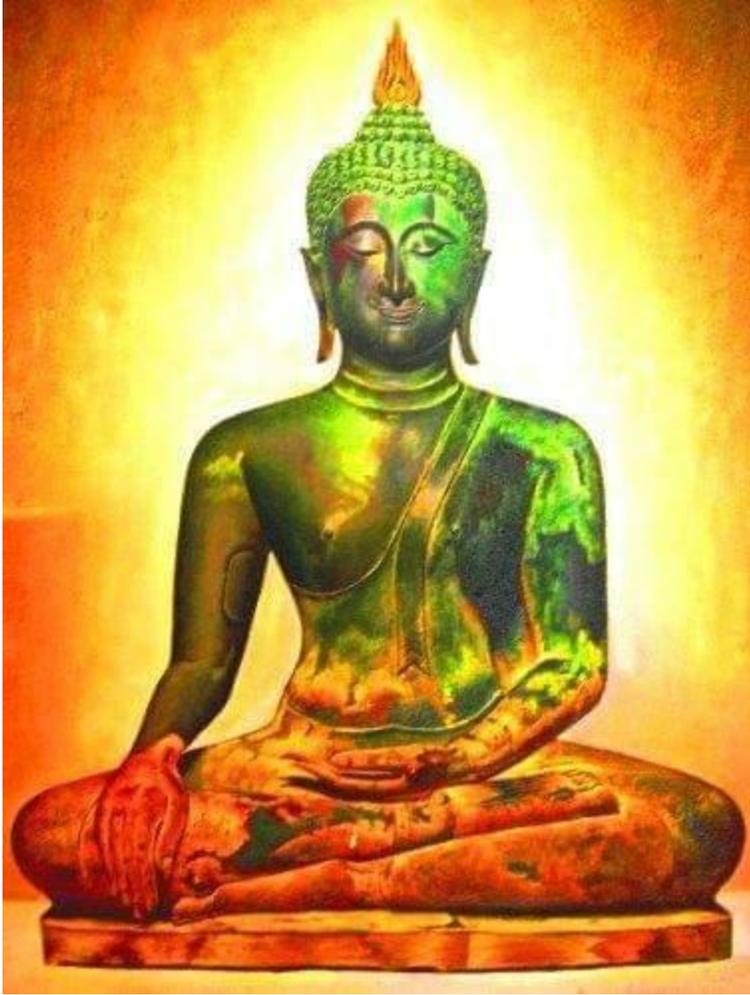
Hate and hate speech online has been linked to a global increase in violence toward minorities, including mass shootings, lynchings, and ethnic cleansing. We will discuss the causes and motivations of the increase. If you want to be added to the reading list email Bob Koches at bobkoches@gmail.com

[Click to join on Zoom](#)

Zoom Women's Group: 1st and 3rd Mondays +

12pm - 1pm 1st and 3rd Mondays Monthly Catherine Luria, Facilitator: Contact CLuriaARNP@gmail.com for topics

Zoom Meditation Lessons: 3-4pm Thursdays +



Mindfulness is the fountain of youth for the mind. It enhances clarity, boosts mood, and keeps stress at bay. Meditation not only helps you age gracefully but also lets you savor life's every moment. Richard Clarke, Facilitator. To find out more contact: riberasmeditation@gmail.com

[Click to join on Zoom](#)

**Coffee "Above" The Plaza: Thursdays
10:30am**

+

Meet other UUs for weekly conversations at Los Gringos (above the ice cream place) on the Plaza. Bring a friend!

Open Zoom Conversation: Fridays 2pm

+

Conversation is open to all questions. Email Richard Clarke at arunachalakindle@gmail.com

[Click to join on Zoom](#)



March Birthdays This Week!

Joan Ward 07

Sharon Thompson Wilson 07

**Have News You Want To Share? Send it
to:**

newsletter@lcuuf.org

**Past Newsletters are Available on our
Website**

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

Lake Chapala Unitarian Universalist Fellowship

**San Lucas 19 Riberas del Pilar,
Chapala, Mx**

You received this email because you signed up
with our welcome team or requested to be added
to our mailing list. Click on the email below to
unsubscribe.

newsletter@lcuuf.org

