

LCUUF NEWS OF THE WEEK



Issue 51

Mar 10, 2024 - Mar 17, 2024

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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.

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UPCOMING SERVICES



This Week: March 10th

"Cultivating Joy Through Gratitude"

Presenter: Richard Clarke

Carol Johnson: Service Associate

Richard Clarke explores the transformative power of gratitude to enrich our lives



Next Week: March 17th

"Transformed By Everyday Grace"

Presenter: Richard Clarke

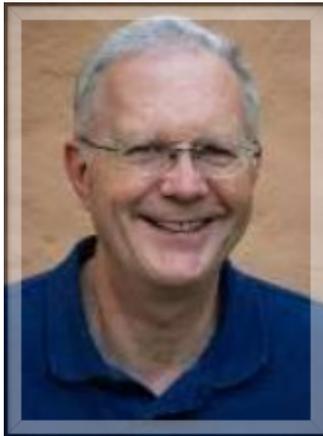
through simple joys and cherished memories.

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.

Carol Johnson: Service Associate

Easter is coming. In some Christian circles, the story of Easter is about God's grace, the unmerited gift of redemption by God through Jesus' death on the cross. If this kind of grace doesn't work for most of us, does the idea of grace have any meaning for us? Maybe there is a more ordinary grace that might be ready to transform us. How might we understand and experience grace in a more ordinary, everyday sense?



Rev. Matt Alspaugh

Last week I attended our Southwest UU Minister Association's 4-day meeting at a retreat center in central Louisiana. Getting there was a bit of an effort, flying to Baton Rouge through Houston, followed by a two hour ride with a couple of other ministers to a Methodist camp. The place was a bit rustic, but the staff really tried to take care of us with all of our dietary requirements, vegetarian, vegan, gluten-free, and who knows what else. We had planned a program with a facilitator, who then had a medical

emergency right before our retreat and couldn't come. So as part of the executive team, it fell to me to re-organize the programming for the retreat, asking other ministers to do parts of the program using the material that the facilitator provided. For me, it was more work, less retreat. Still, I felt good about what we accomplished in our sessions, and about the time I spent conversing with other UU ministers.

I try to attend these retreats every year, along with the annual UU Minister's Association meeting, which is held just before General Assembly in the United States. I do sometimes wonder whether these meetings are worth the cost of the flights, rental cars, and room and board along with the time commitment. I remind myself that it is important to connect with colleagues. It is particularly important for ministers like me who are geographically isolated and don't have regular collegial connections. Zoom is just not the same.

I understand that those ministers who fail to stay connected with their peers are often the ones who get into trouble. They are the ones that get fired by their congregations (we use the euphemism "negotiated resignation.") Worse, others are the ones who damage their congregations through financial or sexual misconduct. I don't know if correlation implies causation in these cases — that is to say that ministers who isolate themselves are more likely to fail in their ministry. I do take this as an obligation that not only should I work to

stay connected with my peers, but that I should help them to connect with each other as well.

So one of my delights with sharing space with the Anglicans is that I now have a collegial relationship with other ministers as we work together in the same space. Certainly we UUs have different theology and different polity (denominational organization) than the Anglicans, but the nuts and bolts of leading a religious organization are similar, and we have lots to talk about. I'm delighted for the turn of events that has brought these two congregations into relationship with each other. It's good for my ministry, and good for all of us.

Long Time Friend, New Member to LCUUF

Welcome Carol Cumming Spiers

Long time friend of LCUUF Carol Cumming Spiers signed the membership book on Sunday. Welcome Carol.



Can You Help With The Coffee Hour?

LCUUF needs volunteers to help with Coffee before and after the service. Please let Barley Donahue or Micheal Swords know if you can help. We also need folks to sign up to bring cookies / treats to go with coffee. The

Anglicans have primarily provided cookies / treats and we need to help out. Thank you to those that have provided goodies so far.

More Important Information From Our Care Team

Care Team: Complete An Emergency Contact Form

For members who choose this, the Care Team maintains a confidential emergency contact information file. This enables the team to contact your primary physician or loved ones in case of an emergency. The form can be filled out at: [LCUUF Member Emergency Contact Form](#)



Care Team: Get A Doctor!

We strongly encourage everyone to have a primary care physician. Even if you don't currently have any medical needs, you can still make an appointment and establish care with a primary care physician.

We recently has a member have a serious medical illness requiring hospitalization. They had not yet established a primary care physician and this caused significant problems in arranging care because several different doctors needed to be involved because of the complexity of the case.

We strongly urge everyone to have a new patient visit as soon as possible. A primary care physician gives you a phone number to call in the middle of the night. The physician can arrange ambulances, hospitals, and specialists. This physician acts as your advocate and oversees your care. Our internists and family practice doctors tend to have excellent networks in Guadalajara and they can make things happen quickly.

We believe that each of you can find a compatible doctor here. If you don't warm to the first one you see you can always try another. The easiest way is to ask a friend who has a personality similar to yours. They are likely to have similar preferences in doctors.

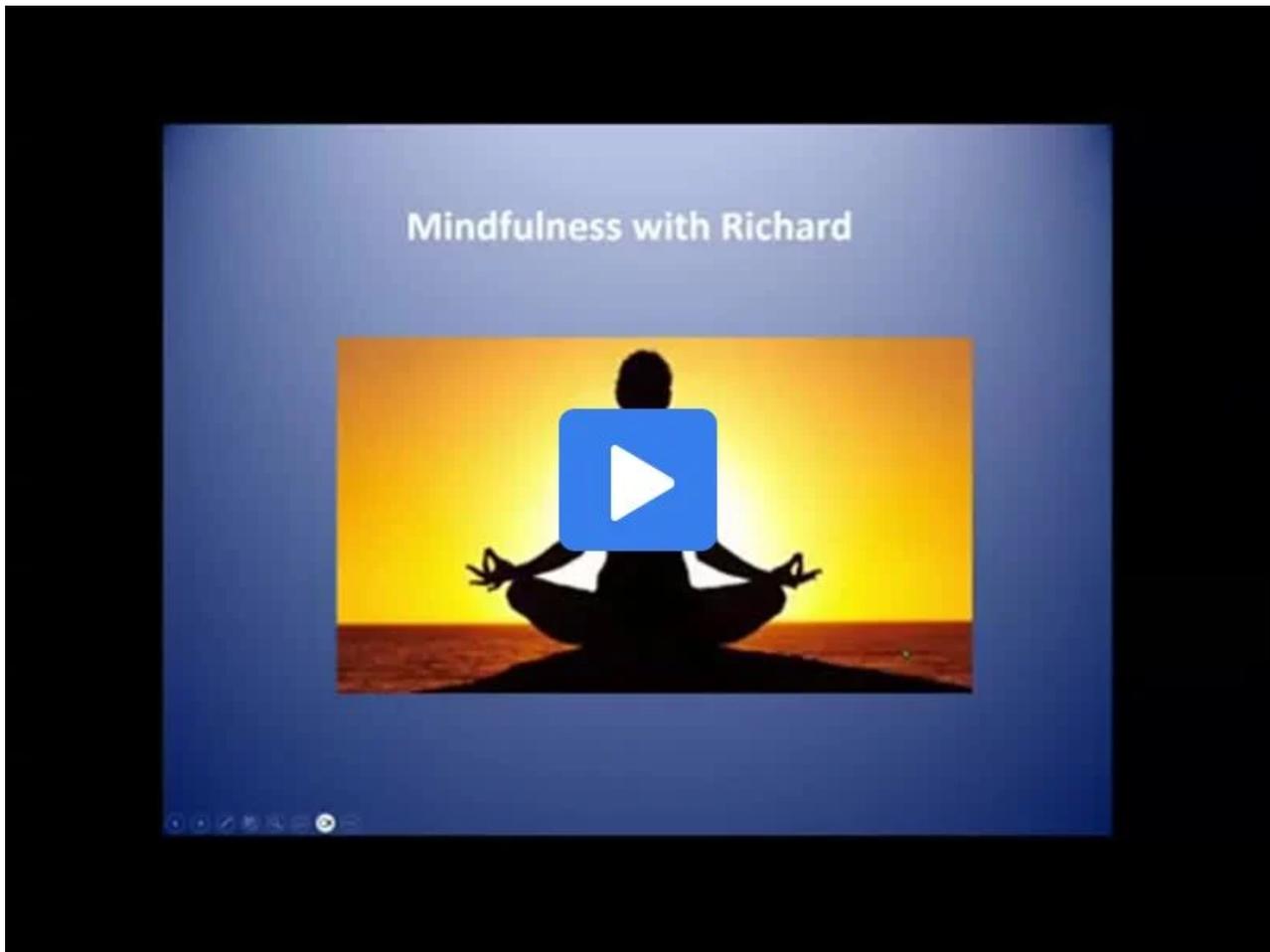
Thank you,

Eric and Trudy

Contact: lcuufcareteam@gmail.com



**Video Recording Of The Complete
Service on Sunday March 3rd**



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

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.

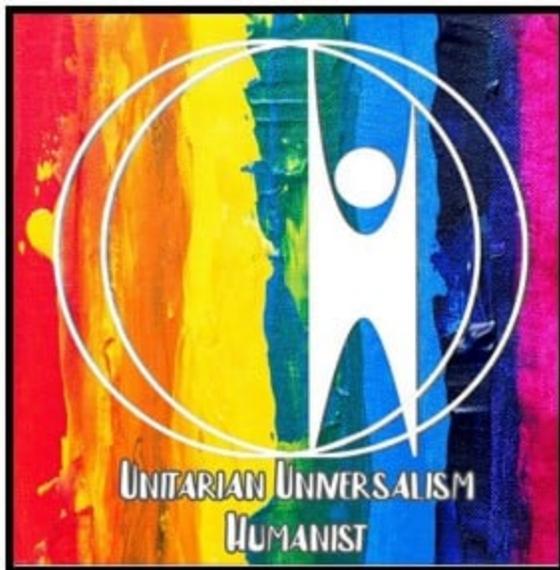
If you want to be added to the reading list email Bob Koches at bobkoches@gmail.com

[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)

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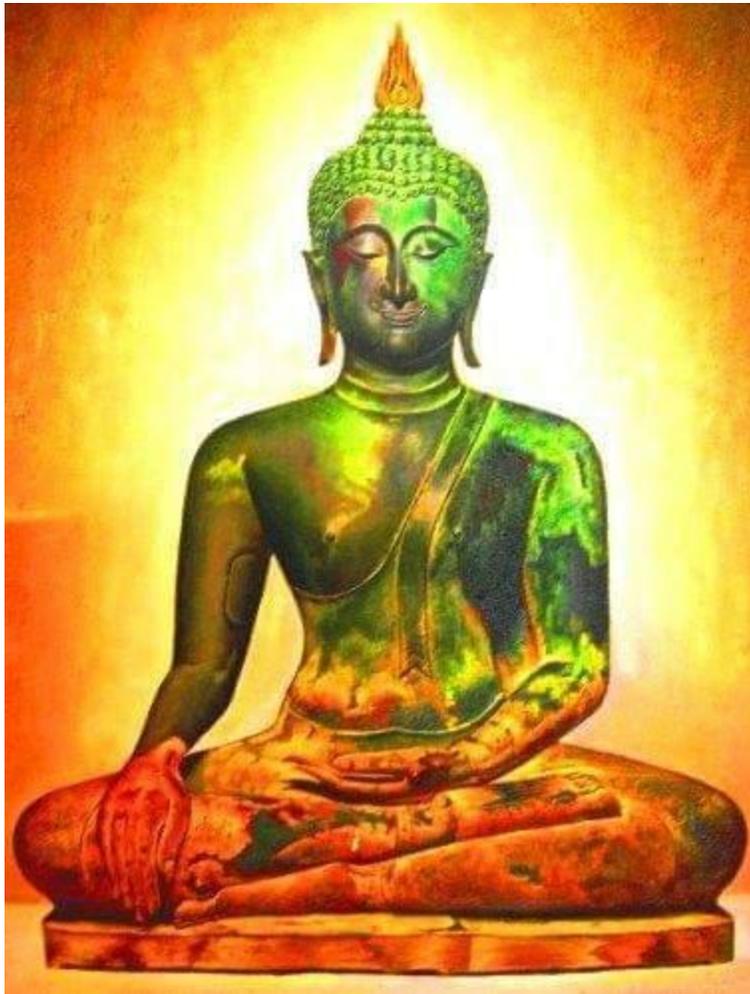
will discuss the causes and motivations of the increase. If you want to be added to the reading list email Bob Koches at bobkoches@gmail.com

[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!

Lois Cugini 13th

Lorna Dean 15th

Marie MacGregor 16th

Janice Kimball 16th

Diane Van Brocklin 16th

**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**

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