

LCUUF·NEWS·OF·THE·WEEK



Issue 77

Sep 8 - Sep 15, 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.

[Click For Zoom](#)

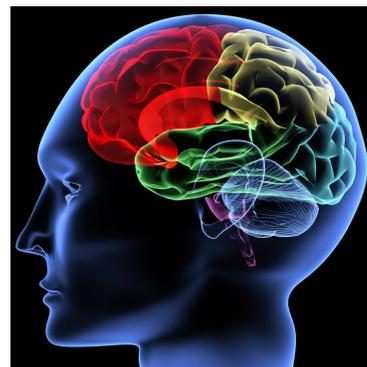
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UPCOMING SERVICES



This Week: September 8



Next Week: September 15

"An Invitation Into The Future"

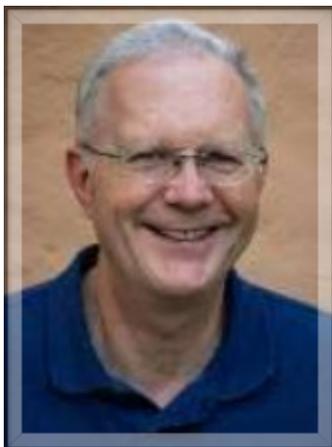
Rev. Matt Alspaugh, Presenter
D'vorah Kelley, Service Associate
D'

Every morning as we wake up, become gradually more conscious, aware, we find ourselves with an invitation into the future, into another day, and further, into the rest of our lives. How do we open this invitation? Where does it lead us? Who do we invite to join us along the way?

"Our Four Brains"

Richard Clarke, Presenter
Carol Johnson, Service Associate

Explore the fascinating concept of "Our Four Brains." In this enlightening talk inspired by Dr. Jill Bolte Taylor, Richard Clarke will dive into how each brain—split between our hemispheres and old and new brain structures—has distinct capabilities and personalities. Discover insights into how these four brains shape our sense of Self and interactions. Learn to balance and harness these unique characters for a richer, more connected life, particularly through meditation and mindfulness. Join us for a deep dive into the brain's complex landscape and its profound implications for personal growth and spiritual practice.



Getting Cheap Airfare For Last Minute Travel

I'm excited to announce that we are starting a small group program called Chalice Circles. At a board meeting earlier this year, the board members realized that while we do have a number of good discussion groups, we lacked groups that focused on deep sharing and intimate listening. Some of the board members had experienced such groups elsewhere. They said such groups brought people closer together around spiritual topics and life's deep questions. One suggested the name 'Chalice Circles', which was used at her former UU congregation, and numerous others as

well.

Our groups would meet monthly, toward the end of the month, spending a couple of hours sharing about a topic chosen in advance. Groups will generally include the same people, and add people occasionally as others leave the group.

We decided to use material from Soul Matters Sharing Circle as the resources for our groups. Soul Matters is a network of UU congregations who follow the same monthly

theme, so that they may more easily share material for groups, Sunday services, music, and education. We already participate in Soul Matters for worship materials; I typically use their materials as resources for at least one Sunday service a month. (For example, September 8, "An Invitation into the Future" touches on the September theme of "Invitation"). We will also use their monthly theme material for Chalice Circles.

Why use such a structured program? Past small group organizers have found that having a loose structure gives a "frame" to the small group meetings, just as a frame around a painting helps us focus on the painting itself. The theme, as well as the format of the meetings will help them be more consistent, and be facilitated more effectively by members of the group.

So the idea is this. Early in the month, Chalice Circle participants will receive a packet of materials, readings, poems, pointers to videos, movies and music. The packet also includes several 'spiritual exercises', and participants are encouraged to try one of them, and reflect on their experience with the exercise at the meeting, late in the month.

We already have about 30 people interested in Chalice Circles. If you are interested in joining this program, we are forming groups right now. Please be in touch with Paula Odom, paulaodom01@gmail.com, to let her know your interest. We are asking everyone who is interested to tell us their preferred days of the week and times, and we will form the groups as best we can based on that information. We think these monthly Chalice Circle meetings, with their opportunities for us to share deeply, will provide a new and valuable dimension to our life at Lake Chapala Unitarian Universalist Fellowship.

Next Healing Circle Thursday September 12 at 4pm

We meet monthly on 2nd Thursdays at 4pm in the St. Andrew's garden (except with rain/ bad weather) Bring a cushion for comfort.

OR email / message Pamela Cucinell - pamelajcny@gmail.com -for zoom link Gathering to focus on healing, peace and well-being. Our methods employ Reiki distance healing, but we welcome all methods of energy healing as well as novices.



If you cannot attend in person, give yourself some quiet time wherever you are to send and receive. This is group, not individual work. You are welcome to send us the name of anyone you'd like us to focus on with healing intentions.

All LCUUF members are welcome regardless of experience. : D'Vorah Kelley and Pamela Cucinell, Reiki Practitioners



Check Out The New Chalice Groups Forming Now!

Join with LCUUF Members and Friends through Chalice Groups - a practice of deep listening, sharing and reflection. These groups of 10 will meet monthly for 1.5-2 hours, at the Fellowship or in a home and engage the monthly Soul Matters

themes (example attached). Group members listen to each other, listen to our lives and listen to our deepest selves - leading us to greater loving and living, connection, and community.

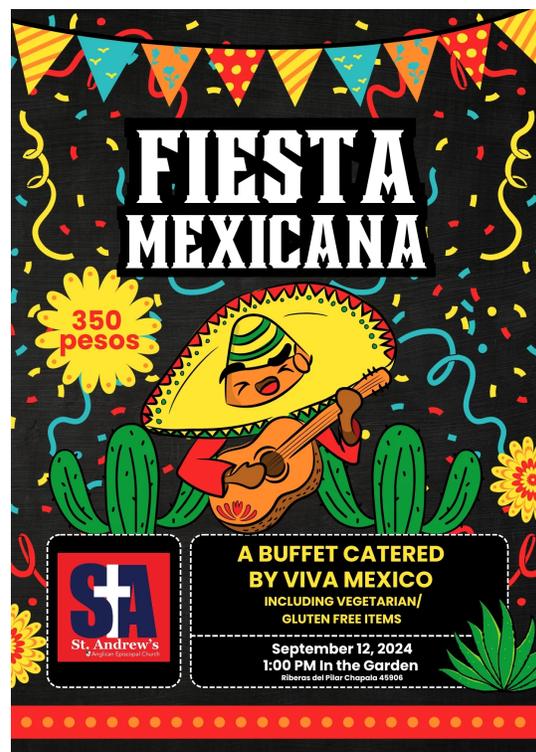
Signup at the Welcome Table on Sunday or email paulaodom01@gmail.com.

Note: The number of 10 might seem large however with the amount of travel our membership does, the attendance could average 6-8 per month.

<https://www.soulmatterssharingcircle.com/>

Fiesta and Fundraiser September 12

St. Andrews and the U.U.'s are hosting a Mexican Fiesta on Thursday, September 12th, catered by Agustin from Viva Mexico Restaurant. The Social Hour will start at 1:00 p.m. and the buffet will start at 2:00 p.m. This is a fundraiser with profit going towards roof repair and electrical repairs at the church. Tickets are \$350 each. The menu includes guacamole, salsa and chips, sliced poblano peppers with corn, zucchini filled with veggies and cheese, chicken fajitas, rice, beans, BBQ ribs, vegetable lasagna with gluten-free noodles and lasagna with meat. Agustin will be selling margaritas for \$70 pesos each. Jugs of water will be placed on each table but guests are welcome to bring their own drinks. There will be no tickets sold at the door the day of the event. Buy your tickets after the service and don't miss out on this fun event!



"Share The Basket " Generosity

Through your weekly generosity we collected and donated US\$ 313.88 (5,650 pesos) to Asociacion ProMexico, our August "Share The Basket" Thank you all.



September Humanist Zoom Discussion

The Humanist Discussion Group will meet **Wednesday September 25th** at 11am Via Zoom.

September Topic:

Join us for an engaging humanist discussion on climate justice, where we'll explore the critical question: "What is climate justice?" We'll examine how environmental challenges intersect with human rights, social equity, and global cooperation, considering the ethical dimensions of climate change and our collective responsibility.

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

[Click to join on Zoom](#)

Monthly Women's Group Brown Bag Lunch!

In addition to the 1st & 3rd Mon ZOOM women's group meetings we are adding an IN PERSON BROWN BAG LUNCH at 12N on the 4th Monday. This will be held at Trudy Crippen's house. Please RSVP to Trudy if you plan to attend.

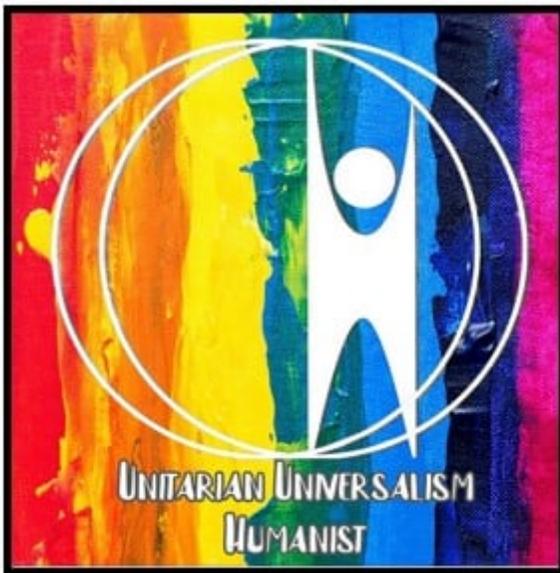
trudycrippen@gmail.com

WEEKLY AND MONTHLY EVENTS

Click on the "+" for details

**Humanist Discussion Group-Wed Sep 25
11am**

+



Wednesday Sep 25 11:00am on Zoom (CST)

September Topic: Join us for an engaging humanist discussion on climate justice, where we'll explore the critical question: "What is climate justice?" We'll examine how environmental challenges intersect with human rights, social equity, and global cooperation, considering the ethical dimensions of climate change and our collective responsibility.

[Click to join on Zoom](#)

Women's Group: 1st , 3rd and 4th Mondays +

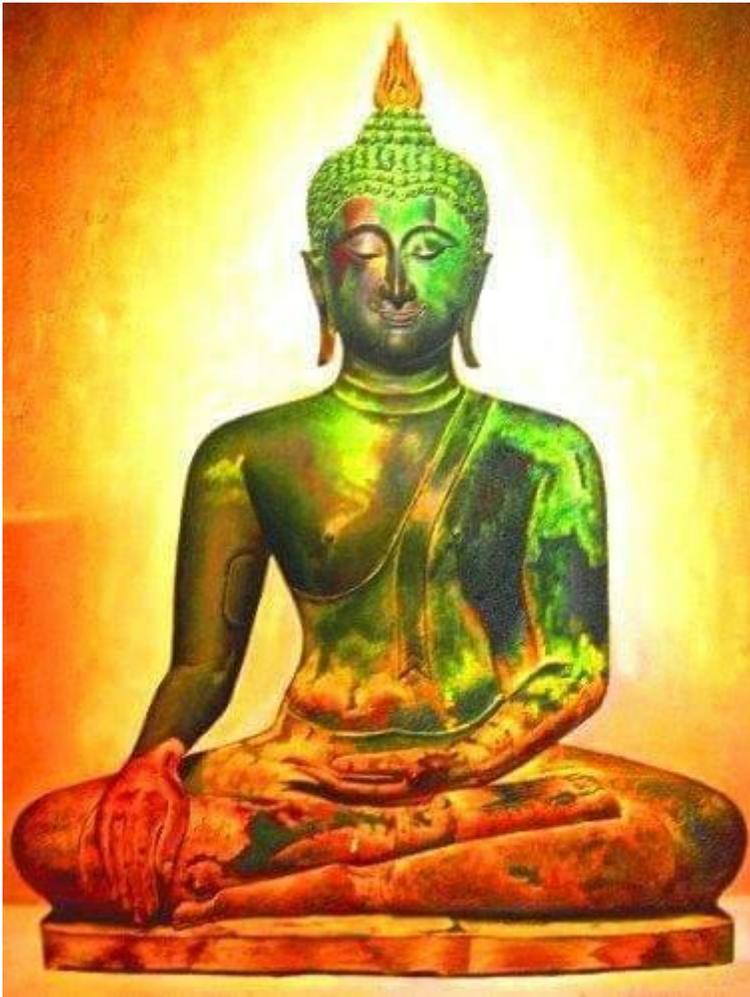
12pm - 1pm 1st and 3rd Mondays Monthly Catherine Luria, Facilitator: Contact CLuriaARNP@gmail.com for topics. Now you can join us for a brown bag lunch on the 4th Monday of each month at Trudy Crippen's house. RSVP Trudy if you plan to attend. trudycrippen@gmail.com

Healing Circle Monthly: 2nd Thursday 4pm +



This is a new group gathering to focus on healing, peace and well-being. Our methods employ Reiki distance healing. This is group, not individual work. All LCUUF members are welcome regardless of experience. Facilitators: D'Vorah Kelley and Pamela Cucinell, Reiki Practitioners

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](#)



BIRTHDAYS THIS WEEK

John Adams, September 9

Tonya Murphy, September 9

Marsha Waltz, September 11

Alan Mckean, September 15

**Do You 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**

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