

100th

This Is The 100th Edition Of LCUUF News Of The Week

Thanks to all who have helped me publish this newsletter for the past 100 weeks. It would not be possible without you. Kriss Gang, Editor

LCUUF NEWS OF THE WEEK



Issue 100!
2025

Feb 16 - Feb 23,

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

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UPCOMING SERVICES



This Week: Feb 16, 2025

"A Better Way Of Being"

Presenter: Rev. Tim Boeve

Service Associate: Heidi MacLennan

Our world today is filled with harm, seemingly, of late, getting worse by the day. Buddhist teacher Pema Chödrön says that one anecdote to not causing harm to ourselves, and others is through mindfulness. The Rev. Tim Boeve will explore tried and true ways of not causing harm in what we think, say, and do. Drawing upon the wisdom of Chödrön and others, he will talk about staying awake, slowing down and noticing what is taking place within ourselves in any given moment. Though we are not directly responsible for much of the harm that we see in the world, our way of being in the world can either add to it or lessen its pervasiveness. As people of conscience and good will, Boeve believes we will want to choose the latter, and through staying awake, slowing down and noticing make the world a safer and better home for ourselves and others.



Next Week: Feb 23, 2025

"Breaking The Silence-Dementia "

Presenter: Rev. Elly Contreras

Service Associate: Barley Donahue

Elly Contreras will share a number of factors about dementia, how we can determine our risk factors and how to prevent or slow down dementia. Through her organization "Lakeside DayBreak Dementia Support" the aim is to make Lakeside Dementia an Inclusive community and offer support to those dealing with the disease.



UUA Joins A Lawsuit Opposing ICE's Policy Rollback, Which Threatens Religious Freedom And The Sanctity Of Sacred Spaces

Rev. Sofía Betancourt, PhD, President, Unitarian Universalist Association

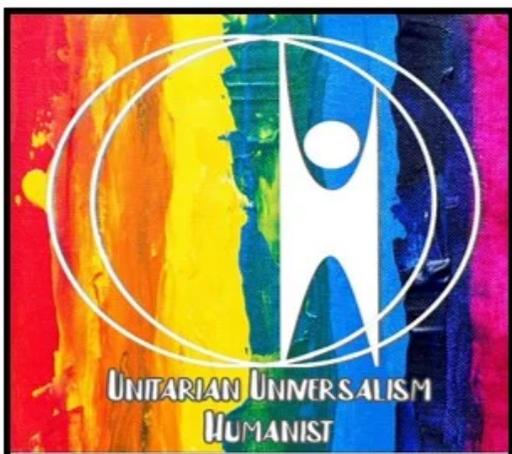
I am proud to announce that our Unitarian Universalist Association has joined a multifaith coalition representing millions of Americans across dozens of denominations and the Institute for Constitutional Advocacy and Protection in a lawsuit challenging ICE's "sensitive locations policy." This action is an expression of our deeply held religious values which call us to communal care and protection of the most vulnerable.

The lawsuit asserts that subjecting places of worship to ICE enforcement actions without a judicial warrant substantially burdens our religious exercise in violation of the First Amendment and the Religious Freedom Restoration Act. These enforcement actions at our places of worship interfere with our religious activities and our ability to fulfill our religious mandate to welcome and serve immigrants.

[Read More Here](#)



Video Recording of Mindfulness With Richard Clarke for Thursday Feb.13th



February Humanist Discussion Topic

Our Humanist Discussion for Feb. will focus on disinformation and the rise of the oligarchs globally and its threat to democracy. We will also look at the rise of autocracy and from the lens of history how oligarchy has also been with us.

The Humanist Discussion Group will meet
Wednesday Feb 26 at 11am Central

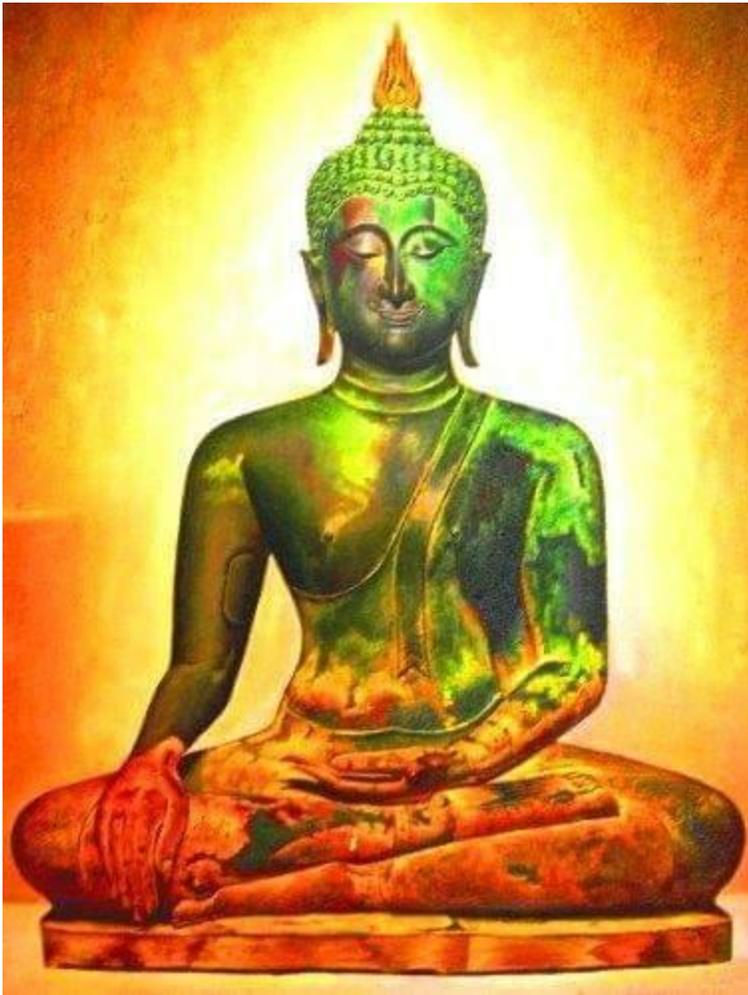
Our Humanist Discussion for Feb. will focus on disinformation and the rise of the oligarchs globally and its threat to democracy. We will also look at the rise of autocracy and from the lens of history how oligarchy has also been with us. The Humanist Discussion Group will meet Wednesday Feb 26 at 11am Central Standard Time Via Zoom. The zoom link is <https://us02web.zoom.us/j/86577912863>
If you wish to be added to the reading list contact Bob Koches at bobkoches@gmail.com

[Click to join on Zoom](https://us02web.zoom.us/j/86577912863)

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

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 arunachalakinle@gmail.com

[Click to join on Zoom](#)



FEBRUARY BIRTHDAYS

Ron Avalon, February 18

Karawynn Long, February 22

Susan Reynolds, February 23

Gloria Rathwell, February 29



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