

# LCUUF NEWS OF THE WEEK



Lake Chapala Unitarian  
Universalist Fellowship



Issue 88

Nov 24 - Dec 1, 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: Nov 24**

**Next Week: Dec 1**

## **"Replacing Dogmas With Core Values"**

**Presenter: David Ellison**

**Service Associate: Dee Dee Camhi**

Dave Ellison was a true-believer, accepting without question both Catholic and United States dogmas. His life experiences, however, as both a teacher and a traveler, led him to discard any and all prescribed notions, and to embrace stoic existentialism. Indeed, he finally recognized that beliefs matter far less than values—moral principles and goals—which guide his daily life. In this talk, Dave will briefly review his philosophical journey, and then focus on these values, and why he chose them; culminating with his current credo which embodies them.

During his thirty-six-year career, David Ellison was a teacher, mentor teacher, school administrator, education columnist and community activist. He worked in schools foreign and domestic, public and private, grades four through college. His treks through five continents included volunteering in far-flung villages, and surviving harrowing adventures.

## **"Coming Into The Present Moment"**

**Presenter: Rev. Matt Alspaugh**

**Service Associate: Priscilla Taylor**

The spiritual teacher Eckhart Tolle wrote, "Unease, anxiety, tension, stress, worry - all forms of fear - are caused by too much future, and not enough presence. Guilt, regret, resentment, grievances, sadness, bitterness, and all forms of non-forgiveness are caused by too much past, and not enough presence." We'll explore this thing called 'presence', being in the present moment, how we might find it, and what might emerge from being more present.

## **Remembering Lew Crippen**

It is with great sadness that we recently learned that Lew Crippen passed away peacefully in his sleep this morning. His passing was quite unexpected. However, it was fortunate that his son Philip was visiting at this time, and the two had spent many pleasant evenings together.

Lew was a founder and leader in the fellowship, and served as board president for four years. He was the men's movie group organizer, host to the LCUUF community

Thanksgiving for 15 years and friend to all. He will be deeply missed.

Lew's wife, Trudy Crippen, also a founder, and currently leader of the Care Team, very much appreciates email, calls, and visits. Please remember that due to her recent surgery and related mobility limitations, a phone call is advisable before a visit.



## Sunday Service Committee Needs Your Help

Your Sunday Service Team (SST) has been continuing to provide thoughtful, spiritual, and informative services each Sunday. But we need

YOUR help! The next Quarterly Planning Meeting will take place directly after the service on December 1 to plan January and February services. Have an idea for a topic you might want to explore? Want to be one of our valued Service Associates? Be a reader? We now have a "Brain Trust" (aka brainstorming) group ready to help put your ideas into action! Or, just come and give your ideas without committing to being the one to necessarily implement them. Or, just come and observe the process. Can't make it to the meeting but want to contribute? Contact any of the members of the SST (we are on the website1).



## Handmade Bookmarks to Benefit LCUUF

Since many at Lakeside are avid readers, Adele St. Pierre has created unique and lovely bookmarks to share. She will be offering them before and after the Fellowship Service on November 24th. All donations will go to LCUUF.

## Brown Bag Lunch At Trudy's Monday Nov. 25th

This Monday is the fourth Monday of November, time for our brown bag lunch and it is open to all the women of the LCUUF.



**Details**, 12:00 at Trudy's house, please bring your own lunch and drink. Our only objective is to talk and have a good time. If you want to bring something to share, go ahead, but it is not necessary.  
Please try to carpool.

I have thought about it, of course, and I want to do this. I always feel good afterwards. I look forward to this. Drop me a note if you're coming. Come anyway, even if you haven't.



## Time To Sign Up For Holiday Parties!

Time to sign up for the LCUUF Holiday Parties in December. These are parties held at homes where members get together for holiday cheer. The hosts set the date and time. Guests bring appetizers and drinks to share. Sign up at the Welcome table on Sunday or email Paula at: [paulaodom01@gmail.com](mailto:paulaodom01@gmail.com)

## For The Love Of Chocolate And LCUUF

Hanna Frederick, LCUUF member and professional chocolatier, has brought her talent and treasure to LCUUF in the form of the most wonderful Chocolates. She has been crafting her custom chocolates and selling them before and after services. This holiday season she will be selling her chocolates every Sunday from now through Christmas. (except November 30th)



Hanna uses 70% dark organic chocolate made in Tabasco MX by CACEP. Lo carb, no sugar added to the ganache. Real fruits, nuts, no artificial stuff. Very Healthy!

The cost is 15 pesos per chocolate. If possible bring a plastic container or plastic bag for your purchases.

100% of the proceeds will go to LCUUF. A most delicious way to support our congregation.

## Song Leaders, We Need You!

LCUUF is looking for people who like to sing and would be interested in being song leaders for our services. You do not have to read music, just the ability to learn and hold a tune. **Also, song leaders do not need to stand up front they can remain interspersed in the fellowship as encouragement for people to sing along.**

Song Leaders will be for the hymns that we sing each service. Each week Michael will send you the music and a recording of the hymn to learn at home. Then on Sunday you will meet Michael at 11.30am at the church and have a short rehearsal. It would not necessarily be every week. If you are interested please email

Michael at [mjrmusic01@gmail.com](mailto:mjrmusic01@gmail.com)

# THE HEALING POWER MUSIC

Michael Reason, Guest Speaker  
Michael Swords, Service Associate  
November 17, 2024



Lake Chapala UU

**Video Recording for the November 17th**



## Mindfulness with Richard Clarke for Thursday Nov. 21



### November Humanist Discussion Group

In his new book *NEXUS: A Brief History of Information Networks from the Stone Age to AI*, Harari looks through the long lens of human history to consider how the flow of information has shaped us, and our world. Taking us from the Stone Age, through the canonization of the

Bible, early modern witch-hunts, Stalinism, Nazism, and the resurgence of populism today, Harari asks us to consider the complex relationship between information and truth, bureaucracy and mythology, wisdom and power. He

explores how different societies and political systems throughout history have wielded information to achieve their goals, for good and ill. And he addresses the urgent choices we face as non-human intelligence threatens our very existence.

The Humanist Discussion Group will meet , **Wednesday November 27th** at 11am Via Zoom. Remember we are on Central Standard Time .Those on Standard Time please adjust your time zone. The zoom link is <https://us02web.zoom.us/j/86577912863>  
If you want to be included in the reading list contact [bobkoches@gmail.com](mailto:bobkoches@gmail.com)

## WEEKLY AND MONTHLY EVENTS

Click on the "+" for details

**Humanist Discussion Group-Wed Nov 27  
11am**

+



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

November Topic: In his new book NEXUS: A Brief History of Information Networks from the Stone Age to AI, Harari looks through the long lens of human history to consider how the flow of information has shaped us, and our world. Taking us from the Stone Age, through the canonization of the Bible, early modern witch-hunts,

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[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](mailto:CLuriaARNP@gmail.com) for topics.

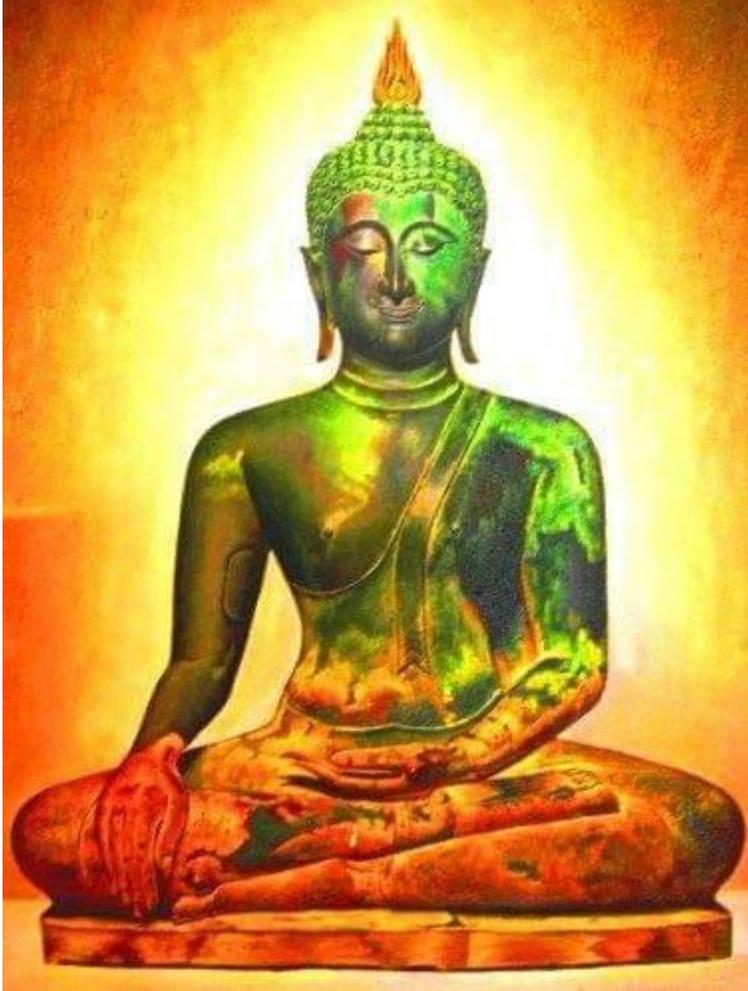
### **Healing Circle Monthly: 2nd Thursday 4pm** +



This is a 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](mailto: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](mailto:arunachalakindle@gmail.com)

[Click to join on Zoom](#)



## BIRTHDAYS THIS MONTH

**Christy Caldwell, November 21**

**Dave Miller, November 22**

**Norman Woods, November 24**

**D'Vorah Kelley, November 24**

**Candy Fields, November 25**



**Lake Chapala Unitarian Universalist Fellowship**

You received this email because you signed up at our welcome table or sent an email request to be added.

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