

LCUUF NEWS OF THE WEEK



Lake Chapala Unitarian
Universalist Fellowship



Issue 104

Mar 16 - Mar 23, 2025

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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



Lake Chapala Unitarian
Universalist Fellowship



This Week: Mar 9, 2025

Next Week: Mar 23, 2025

"An Invitation To Authenticity"

Presenter: Mark Etkin

Service Associate: Jane Castleman

Personal relationships are an important part of our spiritual life. We often hide ourselves behind barriers of fear, not knowing how to be more connected to others. This service will explore a model from a personal growth center in British Columbia about how to engage our courage and curiosity to take steps to be more open and vulnerable with others to bring more intimacy into our lives.

"Lessons From The Natural World"

Presenter: Rev. Matt Alspaugh

Service Associate: Rev. D'Vorah Kelley

Nature offers us important lessons, if we know where to look. Look at nature in the wrong way, and we can take away some quite distorted ideas about how to live with each other and the Earth. But we can take a different perspective, and find wonderful lessons pointing to a healthier and more whole society. This is the week of the Equinox, and so is a good time to look toward the natural world for its teachings.

IMPORTANT ANNOUNCEMENTS

Emerson Sunday, May 4th

Ralph Waldo Emerson considered art a way for the artist to express their inner self, their "spirit," and to share a deeper understanding of the world with others. He believed there should be no strict separation between different art forms, like painting, music, and poetry, as they all stem from the same creative impulse.

Greetings, artists, and there are many of you in our fellowship. Time goes by quickly, so don't let Emerson Sunday, May 4, slip past unnoticed and, therefore, miss your chance to let the rest of the congregation celebrate your art. April 1st is the last day to let us know of your wish to participate.

Art takes many forms: writing, painting and all visual arts, sculpture and other 3D art, culinary arts, textile arts, music and all forms of performing arts, and many others, I'm sure. Please let us know soon what your talent is and how you would like to share it with us.

Remember: last date for entry is April 1st.

Thank you all, Jan

send information to mydruthers01@gmail.com

End of Life Considerations

St. Andrews is hosting two important talks about end of life considerations

March 21 - 3 pm. - Loretta Downs believes that all should have a supported and respected death and she will tell us the way to do it. Loretta is an educator, speaker, writer, end of life Doula and certified Senior Advisor.

March 22 - 3 pm. - Cynthia Guzman - of San Francisco Funeria in Chapala. Cynthia can answer all our questions to help us be prepared for the end of life. And she is an interesting speaker.



"CHANGING AND UNCHANGING FAITH"

Presenter
Rev. Matt Alspaugh

Service Associate
Annie Morris

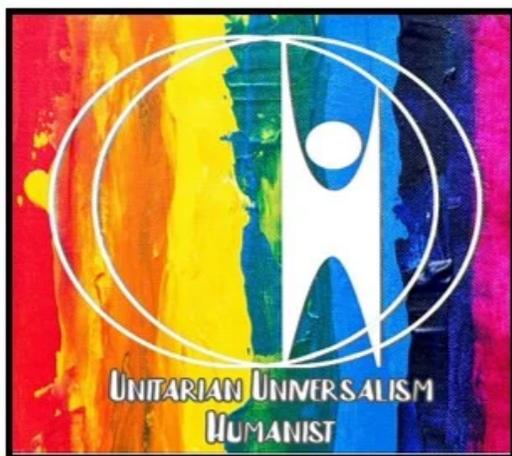
March 9, 2025

Lake Chapala UU

Video Recording for Sunday, March 9th



Mindful Meditation With Richard Clarke



March Humanist Discussion Topic

From politics to everyday life, humans have a tendency to form social groups that are defined in part by how they differ from other groups. We will explore the science behind this concept and ask the question are we hard-wired to distinguish Us vs Them.

The Humanist Discussion Group will meet **Wednesday Mar. 26** at 11am Central

Standard Time Via Zoom. Please note that some US states will be on Daylight Savings

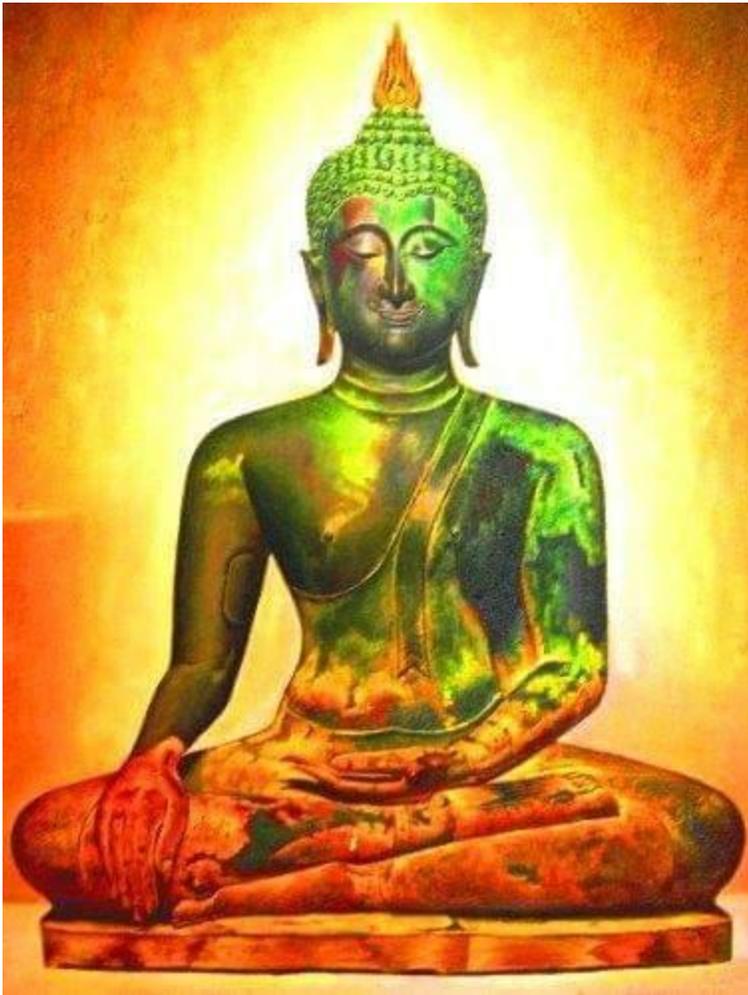
From politics to everyday life, humans have a tendency to form social groups that are defined in part by how they differ from other groups. We will explore the science behind this concept and ask the question are we hard-wired to distinguish Us vs Them. The Humanist Discussion Group will meet Wednesday Mar. 26 at 11am Central Standard Time Via Zoom. Please note that some US states will be on Daylight Savings Time. The zoom link is: <https://us02web.zoom.us/j/86577912863> If you want to be added to the reading list, contact Bob Koches at bobkoches@gmail.com

[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

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 arunachalakinde@gmail.com

[Click to join on Zoom](#)



MARCH BIRTHDAYS

Lois Cugini, March 13

Lorna Dean, March 15

Marie McGregor, March 16

Diane VanBrocklin, March 16

Susanne Bjorner, March 27

Paul Bennet, March 27

Susan Miller, March 30



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