

LCUUF NEWS OF THE WEEK



Issue 109

Apr 20 - Apr 27, 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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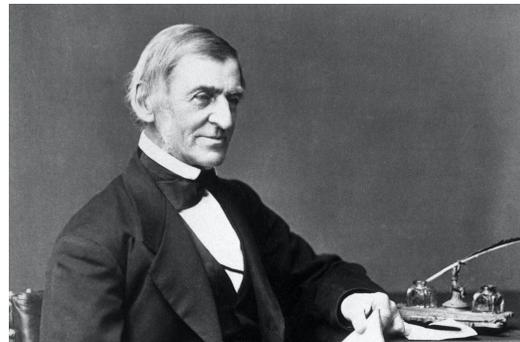
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UPCOMING SERVICES



This Week: Apr 20, 2025

"The Preciousness and Precariousness of our Planet"



Next Week: Apr 27, 2025

"Emerson Sunday"

Presenter: Jan Manning

Presenter: Tim Boeve and Others

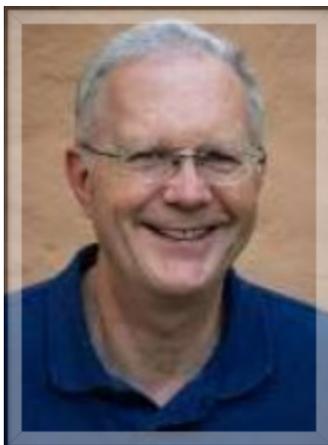
Service Associate: Sandy Wallin

On this Easter Sunday, which also features the last day of Passover, the Reverend Timothy Boeve will touch upon these significant religious festivals as he highlights what for him and others these events celebrate, Renewal and Freedom, respectively. However, with this particular Sunday falling two days prior to the 55th annual celebration of Earth Day, on April 22, Boeve will primarily focus his message on the peril and promise of living on our warming planet. His message titled "*The Preciousness and Precariousness of our Planet*," will provide the latest updates regarding climate change and potential fixes. One of these modest fixes is a local effort by a small team of Mexican residents planting trees around the shores of Lake Chapala. As such, included as part of Boeve's message a couple of representatives of *Siempre Verde* will make a brief presentation about their vital, environmentally focused work.

Service Associate: Donna Burroughs

Ralph Waldo Emerson considered art as 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 that there should be no strict separation between different art forms like painting, music, and poetry, as they all stem from the same creative impulse. He defined life in terms of creative capacity and helped redefine creativity as an innate, impulsive, and ubiquitous quality

Our service will celebrate Emerson Sunday - an honoring of the arts in all it's forms, music, visual arts, performing arts, textile arts, and more. There will be displays in the garden at Saint Andrews beginning at 11:00am, prior to the service.



Rev. Matt Alspaugh

One of my favorite books in recent times is David DeSteno's book, "How God Works." I think he really should have called it, "How Religion Works," because he explores how religious practices work from a psychological point of view. DeSteno is a psychologist who studies human emotion. He began his career exploring practices that might help people improve their lives. Among other things, he discovered that giving thanks made people more honest and generous, that meditation made people more compassionate, and that moving and singing together

made people feel more connected and committed to one another.

He soon realized that religious practices and rituals seemed to be designed to offer just such benefits for people. These were, as he put it, “spiritual technologies that can boost and repair our bodies and minds.” He suggests that these ritual practices are not arbitrary, but that they evolved over time. Those practices that helped people commit to each other, become more empathic, and endure hard times were the ones that survived and became core to successful religions.

We as Unitarian Universalists are not that different from other religions in these aspects. We do have fewer defined rituals and practices than many other religions—for example, we don’t expect people to pray five times a day, we don’t memorize complex chants, we don’t sit shiva for the dead. However, we do have some rituals. For example, we light a chalice to signal a transition into a special time in our services, we share our joys and sorrows, we donate money to charities, and we sing, read and sometimes meditate together. These things, according to DeSteno, bring us closer to each other, and amplify positive emotions like gratitude and generosity.

But as Unitarian Universalists, we’re not required to do any of these things! There’s no denominational hierarchy or scripture book that tells us what to do. Our congregation can choose what ritual elements make sense for us. The Sunday Services Team will soon be evaluating how we do our services, including what practices we include in the services. We’d love to hear from you about rituals or practices you’ve seen used effectively in other congregations, We’d also like to hear from you about preferences you might have. Write to me at minister@lcuuf.org.



Sue Kelley Memorial Service

A memorial service for founding member of LCUUF, Sue Kelley will be held at St. Andrew's on Friday, May 2nd at 2:30pm.

April Humanist Group Discussion: Wednesday, Apr 23rd

The Gaia hypothesis, formulated by James Lovelock and Lynn Margulis in the 1970s, suggests that Earth is a self-regulating system where living organisms interact with their surroundings to maintain habitable conditions. This theory



proposes that the biosphere, atmosphere, hydrosphere, and pedosphere are tightly coupled, evolving together to create an environment optimal for life. Although initially criticized, the Gaia hypothesis has evolved to align with fields like Earth system science and biogeochemistry, with ongoing research exploring how life influences global temperature, ocean salinity, and atmospheric conditions. It also encourages a re-evaluation of human systems, emphasizing their embeddedness

within and dependence on the Gaian system, which influences political ideas, practices, and our understanding of sustainability. The Gaia hypothesis also inspires analogies and interpretations in politics, religion, and social sciences, prompting discussions about a cultural paradigm shift affecting science, morality, and the arts. This topic is in honor of Earth Day

If you want to be added to the mailing list, contact Bob Koches at bobkoches@gmail.com



The Inner Light of Truth:
"Exploring the Parallels Between Ramana Maharshi and Gnostic Wisdom"
Richard Clarke, Guest Speaker
Carol Johnson, Service Associate
April 13, 2025

Video Recording For Sunday April 13



Mindfulness With Richard Clarke: Thursday April 17

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. Please contact Trudy if you plan to attend.

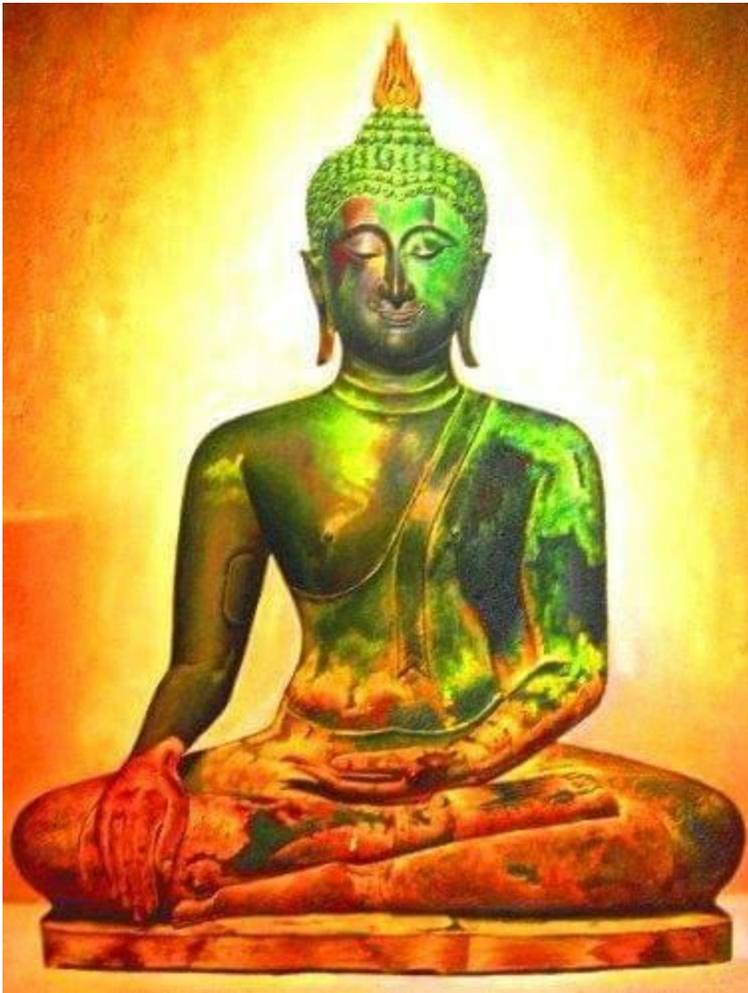
trudycrippen@gmail.com

[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 arunachalakindle@gmail.com

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BIRTHDAYS THIS WEEK

Gary Cleek, April 24

Mardele Harland, April 24

Catherine Luria, April 24



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