

LCUUF NEWS OF THE WEEK



Lake Chapala Unitarian
Universalist Fellowship



Issue 115

June 1 - June 8, 2025

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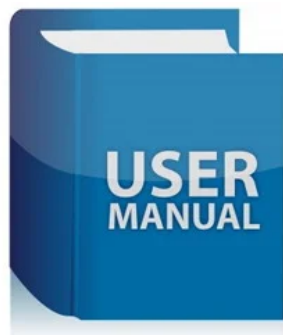
Attend our weekly services in person or via Zoom on Sundays at 12:00pm CST. We are located at St. Andrew's Anglican Church, San Lucas 19, Riberas del Pilar.

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[Order Of Service](#)

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UPCOMING SERVICES



This Week: June 1, 2025

"How To Own And Operate Self"



Next Week: June 8, 2025

"Free Will is not Free"

Presenter: David Rosh
Service Associate: Jane
Castleman

What are the basic feelings that make us human? How can we put to an end to behaviors that anesthetize ourselves to them as well as learn tools and attitudes that allow us to survive and thrive through crises and chaos? We will explore the importance of knowing our identity in answering these questions and guide us in shaping a flexible, resilient sense of self.

Presenter: Rev Matt Alspaugh
Service Associate: Michael
Swords

Free will is often described as your ability to make choices or actions without being constrained by prior events or the state of the universe. Free will plays an important part in many religions, where we humans may (or may not) have the freedom to make moral choices. We'll explore the philosophy of free will, and how we might incorporate the idea in our own spiritual understandings of our lives in the world.

LCUUF Sunday Zoom Host Needed

Bob Koches is stepping away from being the UU Zoom host on Sunday's so he can attend in person. If you enjoy attending the services on Zoom, please consider hosting. Ideally we would like multiple hosts on the roster to sign up for a month at a time. If during that time you cannot host, you can reach out to the other zoom volunteers to back you up.

Please speak to or contact Bob Koches at bobkoches@gmail.com or Paula Odom at paulaodom01@gmail.com if you can help out.

Thanks in advance for supporting the UU Zoom function.



June Humanist Discussion Group Topic: Wed. June 25th 11:00am

Scientific Breakthroughs and new Technologies

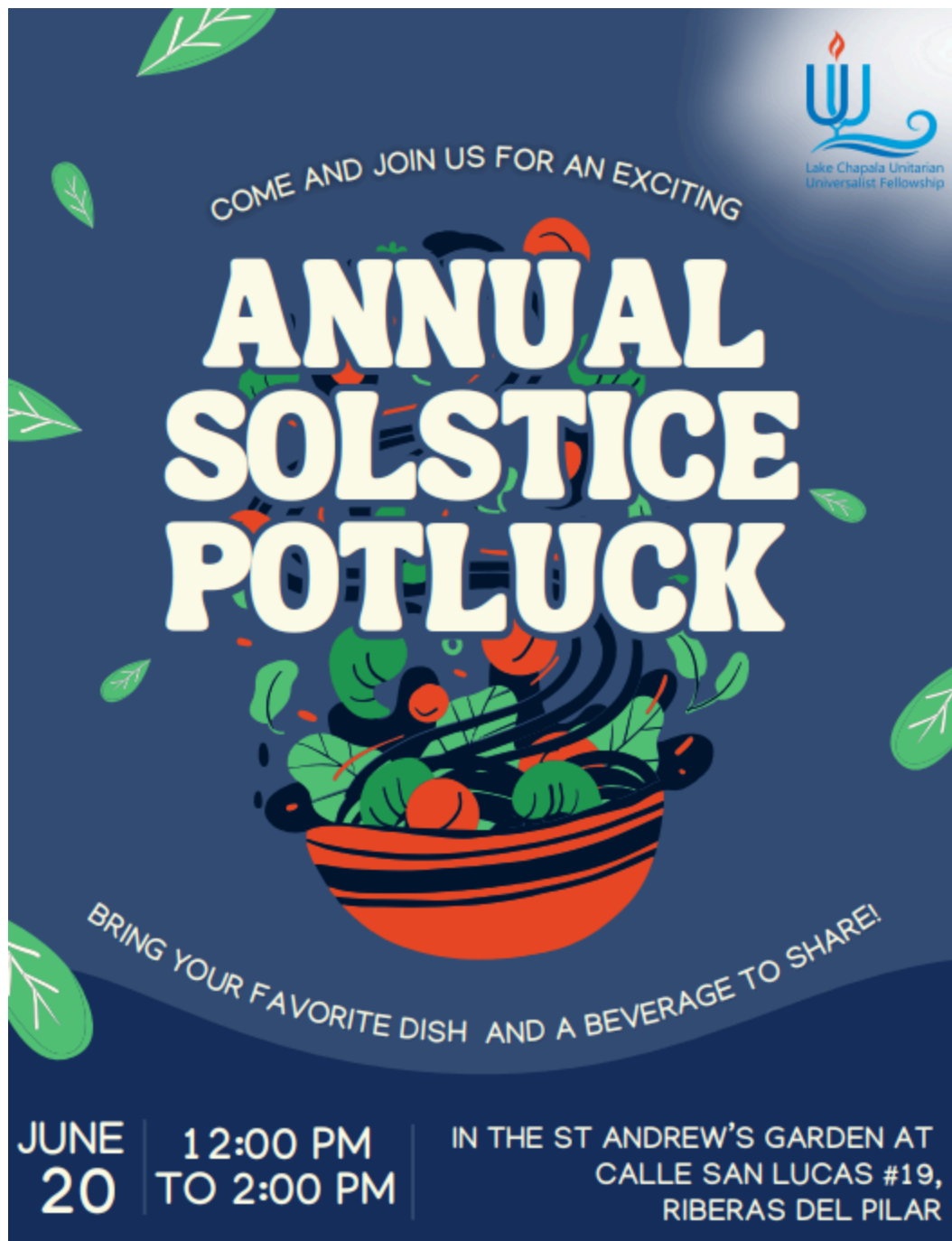
Join us for a compelling UU Humanist discussion exploring the latest scientific breakthroughs and technologies reshaping human longevity, from gene editing and



senolytics to synthetic biology innovations that slow cellular aging. We will examine cutting-edge research such as the Human Longevity Laboratory's efforts to understand and intervene in biological aging, and synthetic gene circuits engineered to extend cellular lifespan. This conversation will delve into the ethical, social, and philosophical implications of extending healthspan and potentially reversing aging, inviting thoughtful reflection on what it means to live longer and thrive in the future.

The Humanist Discussion Group will meet **Wednesday June 25** 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 wish to be added to the reading list, contact Bob Koches : bobkoches@gmail.com



Upcoming "Hands Off" Rally Activities

New Rally Information!

MONDAY, JUNE 9 @ 4 pm

**Making Signs for the No Tyrants / Hands Off! Rally
(see next item)**

Join us—and express your creativity and help us make signs for this important rally. *Supplies provided!*

Location: La Estación Pizza Restaurant, Hidalgo 75 in Riberas (above Pancho's East)

SATURDAY, JUNE 14 @ 3:30 pm

Join us at our next, very special No Tyrants / Hands Off Rally!

SATURDAY, JUNE 14 @ 3:30 pm

Join us at our next, very special No Tyrants / Hands Off Rally!

Invite your neighbors—**Mexican, U.S., Canadian** and more.

Video Recordings of Last Week's Events

Miss Last Sunday's Service or an Online Discussion or Meditation? Click on the links below to watch Video Recordings from events this past week

[Video Recording From Sunday May 25](#)

[May Humanist Discussion Group Video](#)

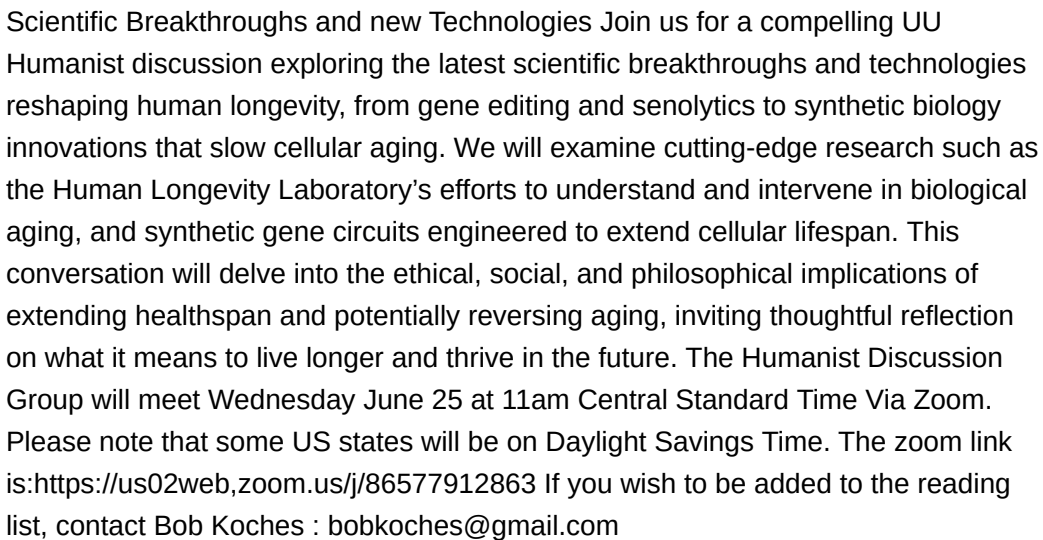
[Mindfulness With Richard Clarke: May 29](#)

WEEKLY AND MONTHLY EVENTS

Click on the "+" for details

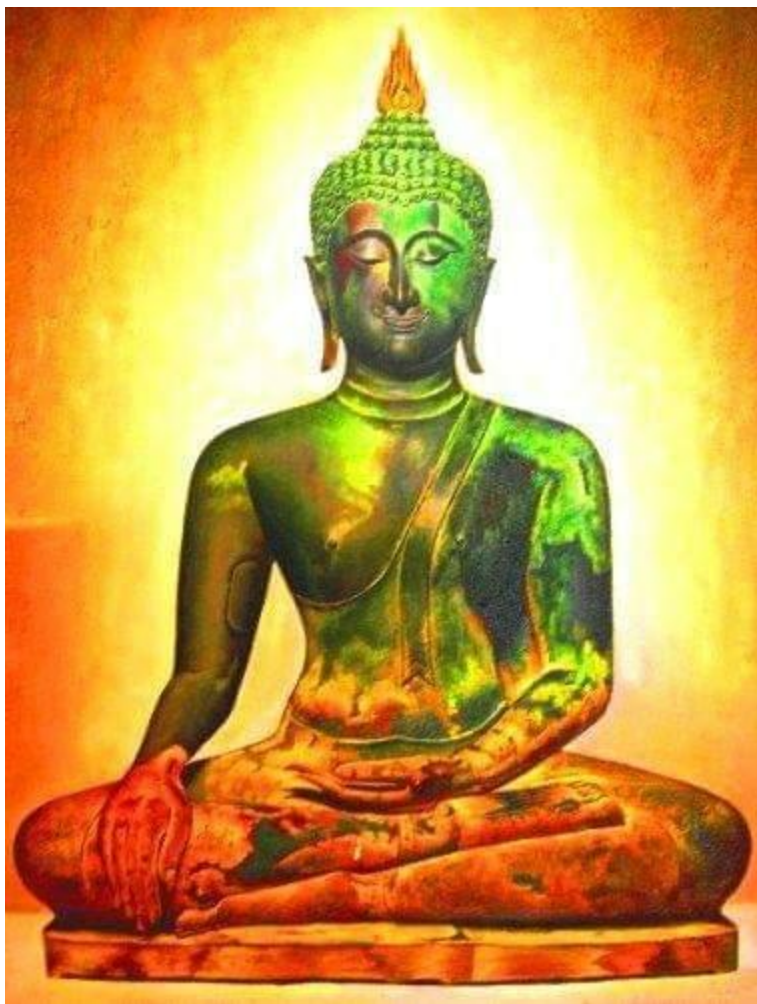
Humanist Discussion Group June 25 11am

+



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

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](#)

Monthly Women's Brown Bag Lunch: 4th Mon.

+

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



BIRTHDAYS THIS WEEK

Michael Swords, June 1

Buddy Dowdy-Winslett, June 6

Helen White, June 8



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