



# LAKE CHAPALA UNITARIAN UNIVERSALIST FELLOWSHIP NEWSLETTER

March 2018

## Upcoming LCUUF Sunday Services:

**March 4** – “Humanism in Transformation” - We blend February's theme (Humanism) and March's (Transformation) as Rev. Matt reflects on Rev. Daniel's words (by video) on humanism, and Matt comments on his own path of transformation. Our first LCUUF wedding will follow the service.

**March 11** - “Chalica: The History of the Flaming Chalice” - Kathy Koches will tell us about the history of the flaming chalice and how it came to be the symbol of the Unitarian Universalist Association. Bob Koches will be the service leader. The LCUUF choir will perform.

**March 18** - “The Paradox of Helping Others” - Rev. Matt Alspaugh

Why do we strive to help others as a congregation? While we hope that we might help others with our outreach programs, I believe a central motivation is to help ourselves -- to transform us into better people. We'll explore the complexities of helping others, and helping ourselves thereby.

Following the service, we will have a Congregational Conversation, similar to the one we had in November. This will be a time to reflect on how we are doing with the many changes we have had in the last few months. How are things working for us? All are welcome, please join in this discussion.

**March 25** - “Day for Girls” Catherine Luria, Myra Williams and Janice Kimball will tell us about this innovative program to help young people and the new chapter in our community.



## MESSAGE FROM REV. MATT

We are about to embark on another experiment, this one expanding how we do outreach. At the February LCUUF Board meeting, we agreed to trial a “Share the Basket” program for three months (March - May). In this program, we will give half of the loose money we receive in our offering baskets to an organization that is helping improve the community. (Money that is in marked envelopes, such as for pledge payments, is not included in this sharing.)

These “Share the Plate” or “Share the Basket” programs are found in a large number of Unitarian Universalist congregations in North America. They find that giving part of their offering to community groups helps UUs “walk our talk” about making the world a better place. As a member at one such church put it, So often there seems to be a disconnect between what we do in our worship and the real world expression of our values. This practice makes a clear and intentional connection.”

For those who have concerns about the impact of these programs on the finances, most congregations have seen an increase in loose offerings that more than makes up for the part given away to other organizations.

Our board chose an organization to support during the trial: University Vocational Assistance. UVA is a local organization founded to help defray the costs of higher education for Lakeside students. Additionally UVA provides counseling and support to the students through graduation and in most cases, through professional licensing. Founded in 1976, UVA is one of the oldest Lakeside charities, and is able to direct 100% of its donated funds to support the students.

If we continue the program after the trial, we will select other organizations to support for three months at a time.

The real challenge in a “Share the Basket” program will be in selecting recipients for our funds. At the board meeting, most of our discussion focused on what kinds of organizations we ought to fund. The discussion raised many questions - which will be ongoing questions for everyone to consider. Such questions may be:

- What do we feel are the most pressing needs?
- How do we identify organizations that are most effective and trustworthy?
- Should we focus locally or in a wider area?
- How do we respond to disasters, like the recent earthquakes?
- Can we be more involved, with hands-on service, in addition to giving money?
- How do we address core issues, i.e. to offer “a hand up, not a handout.”
- Can we avoid unintentionally supporting existing oppression (sexism, racism, and classism) in our giving?

These are complex questions that need careful consideration. We hope to initiate an Outreach Committee (or similar group), which would be responsible for obtaining suggestions of organizations to support, for vetting and prioritizing them, and for publicizing our efforts. From the start, our Outreach group would have to face questions like those above, and lead all of us in exploring them. If you are interested in helping or knowing more, please let me know (at [matt@malspaugh.org](mailto:matt@malspaugh.org)).



## CIRCLE SUPPERS

The Circle Supper assignments are posted on the bulletin board. Host will contact their guests to schedule their Circle Suppers for February or March.



## MEMBERSHIP

**Donna Burroughs** has played a very active role with this committee for 5 years. For a few years she was the committee's chairperson, followed by being a valued committee member who has diligently worked on numerous projects to increase LCUUF Membership and the number of visitors.

**Nancy Jordan-Zanot** has been instrumental in developing our new Guadalajara Reporter advertisement and ensuring weekly publication. Plus, she is developing our new visitor's handout. She has resigned to pursue of other interests.

*We will truly miss both Donna and Nancy and appreciated their tremendous involvement.*

**Liz Moulder** is our new committee member who is bringing fresh ideas and energy to our committee. Welcome aboard, Liz.

Our committee has an opening for another new member. We ask that you consider joining us, bringing your experience and thoughts with you.



## LCUUF'S FIRST WEDDING!

On Sunday, March 4th, LCUUF will have its first wedding and all UUs are invited. Rev. Matt Alspaugh will perform the ceremony to join Jim Bellamy and Joan Jaquish as husband and wife.

Please join us in celebrating their union in a short ceremony after the regular Sunday service. Sandwiches, cake, and sparkling wine will be served.



## SUNDAY SERVICE COMMITTEE

The new **Chair of the SSC** is **Catherine Luria** and the new **Secretary of the SSC** is **Kathy Koches**.

The **Sunday Service Coordinator for March and April 2018** is **Catherine Luria**. The **Sunday Service Coordinator for May and June** is **Susan Miller**. Trudy Crippen will assist Susan as needed.

The Committee extends their thanks to **Mardele Harland** for her service on the Sunday Service Committee and for serving as Chairman in 2017.

It was agreed by consensus to form a Music Committee to be chaired by Bob Koches. This will be a sub-committee of the Sunday Service Committee and will report back to the SSC. The Music Committee has been tasked with looking into getting an accompanist for Sunday Services and also for the choir, to investigate costs for an electronic keyboard and to develop a plan for revision and replacement of the LCUUF hymnal.



## WOMEN'S MOVIE GROUP

The LCUUF Women's Movie Group will meet on March 23<sup>rd</sup> at 2pm. The movie title and place will be e-mailed. Contact Kathy Koches at [kkoches@gmail.com](mailto:kkoches@gmail.com) or 766-2299 if you wish to receive this e-mail.



## MEMBER SPOTLIGHT

*¡Carumba!* Paul is *un hombre fuerte*. He attributes his support system - the friends and fellowship of LCUUF, and others in his life - with helping him cope with the issues he is currently facing.

Paul was born in a small country town near Lincoln, England, about 100 miles north of London. He has one younger sister. His earliest memory in life is of his father's garden which had a toy railroad track weaving through the plants. This early experience may have influenced his love of trainspotting as a young lad. Children were not allowed in the train yards, but of course that didn't stop them. They climbed over the fence and up into the locomotive cab fascinated by what they found there. Paul remembers loving the smell of the coal-fed engine.

His youth was relatively uneventful, as the country recovered from WWII. His parents vehemently resented Catholics and the Catholic Church (not uncommon at that time in England) and as a result they had little to do with organized religion. Paul thinks he was a Humanist from a very early age.

As a youth Paul's passion was cycling. He wanted to be a professional cyclist, and competed all over England, becoming one of the top five cyclists in his age group in England. At 20, he left England and immigrated to Australia, which had a policy at that time to build the population with eligible (read – "white") people. He was interviewed, found suitable, and the Australian government paid his fare to Perth, by ship, which took about five weeks! He worked as an industrial chemist for a short time until he discovered it was not the job for him and he became a travel agent.

This time of his life he remembers as one of the happiest. He had two roommates who were aspiring writers and they all joined a book club/literature class where he met all kinds of like-minded people. There were wonderful parties with lots of wine which lasted until the next day, and then they all headed to the beach to recuperate.

Since he was working for a government travel agency, he was given a year's leave of absence and naturally used that time to travel. He boarded a passenger cargo ship in Sydney and sailed the Pacific Islands. He disembarked in Panama and from there began exploring Central America and the United States. On this trip he met his first wife, Diane, in Monterrey, Mexico and spent the next several years traveling with her around the world.

While in the Solomon Islands, where he was working as a geological surveyor, Diane and Paul married and eventually welcomed a son, Paul, Jr. who was born in Puebla. They stayed in Puebla for three semesters at the university and then moved to New Orleans where Diane's family lived and where Paul resumed his career as a travel agent. He made friends with the Mexican consul in New Orleans who advised him to check out Unitarian Universalism, which the consul called "the club". This was circa 1970. Paul has been a Unitarian ever since.

After moving to Miami, Diane and Paul divorced and for some years Paul was a single parent. The story of how he and Jeanne Haely met was detailed in January's newsletter. Meeting Jeanne was the second happiest time in his life. He says she was always up for adventure.

He doesn't do much cycling these days due to the terrain, opting for playing tennis and hiking, doing one or the other most mornings, and his intellectual passion is a rampant curiosity about everything. He loves Podcasts, classical music, and reading, especially history, the New Yorker Magazine, and biographies, and indulging all these loves from the bed in his office, where he lays simply *enjoying*.

Paul's bucket list: continuing to feed his curiosity, travelling (Morocco among other places), enjoying friends, good food and good wine. He would like to be remembered as someone who valued his friends and relationships.

Submitted by Jan Manning.

## Mindfulness Meditation: The Doorway to Self-Realization

This course is intended for those who want a meditation practice as part of their daily life. In this free course you will learn and experience:



- Mindfulness brings you to the present moment, filled with quiet peace and deep calmness. This is also the only time in which joy is experienced.
- Mindfulness frees you from your own conditioning; the habits and tendencies

that form the basis of your desires and aversions.

- Mindfulness lets you stand as the observer, unattached and free.
- Mindfulness opens the door to Self-realization and the joy within.

This is a free 13-week course is good for beginners, and also for those with more experience. It is based on the Buddha's own teaching about mindfulness and also on 50 years of spiritual investigation and practice of the meditation leader, Richard Clarke.

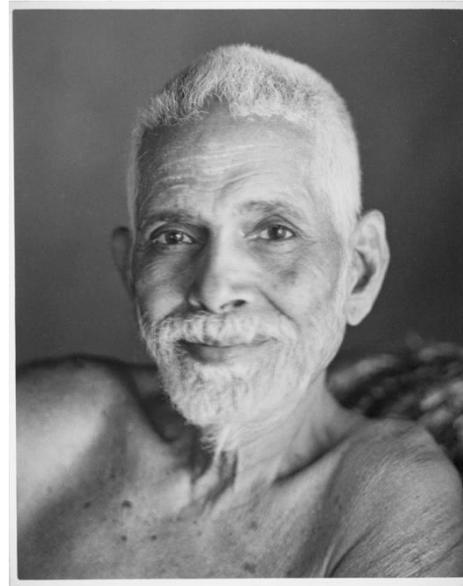
If you want quiet calmness, inner freedom, and to realize the joy you have always known is within you, ***Mindfulness Meditation: The Doorway to Self-Realization*** is for you.

The 13 week course starts on Tuesday, March 6, 2018. Sessions are from 4:00 to 5:30 pm. It will be held at the home of Richard Clark, Calle San Luis 73, Riberas del Pilar. Books and meditation materials will be provided at no cost.

**Space is limited, so register today.  
Call 376-765-6976.**

## Ramana Maharshi Self-Knowledge Satsang

Liberation, self-realization, enlightenment comes from knowledge, not from any action or activity; not mental know-how, but rather deep internal knowledge, at the same depth that you know you exist. You don't need to think nor sense to know you exist, but you exist and know it. It is not transformation, but revelation of who you are and always have been. Ramana Maharshi was a leading Indian spiritual teacher in the 20<sup>th</sup> century.



He taught that the most direct way to this self-knowledge is through Self-inquiry, looking within yourself to see what is true—and what is not—about your own identity, your ego.

We offer weekly spiritual gatherings, satsangs. This is a time to come together and listen to contemporary teachers talk and instruct about Ramana's teachings. And join in meditation—Self-inquiry. Each week features talks about a verse in a book by Ramana: *Who am I?* his earliest book, or *Forty Verses on Reality*, where he presents his entire teaching.

There is no cost for satsang. Books and meditation materials will also be provided at no cost.

Satsang is at the home of Richard Clark, San Luis 73, Riberas del Pilar. They resume on Wednesdays from 3:00 to 4:30, starting March 7, 2018.

**Space is limited, so register today.  
Call 376-765-6976.**



## HUMANIST DISCUSSION GROUP

The Humanist Discussion Group will meet Monday, March 26<sup>th</sup> at 3pm at the Fellowship. Our topic will be Humanism in a Digital World. Or, Tech Humanism: How Data and Technology Shape the Future of Meaningful Human Experiences. For further details contact Bob Koches at [bobkoches@gmail.com](mailto:bobkoches@gmail.com) or 766-2299.



## CHOIR NEWS

The Choir will perform “Hallelujah” by Lenard Cohen on Sunday March 11. With this service we say goodbye to all our snowbird members and thank them for all their hard work in participating in the choir. A special thanks to Mardele Harland as she and Fred join the ranks of snowbirds. Mardele has been invaluable to the choir and to music for our UU Fellowship. She has been a constant at the piano every Sunday for our Hymns. We will miss her and all our Snowbirds. Contact Choir Director, Bob Koches to let him know if you would like to become a new member of the choir. [bobkoches@gmail.com](mailto:bobkoches@gmail.com) or 766-2299



Please send future announcements to Donna Burroughs at [donna.burroughs@gmail.com](mailto:donna.burroughs@gmail.com)



## MARCH BIRTHDAYS

March 7	Joan Ward	March 22	Paul Bennett
March 15	Lorna Dean	March 30	Susan Miller
March 16	Marie McGregor		



## Fellowship Meal

Our March group lunch will be March 25, following fellowship. We will be eating at Mel's in Ajijic on Zaragoza at the corner of Aquiles Serdan. The cost of the brunch is \$150 per person and includes everything but tips.



**PLEASE bring your own cups to UU events.** The fellowship doesn't want to use Styrofoam cups, so please, bring your own and encourage others to not forget. Thank you.



*This Newsletter is produced to provide LCUUF news to members and friends. Deadline for contributions to the April newsletter is March 20<sup>th</sup> to be sent to: Editor: Kathy Koches at: [kkoches@gmail.com](mailto:kkoches@gmail.com)*