



Namaqua Unitarian Universalist Congregation

*A Home for Spiritual Growth, Free
Thought and Loving Action*

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**NUUC meets each Sunday
at 10:00 am at our home**

745 East 5th Street
Loveland, Colorado

Contact Us: 970-685-0427

Find us on the web

www.NamaquaUU.org

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[@NamaquaUU](https://www.instagram.com/NamaquaUU)

Upcoming Services

August 4: Exuberance: The Passion for Life - Rev. Laurel Liefert and Worship Associate Elizabeth Fraser

Kay Redfield Jamison is a Professor of Psychiatry at the Johns Hopkins University School of Medicine and is the author of national best sellers such as *An Unquiet Mind: A Memoir of Moods and Madness*, *Night Falls Fast: Understanding Suicide*, and *Touched with Fire: Manic-Depressive Illness and the Artistic Temperament*. This service will explore something wonderfully different and often neglected by the medical profession - namely joy and enthusiasm. In her book *Exuberance: The Passion for Life*, she explores how exuberance fuels our most important creative and scientific achievements.

August 11: Living the Question - Worship Associates Doug Stewart and Peter Schenk

Rather than adhere to a static dogma, many Unitarian Universalists don't expect to ever gain final answers. We'll explore the wonders and potential pitfalls involved in letting go of certainty, be it in faith or knowledge, and share ways that have - and haven't - worked in living our lives so openly.

August 18 (10:00 AM-Noon): Favorite Story, Sing-Along, & Brunch - Worship Associates Lauren Daley and Janen Wright

Join us for a fun Sunday at Namaqua Park! The service will feature the story of John Murray--Father of Universalism in America - and a Sing-Along. A potluck brunch will follow the service, along with a scavenger hunt with prizes for the kids! Namaqua Park is located at 730 North Namaqua Avenue, south of Eisenhower. Fun & Fellowship will provide coffee and drinks. Bring a potluck dish to share and your picnic gear, though extra plates, forks, and napkins will be provided for those who need them.

August 25: "Back to School" - Worship Associates Janet Gillette and Hanna Rodriguez

This Sunday service will feature special guests Liz and Angela Sunderland, both of whom have new positions in the Denver public schools. As they and others celebrate going "Back to School," we will discuss the hopes and challenges of a new school year.

The updated photo directory will be out early August so please send last minute changes to directory@namaquauu.org

President's Message

I hope your summer is going well! Perhaps a chance to step back a bit from the regular demands of life and rejuvenate?

Yet I have to remind myself to take that step back first—life always seems to have something for me to do. It's all good. Balance...

Likely our congregation's biggest 'doing' over the summer is **gaining a new Director of Religious Education**. We have a **wonderful task force** taking the lead on this—Brenda Christiansen (representing the Board and possibly our re-forming Personnel Ministry [no pressure, Brenda!]), Meagan Foster (our RE Ministry chair this past year), and Laurel. We're in good hands, both by organizational representation and especially by these people's **interest and expertise in caring for our children**. By the time you read this, the job will be posted; we're already attracting interest in the position. There's a good possibility we'll have someone identified and hired by mid-August.

Which would be good because all of a sudden, our water ceremony in-gathering on September 8th doesn't seem so far away! Remember to collect a water sample...

Hiring gives a good example of **how we've organized ourselves** to get things done in a manner fitting the **beloved community** we're all about creating. As I wrote those words I realized I needed to run out and consult our **policy manual** (available to all members and friends on our website) to be sure I stay consistent with policies the Board has thought through in the past.

Now, right there that's insightful, at least to a person interested in organizational design (ok, you elected a geek). The Board has for some years intentionally been moving away from day-to-day management in favor of focusing on policies and strategy—**all aimed at supporting our mission**, which has beloved community at its core. **No policy is sacrosanct**, of course—the Board can change them—but more than a fair amount of thought has gone into each one, and it's **nice to be able to leverage that good thinking**.

Another organizational insight comes from **who needs to be involved in hiring**. While our By-Laws state the Board is responsible for "Appointing and dismissing all employees of the Congregation and fixing their salaries," the Committee on Shared Ministries (CoSM) clearly has a huge stake in our DRE hiring; Religious Education Ministry is within their domain. They're a crucial part of the hiring task force.

When I first became aware of our organizational structure, some years ago, I had reservations. We have **three co-equal branches of governance** (Board, CoSM and the Leadership Development Committee), all reporting to the congregation. **Could such a flat, non-hierarchical structure work?**

Yet it does, and **I've come to love it** as very UU and within that, **very Namaqua-esque**. It all comes down to 'Us' and our **cooperating, trusting and relating**. The process of our hiring a new DRE exemplifies this, with a few people representing the organizations that care and **caring so much themselves**. Now, I have legalistic questions, like whether a Board policy is really obligatory upon our co-equal branches of governance (I don't think so), but **we run on something deeper than any legalities**. We trust we reached out to the right people back when we created the policy, that the policy will be appropriately used, and if it no longer fits, we trust we'll cooperate to modify it. Of course! **It's the Namaqua way**.

Here's hoping you can rejuvenate this summer—take that intentional step back. See you at the water ceremony in-gathering on September 8th, and I hope before—

Doug



Minister's Musings



Summertime and the Livin' is Easy

Dear ones, thanks so much to those of you who contributed to the Collage of Voices in the Summertime service last

month. Also, thanks to the

musicians – “TimBob” (Tim Black and Bob Jeffries on guitar and mandolin) and Angela Sunderland on saxophone – for some marvelous music. I’m always so surprised on a Sunday morning when things seem to come together. I admit I was in high gear that morning, collecting the fans and bowls I’d put in the Sanctuary to cool things down for Open Mic night on Friday, putting the pulpit and worship table back in place, wondering whether we’d be able to pull off singing 3 parts for the “Meditation on Breathing.” At some point Bob gently advised me, using words to the Meditation song – “breathe in, breathe out, breathe in, breathe out...” Thank you for the reminder, Bob. Thanks, also, to Worship Associate Peter Schenk, for his part in the service.

My sermon was entitled “Rest Is A Sacred Act,” based on a class I took during seminary. What a revelation it was for a former trial attorney to understand that, in my new vocation as a minister, I was not only *allowed to rest* – I was *encouraged to rest and to regard it as a sacred act*.

Which brings me to why I won’t be around much this month. I’m taking some vacation time to rest and rejuvenate. In early August, Francey and I will join our family to spend a week together in Tuolumne Meadows, the high country of Yosemite National Park in the Sierra Nevada mountains. We used to go there every summer when our sons were growing up. It will be special to see our grandson Henry, age 3-1/2, climb Puppy Dome the way his Papa and Uncle David did when they were little boys. Then in late August, Francey and I will spend a

weekend in the Boston area visiting Brad Willenbrock, a beloved former member of Namaqua who moved there last summer with his 3 children, Braden, Amalia/Aaron, and Elliah. I’m excited that Brad and I will lead a Sunday service together at his UU congregation there, as we did when he was a Worship Associate here at Namaqua. After Boston, Francey and I will fly to the Bay area in California to celebrate the 60th birthday of our close friend, Sharon Dolan. Sharon and her husband Stefan, as well as our dear friends Nita and Claudia, came here in February 2012 to sing at my Installation as Namaqua’s minister, and again in October 2016 to sing at our Building Dedication. I’m sure there will be a lot of good music at the party, as well as good friends and good food.

I will be “back in the saddle again” for our annual Water Communion on September 8th, recharged and ready to launch into our 9th year together. In the meantime, here’s an excerpt from a poem “Camas Lilies” written by my UU colleague Lynn Ungar:

And you—what of your rushed
and useful life? Imagine setting it all down—
papers, plans, appointments, everything—
leaving only a note: “Gone
to the fields to be lovely. Be back
when I’m through with blooming.”

Take care, my friends. I will be back.

From Laurel, With Love



Getting to Know Our New Members!



Maureen "Mo" Geraghty

I was born in Pennsylvania and grew up in upstate New York and am from an Irish Catholic background. The story is too long to tell but I left any form of organized religion and it was not until I found peace in Yoga and

Meditation that I felt safe to return to a spiritual community. Even when I didn't believe in any essence of God I always believed in Love. What the world needs more is Love for sure. I have a master's degree in Kinesiology and am a certified fitness instructor, yoga instructor, personal trainer and teach a variety of nutrition and healthy cooking classes. I am a Fitness/Wellness coordinator for the Chilson Center but love to teach yoga, water fitness and toning more than anything and live by the motto, "it doesn't have to hurt to be healthy."

I lived in Mazatlán, Mexico for 6 years and the Mexican people have a very special place in my heart. Voy a regresar a Mexico en la futura, ojala.

Midsummer Celebration

An afternoon gathering with BBQ, potluck and music jam. We will provide assortment of meat and drinks (water, tea, lemonade).

MARK YOUR CALENDARS:

When: Sunday, August 4th

Time: 12:30 - 6:00 p.m.

Locn: Kathy Hartman's backyard
945 E. 6th St., Loveland

Set up crew needed (3-4 people)

Contacts: Kathy @ 970.980.5101

Linda Lyons @ 970.218.5306

Activities: Singalong/jam (led by Bob and Tim), lawn games, trampoline, water fun, bubble wands.

What to Bring: Side dish to share, lawn chairs, table service, BYOB, sunscreen, hats, water bottle.

7th Principle Circle

Suzanne Janssen will lead the 7 p.m. Tuesday, Aug. 6, gathering of the 7th Principle Circle in her Berthoud home. She will share the lessons of "She Who Heals," one of "The 13 Original Clan Mothers" in the book by Jamie Sams. The Clan Mother of the 8th Moon Cycle knows plants and their power to heal, the importance of healing rituals, and all the cycles of life: "... nothing in the universe is ever lost. ... New plants grow from the soil fertilized by decayed fallen leaves, new suns are born from the dust of exploded stars, new cells are grown to mend wounds of the flesh, and the Orenda [soul] is eternal, taking many physical forms throughout time."

The circle is open to all those who identify as women whether or not they have participated in an earlier session and/or expect that they will be able to attend future gatherings. If you need a copy of the book, Mim Neal will help you find one. For directions to Suzanne's home, please contact her (suzannejanssen7762@gmail.com) or Mim (mimneal@msn.com).

Namaqua's Open Mic Night

Friday, August 16th
6:30—8:30 PM

Come one, come all musicians, poets, comedians, actors, dancers, storytellers, jugglers - anyone who has something to share or wants to be part of a supportive audience is welcome.

Join us from 6:30—8:30 pm in the Sanctuary on August 16th. Bring your friends!

Art Nook

Summer Splash returns in August. Please sign up at the Welcome Table or direct your questions to:
vickijclark@comcast.net

Pastoral Care

The Pastoral Care Team supports the congregation and friends during difficult times. They take care of such needs as arranging for meals and running errands, rides to appointments, help with moving or yard work, sick visits and companion walks for those recovering. They also help celebrate happy accomplishments.

If you, or someone you know, are in need of special support, please contact one of the team members:

Cindy Black: 970.214.8350

Els Deininger: 970.667.5881

Sally Henry: 970.391.1785

Rev Laurel Liefert: 970.685.0427

PastoralCare@NamaquaUU.org

Board meetings are held at 6:00 pm the second Tuesday of the month at 745 E. 5th Street in Parker Hall. All are welcome to observe.

NUUC Board of Trustees for 2017-2018:

Doug Stewart, President (Board term expires June 30, 2020)

Jim Danforth, Vice President (Board term expires 2020)

Dick Barton, Treasurer (Board term expires 2022)

Rebecca Williamson, Secretary (Board term expires 2021)

Pete Buchmeier, Trustee (Board term expires 2022)

Brenda Christiansen, Trustee (Board term expires 2020)

Jessie Allen-Young, Trustee (Board term expires 2021)

Rev. Laurel Liefert, ex-officio

To comment to the Board, email Board@NamaquaUU.org

To reach the President, email President@NamaquaUU.org

NUUC Elected Leaders

Committee on Shared Ministries (CoSM)

Sara Suriani (term expires 2022)

Brian Jarvis (term expires 2021)

Paul McCarter (term expires 2022)

Sally Henry (term expires 2020)

Elaine Axon (term expires 2020)

Leadership Development Committee (LDC)

Karen Brock (term expires 2020)

Cindy Black (term expires 2020)

Sarah Wilhelm (term expires 2021)

Kathy Hartman (term expires 2022)

Birthdays

Aug 1 Cyd Kittrell
 Danny Fox

Aug 2 Kent Robertson

Aug 12 Mim Neal

Aug 16 Diana Royce

Aug 19 David Foxley

Aug 24 Laurel Liefert

Aug 27 Doug Stewart

Aug 28 Tiffany (Office Admin)



Anniversaries

Aug 23 Nancy Kain & Don Cook

Let us know if you have a birthday or anniversary that you would like recognized in the newsletter. There is a sign-up calendar on the ledge above the sink in Parker Hall.

Board of Trustees Highlights

August Board of Trustees Highlights

We welcomed new members Dick Barton and Pete Buchmeier to the Board; Dick will serve as Treasurer.

We brainstormed our 'Big Rocks', our priorities, for the year. Among them:

- Hiring a Director of Religious Education
- Monitoring our numeric growth and making plans to adapt to it; being sensitive to the timing of trying two services.
- Considering a Capital Campaign in about a year to retire our building loan and potentially remodel / enlarge our social hall and RE space.
- Build out our Personnel Committee and personnel policies.
- Develop our Restorative Justice/Practices policies
- And we have our 20th Anniversary coming up next year!

We discussed how to make 'who-is-doing-what' more available on the web site, i.e., a list of church roles such as ministry (committee) chairs and its members, so people know who to contact.

A decision around equipping the buildings with a fire alarm system is coming up in August.

We are on the web!
www.NamaquaUU.org

Our Mission

Namaqua Unitarian Universalist Congregation fosters a beloved community that celebrates diversity, strives for peace and justice, acts mindfully for the good of the planet, and inspires spiritual growth through a free and loving search for truth and meaning.

Namaqua Unitarian Universalist Congregation is a liberal congregation in the Loveland-Berthoud area with about **200 members and friends** from diverse religious and cultural backgrounds .

We affirm the worth of every human being and welcome to our congregation all persons without regard to age, gender, race, sexual orientation, disability, or other class of exclusion.

Our faith tradition calls us to actively engage in justice-making by advocating on behalf of oppressed peoples, working toward a healthier, more sustainable world, and witnessing for a more just and tolerant society.

You can save money and trees by choosing the email version of this newsletter. If you would like to receive Namaqua Crossings through email, send your request to nuuc@namaquauu.org.

Send items for publication to newsletter@namaquauu.org

Due dates for the next two issues:

For the September Newsletter: August 18

For the October Newsletter: September 22

NUUC E-mail Addresses

AdultEnrichment@NamaquaUU.org

Board@NamaquaUU.org

Buildings@NamaquaUU.org

Calendar@NamaquaUU.org

CoSM@NamaquaUU.org

DenominationalAffairs@NamaquaUU.org

Directory: Directory@NamaquaUU.org

DRE@NamaquaUU.org

Facebook@NamaquaUU.org

Membership@NamaquaUU.org

Music@NamaquaUU.org

Newsletter@NamaquaUU.org

nuucForum@NamaquaUU.org

OoS@NamaquaUU.org

PastoralCare@NamaquaUU.org

Photos@namaquauu.org

President@NamaquaUU.org

Publicity@NamaquaUU.org

SocialJustice@NamaquaUU.org

Visitor@NamaquaUU.org

nuuc@NamaquaUU.org (to send an e-mail message to the congregation)



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