



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

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www.NamaquaUU.org

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Upcoming Services

March 1: People of Wisdom - Rev. Laurel Liefert & Worship Associate Doug Stewart

Shakti Gawain, author of the bestselling book *Creative Visualization*, wrote: "There is a wise being living inside of you. It is your intuitive self." In this quiet, contemplative service, you will be invited to focus your awareness into the deep place in your body where your "gut feelings" reside. Listening to your own inner wisdom can call you back to life. Piano music provided by Namaqua member Donna Mahler

March 8: (Daylight Savings Time Begins): When Things Fall Apart - Rev. Laurel Liefert & Worship Associate Susan Moody

Many of you may be familiar with the American Buddhist nun and beloved teacher Pema Chodron. Pema teaches that when things fall apart in our lives, the only approach that really works is to move toward painful situations - with friendliness and curiosity, relaxing into what she calls the "groundlessness" of our entire situation. Music for this service will include a flute-piano duet by Namaqua members Marion Cox and Cherry Sokoloski.

March 15: What Rationality Makes You Forget - Worship Associates Lauren Daley & Janet Gillette

Rationality is overrated. Even Einstein understood this when he said, "The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift." What are you faithfully serving and what is the sacred gift you seek? What in your life has gone forgotten?

March 22: Awakening - Rev. Laurel Liefert & Worship Associate Elizabeth Fraser

Have you ever had love awaken in your life, transforming loneliness into belonging, fear into courage, awkwardness into a sense of grace and beauty? Sometimes finding a congregation like Namaqua can awaken us to love - to a love that will not let us go, that calls us to be our own best selves. This Sunday we will welcome and covenant with Namaqua's newest members who have found a spiritual home in our beloved community.. Ukulele music provided by UUKes.

March 29: WomenSpeak—Rev. Laurel Liefert & Worship Associate Barbara Fleming

To celebrate the 100th anniversary of the ratification of the 19th amendment, giving women the right to vote, NUUC will present a Reader's Theater play, *WomenSpeak*, which brings to life significant figures in the struggle for women's equality and rights, spanning generations from Abigail Adams to Emma Goldman. The performance will be in lieu of a sermon and will feature a stellar cast of Namaqua thespians. Join us to honor a remarkable roll call of outstanding women.

President's Message

As I write, your elected leadership is preparing for our winter Summit, for which our theme is ***Namaqua 2030***. We'll spend a full Saturday identifying Namaqua's strengths and how we might build on them over the next 10 years. **What can we become by 2030?** (Your elected leadership: Board, Leadership Development Committee, and Committee on Shared Ministry elected leaders, with Laurel and Janen.)

We'll use an organizational change process called ***Appreciative Inquiry***. The usual organizational change methods are problem / solution oriented: given a problem, identify its root cause, and make the changes to get to the known desired state. Appreciative Inquiry differs in a couple important ways. First, its goal is to **envision new desires**, new states of being. Secondly, rather than concentrate on the negative problems (which can lead to a culture of scarcity), it concentrates on an organization's **strengths and how we might build on these (abundance!)**.

When I was in management, we'd do personnel reviews each year (of course). Ours had 3 parts: accomplishments, strengths, and "development areas". The latter were sometimes forward-looking – develop a new skill for a new task—but often conveyed a weakness. The tendency was to ask the employee to work on improving a weakness.

Which was almost always just nuts. With very, very few exceptions, I worked with competent and sometimes brilliant people. It almost always made more sense, rather than ask to spend their time to build a weakness up to mediocrity, to leverage their strengths to bring themselves and their organization to **higher heights** few if any others could help us attain.

Appreciative Inquiry tries to do the same thing at an organizational level: **build on our strengths**. I'm excited to see what we'll come up with, on "leap day", 2/29. I won't be surprised if we expand our 10-year visioning throughout the congregation, in a "speak up" after a service or in next fall's congregational meeting (our spring one in May being consumed by budget approval and elections), or in taking Appreciative Inquiry out to our various ministries. You'll be hearing much more, I'm sure!

Other goings-on as we cruise into spring, with the days getting appreciably longer:

- **Annual Auction** is on the radar! We're actively looking for an evening, likely in late April, and *may* yet be able to nail one down within this newsletter. Start thinking about a contribution you might make—a fun event, a work of art, a helping hand – and don't be afraid to be creative!
- **Annual Budget Drive** is underway, ably led once again by Leonard Sokoloski and Brian Jarvis. Namaqua is "there for life", as support in life's lows and to raise our aspirations, creating life highs to experience and aspire to. I know I'm a better person for being in community with all of you folks. Let's show our support financially, as well as with our time and talents.
- **Facilities:** plans are converging around adding a visual component to our sanctuary's audio-visual capability, and by the time you read this, I'm hoping all our pews will be "mobile" – which should lead to more flexibility in using our sanctuary space, especially for events. Our space will better reflect our flexibility and creativity!

Yours in creating beloved community together,

Doug

PS—As I write, too, we have news of Laurel's sister being no longer with us. Our thoughts and prayers are with you, Laurel, and with your niece, family and sister's friends.

Religious Education

“Only that day dawns to which we are awake,” Thoreau reminds us. Our theme for March is Awakening. Soon we will start seeing those signs of awakening in nature — buds on the trees, the greening of the grass, even a brave spring flower or two peeping out from under the melting snow. We can take their cue and wake up as well! Wise ones teach us that we awaken to each moment by being present. On a larger scale many of us have experienced a *spiritual awakening - the kind that usually follows a “dark night of the soul.”* *When I finally gained the strength to leave my former faith (and the way I saw the world) I felt literally reborn and exactly as if I had awakened from a dream and now found myself in the real world for the first time. Everything seemed brighter and more intense in my new existence and I felt a heightened urgency to love well those around me now since my guarantee for being reunited with family in the next life was no longer a certainty.*

As John Lennon voiced, **“There are two basic motivating forces -fear and love. When we are afraid we pull back from life. When we are in love we open to all that life has to offer with passion, excitement and acceptance.”**

Opening to all life has to offer sounds like waking up to me. How blessed we are to be alive!

I want to thank everybody who helped with our Youth Service on the Treasures of Self Worth. It was a joint effort and everyone stepped up to make it work, especially when we had to make last minute changes. I loved the enthusiasm of the kids with doing their parts. I loved that the teens and Janet received a standing ovation for the bravery they showed in singing their *Greatest Love of All* song. I loved feeling part of the warm embrace that is Namaqua.

Thank you to everyone who made the Mystery Pal Party such a success as well! It was so fun learning more about our elementary kids and seeing those bridges built being built between the generations.

The next event that involves families and our full church is our Minute-to-Win-It night on April 3rd. I am mentioning this in the March newsletter because it comes so quickly in April. We will begin at 6:30 and Fun and Fellowship are putting together a great Gorp Bar. A lot of laughter and some friendly competition between teams is guaranteed so mark April 3 on your calendars.

On March 15th during regular church the kids and I are going to catch a leprechaun and see if they have a treasure to give us. You never know with leprechauns! We will have only one Mid-High meeting in March due to Spring Break which will be on the 8th of March at 1:00. We will continue planning the Easter Egg hunt we will host for the younger kids and our Karaoke Night for which we'll invite the Foothills UU Youth.

As always thank you for bringing your kids to church and for all the ways you support NUUC!

Blessings,
Janen Wright (Director of Religious Education)

Minister's Musings



Twenty Years & Going Strong

Dear ones,

Our beloved congregation will soon celebrate twenty amazing years of radiating love, peace and justice in the Loveland. And we're going to let people know we're here by decorating our cars with a new Namaqua bumper sticker and pealing our bell to signal our celebration on June 14.

In twenty short years the Namaqua UU Congregation has become a solid presence in Loveland. Our membership includes people who have been involved in creating this beloved community since the very beginning. It includes people of all ages and abilities. It includes people on many spiritual paths, whether it be a literal path through the mountains, a journey focused on survival or a search through our own souls. We have a culture of inclusion, and we welcome each person who enters our doors with warmth and fellowship. We have co-created a congregation we can be proud of.

Here's how you can be involved in creating the Namaqua Unitarian Universalist Twentieth Anniversary Celebration:

A bumper sticker contest will take place in March to create the tag line for decking our vehicles this season. The message needs to be short so it can fit on a bumper sticker and still be read. It can be humorous, forceful, hopeful, direct and whatever else your imagination wants it to be. Turn in your entries on Sunday mornings in March or mail them into the church anytime during the week. The contest will be judged by the Bumper Sticker Task Force, soon to be formed. If you'd like to serve on this important Task Force, please let Sara Suriani (sara.suriani@gmail.com) or me know. The bumper stickers will be printed on material that peels off easily from painted bumpers so that everyone can feel free to share the Namaqua message through the traffic.

The other important task force that we need to form is the group that will oversee the actual June 14 celebration. Envision canopies on our side yard, food for ourselves and our neighbors, live music, balloons, fire dancers, drummers, clowns and spiritual leaders! The sky's the limit as long as we can afford it. The initial meeting of people interested in helping brainstorm and organize the gala celebration on June 14 will be Saturday, March 14 at 10:00 am in Parker Hall. I hope to see many of you there. Please let Janen Wright or me know if you want to participate and can't make that meeting.

With love and anticipation, your minister,

Laurel Liefert



Angel House renamed: Family Promise

Angel House, a part of the House of Neighborly Service network, coordinates churches in our Loveland/Berthoud communities to support families who find themselves temporarily homeless. This vital work will continue by joining the national program known as Family Promise. So Angel House will now be known as Family Promise, offering additional support, guidance, and resources for families in transition.

Namaqua UU partners with King of Glory Lutheran Church in providing shelter and meals several times during the year. The families will be staying at King of Glory the week of March 29th, and we will provide their evening meal on **Tuesday, March 31st and Thursday, April 2nd**. We will need someone to be a host; offer hospitality and share the meal (5:30-8:00pm) and volunteers to prepare the main dish, a salad, vegetables, and dessert. These food items can be prepared at home and dropped off at the church or you are encouraged to stay and enjoy the meal and conversation.

If you can help with any part of this important community work, please call or email me. Thanks for walking our talk!

Linda Danforth (970) 646-1201 or
lindaldanforth@gmail.com

King Soopers Grocery Cards

When you use your Sooper Card or Alt ID (phone number at King Soopers, you can automatically designate Namaqua UU to receive 5% of ALL of your purchases (including gas and lottery tickets!). However, you must designate NUUC as your Community Rewards recipient on the King Soopers web site. To do that:

1. Go to www.kingsoopers.com.
2. If you've already been on the site, sign in to your account. If you have not visited the site before, go to www.kingsoopers.com/signin and click on the Create an account link at the bottom of the page, next to "New to King Soopers?". You will be asked for some basic information, a valid email address, and your King Soopers reward number. If you do not have a King Soopers rewards card, they are available at the customer service desk at any King Soopers.
3. Once you have signed into your account, hover over "My Account" (under your name in the top right corner of the page), then click on My Account in the drop-down menu.
4. On the left side of the page is a list of links. Under "My Account", click on the last link titled Community Rewards.
5. Search for Namaqua Unitarian Universalist Congregation and then click Enroll.
6. When you make a purchase, you will see NUU noted at the bottom of your receipt. If you have any questions, please see Jeanne Miller or email her at jkm530@hotmail.com.

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

Loveland 2020 Women & The Vote

Loveland 2020 Women & The Vote is organizing a yearlong celebration to mark the centennial of the 19th Amendment, passed in 1920 to give women the vote in the United States. The Social Justice Team at NUUC desires to take part in this celebration. We have tossed ideas around such as sponsoring a film and discussion, leading a meditative service with candlelight at the Foote Lagoon, hosting a table at a festival. Possibilities are endless. Do you want to help with this celebration? Please contact Sheryl Griese at sherylgriese@gmail.com if you want to be involved. This will be a fun and exciting way to celebrate this monumental landmark

Annual Auction Coming in April

We're planning to have our annual auction toward the end of April, so put your 'thinking cap' on for an auction item to offer!

- Events – dinners, game nights, outdoor hikes...
- Services – rides to the airport, spring cleaning, yardwork...
- Things – Art, kitchen tools...

Doug Stewart and Rebecca Williamson are coordinating – let them know if you have any questions or would like to help out!

Creative Corner

Featured Artist Cindy Black

Thank you to Jenifer Cline for sharing her stunning landscapes throughout the month of February. Her talent for capturing the essence of the natural world is outstanding and a delight to behold.

In March, we welcome Cindy Black to the Creative Corner! A career nurse for 40 years, Cindy retired in 2013 and quickly sought new personal challenges. Specifically, Cindy challenged herself to learn something she didn't know a thing about. Sensing she might enjoy oil painting, Cindy reached out to an artist friend, who connected her with a well-known local artist (Linda Prokop) who first taught her how to draw, and then the basics of oil painting.

"I fell in love with learning something that was new and foreign to me. When I am painting, I think about nothing else. I love the smell of the oils, the mixing of the colors, the variety of strokes different brushes make. And I love being able to create something! My subjects have included birds, animals, landscapes and some flowers. I am still very much a student and love learning and improving. Oil painting gives me such a feeling of accomplishment and I absolutely love it!"

An Opportunity for Anyone Who Loves to Sing

Our NUUC choir will sing for Easter on April 12. This choir is open to anyone who wants to sing with us. We will have two Wednesday evening rehearsals from 7:15 to 8:30 previous to April 12 on April 1 and 8 and a final short rehearsal before the service on the 12th. All rehearsal are in the sanctuary. If you are interested or want more information, contact Marion Cox cox.mari@gmail.com or 970 342 3856.

Mark Your Calendars!

20th Anniversary Planning

Namaqua is marking our 20th anniversary on Sunday, June 14th, with a special service followed by a blowout celebration! If you'd like to see how you can help, please join Fun & Fellowship and Rev. Laurel in Parker Hall at 6:30 PM on Thursday, March 12th. Everyone, mark your calendars for June 14th! We have so much to celebrate!

Namaqua's Open Mic Night

**Friday, March 20th
from 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 in the Sanctuary and bring your friends!

Building Beloved Community

Glenda Bell

Thought I would share a few insights with you as I have no significant "news" other than my marginal health has hit a tolerable plateau. I am working extra hard on my physical therapy as I definitely want to go fishing come spring. At one time I had an extensive Christmas card mailing list. I can recall sending out nearly two hundred letters. I kept my news to one page, widely spaced with varying sized fonts. I passed along the high points/events like catching a four pound trout on a worm. At the bottom of the letter, I added my phone number/email address, so the recipient could make contact one way or another. Through the years the list has shrunk considerably. I sent seventy four by snail mail this season. I heard back from thirty.

In some cases, my letters came back, no forwarding address. Knowing the age of the recipient, it could mean they had moved to a care center or in with their children or possibly died. But that was only a few. I record who sends me a card/letter, noting new addresses. Year by year I hear from fewer and fewer. Not a single email/ecard this year. I have decided that folks just don't correspond like they once did. I might not hear from someone except at Christmas but we would connect then, bringing back memories. Definitely letter writing is a lost art, now even at holiday time.

On the happy side, I still hear from my friend Sonya who is the locksmith at our embassy in Moscow. I knew her when she was sixteen and I was forty six. I still hear from Cindy, who was my graphic artist when I was Director of Libraries / Audio Visual for the Billings, Montana, School District. She now lives in Castle Rock and her sons are aspiring Colorado Fourteeners.

Vicki Clark

Joy: We had a great start to the new year at the Broadmoor Hotel in Colorado Springs where we were treated to three days of fine piano music during the US International Piano Duo competition. As that event ended, we picked up our son from the airport and all the grandkids

arrived as well, so lots of quality family time to ring in 2020. We are enjoying being surrounded by the amazing saguaro cacti just outside of Tucson, AZ, where we plan to stay till the first part of April. Missing our NUUC friends but nice to have a change of scenery too.

Fran Green

Bob and I celebrated our 56th Anniversary on the 8th of February.

Rev. Laurel

Rev. Laurel's sister Carolyn died on February 13th, at age 63, from pancreatic cancer. She was a single mother of her beloved daughter, Marita, who is 18 and will graduate from high school this June. She is also survived by her siblings, Laurel, Tom, and Mark Snyder. Carolyn was an Occupational Therapist who taught for many years at the University of Southern California and later worked at hospital clinics in Fresno, California.



Carolyn and Marita,
mother and daughter



Laurel and sister Carolyn



Congratulating Marita at
her high school
performance of Women &
War last month. Left to
right, Laurel and Francey's
son Marcus, Laurel,
Laurel's brother Tom, and
his wife Patti, and Francey.

General Assembly June 2020

From the Leadership Development Committee (LDC)

General Assembly (GA) is the annual gathering of Unitarian Universalists, where we conduct business of the Association, explore the theological underpinnings of our faith, and lean fully into our mission and principles. This year, GA will be held June 24—June 28, 2020 in Providence, Rhode Island. It is a 5-day immersive experience where we participate in inspirational worship services and informative workshops, reconvene with friends and colleagues, and explore our bustling exhibit hall. GA is an unforgettable experience for the thousands of UUs who attend. The theme for General Assembly in June 2020 is ***Rooted, Inspired & Ready!*** *We are in touch with our theological roots, we are engaged in transforming our faith, and we are fired up to take action in the wider world.*

Registration and Housing

Registration is now open at uua.org/ga. Full-time registration is \$400 for adults, \$240 for high school youth and retired and candidate ministers, \$150 for off-site registrants. Register by March 15 for the lowest rate. Rates will increase on March 16 and again on May 1.

In addition to a variety of nearby hotels, attendees will also be able to book dormitory-style accommodations at two local universities. Also, UUs from local congregations will serve as host families for Home Hospitality, which is B&B style accommodations. For more information, visit uua.org/ga. Make your hotel reservation beginning March 2 at 9:00 a.m. Eastern.

Congregational Participation from Off-site

Technology provides opportunities to connect on-site participants with those who cannot attend in person. GA is transforming into a hybrid meeting—incorporating off-site delegate participation, live-streaming of events, and social media to create an interactive experience for on-site and remote attendees. Off-site registrants are able to watch and ask questions in live sessions, including select workshops and business sessions. Off-site Voting Delegates are also able to propose amendments in the live business sessions, participate in debates, and vote in General Sessions. Off-site registration for GA is \$150 per person. Go to www.uua.org/ga/off-site/registrants to learn more.

Excellent Programming

GA will offer more than 100 outstanding programming selections (workshops, panel discussions, worship services, and other presentations) Each year a distinguished guest speaker is invited to address the General Assembly as the Ware Lecturer. The 2020 Ware Lecturer is award-winning author Naomi Klein, Chair of Media, Culture, and Feminist Studies at Rutgers University.

Financial Aid Available

The UUA is committed to the goal of making GA accessible to as many attendees as possible. Go to uua.org/ga in the month of March to learn about scholarships to support delegates - particularly those from marginalized groups - and volunteer opportunities (work in exchange for registration).

If you are interested in attending GA or would like more information, please see a member of the Leadership Development Committee: Karen Brock, Kathy Hartman, and Sarah Jane Wilhelm.



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 April Newsletter: March 22

For the May Newsletter: April 19

NUUC E-mail Addresses

AdultEnrichment@NamaquaUU.org
 Board@NamaquaUU.org
 BuildingBelovedCommunity@NamaquaUU.org
 Buildings@NamaquaUU.org
 Calendar@NamaquaUU.org
 CoSM@NamaquaUU.org
 DenominationalAffairs@NamaquaUU.org
 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)



Mailing address:

NUUC

745 E. 5th Street

Loveland CO 80537