



Namaqua Unitarian Universalist Congregation

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

Inside this
issue:

Upcoming Services	1
Covid-19 Response Plan	2
President's Message	3
RE Message	4
Minister's Musings	5
Building Beloved Community	6
CoSM Update	7
Board Mtg. Highlights	8
Pictures from Aug. 23	9
Birthdays and Anniversaries	10
Pastoral Care Elected Leaders	

Upcoming Services

September 6: A People of Renewal - Rev. Laurel & Worship Associate Fred Schrekinger

What does it mean to be a people of renewal? As we renew our energy for another year of journeying together, let's consider changing the questions we ask. Changing the questions we ask can change our lives. For example, Instead of asking the perennial question whether we are making enough time for family, play and rest, what if we dig deeper? Is it time to renew our responsibility for those who will come after us? Whose way of being the world renews your faith in humanity? What is a question you can come up with that has the potential to change your life?

Saturday, September 12 - 9:30-10:00 AM: Filming of Water Communion at Church - Rev. Laurel Liefert & Worship Associate Janen Wright

As we adapt our important traditional rituals to this time of the pandemic, you are invited to come to church on Saturday morning between 9:30 and 10:00 AM to be part of a film to be shown during our Sunday service the next day. Please bring a small sample of water from (or representing) the places where you spent time this summer, perhaps from your kitchen tap or your garden. With social distancing and masks, each of you will take a turn pouring the water you brought into a common container, briefly sharing where it came from. You also will be invited to record this information along with your name in a special new section of Namaqua's Membership book.

Sunday, September 13: Water Communion - Rev. Laurel Liefert & Worship Associate Janen Wright

We will carry on with our cherished September ritual of a Water Communion. The ritual symbolizes our coming back together as a community after the summer, and is commonly practiced by Unitarian Universalist congregations all over the country. This summer has been highly unusual. We continue to keep ourselves and one another safe by holding virtual Sunday services, and this year's Water Communion service will include the film taken on Saturday.

September 20: Rooted, Inspired, and Ready - Rev. Laurel Liefert & Margo Ervin, Elizabeth Fraser, Kathy Hartman, Sally Henry, Francey Liefert, Doug Stewart, Janen Wright

Join us this Sunday to find out about what the eight of us learned and experienced last June in the first-ever all-virtual General Assembly (GA). The GA Planning Committee invited us to *be gentle with ourselves and each other as we get "Rooted, Inspired, and Ready" to create a most just and inclusive world where all are welcome.* You will get a taste of our excitement with topics such as indigenous history, institutional change, circles of community, and gratitude as a spiritual practice. Over the course of the next church year, we will have services that delve more deeply into each of these topics.

September 27: Renewal as Part of the Natural Circle of Life - Worship Associates Susan Moody & Trish Murtha

September is a time of beginnings and endings in the natural world. As a part of that world, we feel this sense of transition and need a time of rest and reflection. As the trees lose their leaves and pull in their sap in preparation for the end of one year and the beginning of another, we recharge and strive to find our spiritual and emotional center. Renewal is about continuing our life and looking at what we need to do to survive! What rituals and practices do you want to continue through the winter because they have brought you inspiration and joy? What hasn't worked for you and needs to be eliminated?

NUUC meets each Sunday
at 10:00am on [Zoom](#):
[Meeting ID: 8474544945](#)

Contact Us: 970-685-0427
745 E. 5th St.
Loveland, CO 80537

Find us on the web
www.NamaquaUU.org
[@NamaquaUU](https://www.instagram.com/NamaquaUU)



NUUC COVID-19 Response Plan

COVID 19 Task Force will regularly monitor announcements from the Center for Disease Control (www.CDC.gov), Larimer County Health Department (www.Larimer.org/health) and UUA (www.UUA.org) as well as other recognized experts and make recommendations to NUUC Board of Trustees and CoSM on best policies and practices to ensure compliance with Colorado government instructions and recommendations. The Task Force will meet as necessary to review and update NUUC policy and guidelines.

COMMUNICATION

- NUUC's primary communication tools will be our e-mail blast system and the NUUC website www.NamaquaUU.org
- Any member or friend who would like to sign up for email blasts should send a request to Admin@NamaquaUU.org
- Current policy, announcements and information will be posted on the church's website: www.NamaquaUU.org in the Events box at top right on home page. To post an announcement, send notice to nuuc@NamaquaUU.org
- General instructions on church policy and managing contagion will be posted at all church doors
- COVID 19 policy will be distributed with Building Use Guidelines when a member reserves an indoor room for any purpose.

CANCELLING SERVICES and PROGRAMS

- NUUC buildings will remain closed to groups for the foreseeable future; no indoor services, programs or activities will be permitted except as allowed below. Individual members may enter building for essential purposes.
- Virtual services via the internet will be planned by Minister and Worship Associates as technically possible and announcements/instructions made via email blasts and on website
- NUUC programs will be held virtually or outdoors as determined by the lead.
- Outdoor activities must be socially distanced and participants will wear masks.
- Selected children's activities may be held indoors with no more than 20 individuals (adults and children) present. All protective practices must be followed: social distancing, wearing masks, no home-made food; cleaning/ disinfecting. Parent/guardian of any child participating in an indoor activity must sign a NUUC consent form outlining and acknowledging their responsibilities in following church policy.
- As per established NUUC policy, services and programs may be cancelled by consensus of at least two of the following people: Minister, President,

Chair of COSM, Ministry Chair or program/activity lead

- When services/programs are cancelled, the activity lead will make (or delegate) every effort to contact participants directly by email or phone as well as notice on website as appropriate.
- No outside groups may use the buildings for any purpose.

PROTECTIVE PRACTICES

- Everyone inside the church buildings must wear face masks at all times. The only exception will be the minister and worship associate when conducting services as long as there is only one person in each building (sanctuary and Parker Hall).
- 'Social distancing' will be practiced by staying at least 6' from other individuals when crowd restrictions allow face-to-face gatherings
- Once the building is full, no more will be admitted and must wait in outside grounds still remaining 6' apart; consider holding additional services
- Face masks will be worn by all attendees and the church will provide extra disposable masks in each building
- Cleaning/Disinfecting Surfaces
 - CDC-approved chlorine and alcohol-based (at least 60%) solutions and disposable paper towels will be used after each building use to wipe down all surfaces which may have been touched including pews, tables, chairs, light/heat switches doorknobs, railings, faucet handles in both kitchen and rest rooms
 - Cleaners should wear protective gloves while cleaning
 - NUUC Janitor will be responsible for weekly cleaning
 - Activity organizer will be responsible for cleaning & disinfecting all surfaces touched during their programs. Cleaning responsibility will be included in Building Use Guidelines.
- Refreshments at services will be limited to commercially wrapped food items and juices. No home-made finger foods will be allowed.
- Disposable dishes and flatware will be used
- Multiple containers of hand-sanitizer, disinfecting wipes/spray will be made available in both sanctuary and Parker Hall as available.
- NUUC staff and volunteers will work remotely as much as possible

CARING FOR EACH OTHER

- Stay home if you are ill.
- If any member/friend would like 'wellness checks' (a church member to call you regularly to stay in touch and reduce social isolation), please contact Pastoral Care Team at PastoralCare@NamaquaUU.org and they will set up a system.

(continued on page 4)

President's Message

September, and our 'real' church year starts after our summer hiatus. I hope, in spite of it all, you've had a good summer!

Only, not much has changed! We'll still be meeting "virtually" (we've had a few exceptions – it was good to get to the park for a couple of Sundays over the summer, for Nancy's memorial service and for the drumming service). I must say, I miss the physical closeness of seeing how many people we can comfortably fit in a pew. All in time, I suppose.

But we're a flexible bunch. I've noticed I'm slowly getting better with the technology. Sara Suriani provided a Zoom tip that's helped me reduce 'Zoom fatigue' – you can turn off 'self view' by hovering over your picture and clicking on the '...' – this brings up a menu that lets you do that, the bottom option I think it is. Amazing how that little thing helps – I'd been unconsciously putting a lot of energy into watching myself! Turning off my image on my screen makes the meeting feel more normal.

Just in time, too, as due to popular demand we've just added a second Zoom Room. You can reserve one of these for your meeting by making a request to calendar@namquauu.org. Thanks to Karen Dornseif for continuing to coordinate our calendar, often surprising me with her promptness.

We're getting more people trained up as 'Zoom Techs', to help the Sunday services go smoothly – but still need a couple more people to take turns. If you've an interest in getting better at Zoom, Sara does a great 45-minute training – let her know if you'd be willing.

We're also nudging our technology forward with new church management software, called Breeze, initiated by Alice Cain's need to track our membership in a friendly way. The software holds great promise, well beyond Membership ministry's needs. We'll be experimenting with it awhile and no doubt occasionally stepping on one another's toes as we explore how to use its capabilities, again exercising our flexibility muscles. It holds great promise – we may, for example, be able to get our directory on-line and "live" for access by all members and friends, and move email blasts from the rather cumbersome and slow method we use now. It'll take some exploring, though, by several hands, so please bear with.

Board goings on:

- Sarah Jane agreed to be our "point person" for Personnel matters – thank you Sarah! The Board has been acting as a 'committee of the whole' on Personnel matters for the past year, and having someone with Sarah's talents to direct our attention will be Goodness.
- After a bit of a hiatus, we should have a custodian to keep the church tidy by the time you read this, reducing our cleaning cycle from weekly when we were meeting to every two weeks or so.
- Our finances appear to be in decent shape. The Board approved an increase in administrative hours from 8 to 10 per week, on average, as Margo has taken on check-writing and more web work, especially with Karen Brock going overseas; we'll miss Karen!

As I said, I hope everyone had a good summer, in spite of it all. Now that we're 'back', I'd like to encourage each of us to get involved in at least one smaller 'group interaction' – a class, for example, or (at least) one of our ministries. Those interactions build purpose and meaning, and I'm surprised at how fulfilling it is to get out of my shell a bit. We're a lovely bunch, each special, each a gift.

Yours in beloved community, Doug

Religious Education

Reflection and Report

With so many of us limited to home life during this time of Covid, it's never been more important to find ways to weave our faith into our everyday family activities. This is exactly what *Soulful Home* is all about! This is a side offering of Soul Matters that NUUC has decided to purchase to help support the home life of our families and grandparents/guardians and all other interested congregants. We will be sending this packet out at the first of each month starting in September. Even when we are back together in person I think families will enjoy this home support package. I like how *Soulful Home* empowers families to weave UU activities into the things they are already doing everyday. For example there are conversation topics for meal times and bedtime stories that you can tell to your kids or grandchildren.

In the creators' own words, "Each monthly packet is organized around eight distinct family "spaces" with ideas and resources to fill those spaces with UU theme-based exploration. We're especially excited to be adding a new section this year called "From the Mailbox." It's devoted to helping families more intentionally engage the work of dismantling white supremacy culture. We're also making sure all the activities are Covid sensitive." I thought you might like to hear this personal introduction from Teresa Honey Youngblood at this link:

https://drive.google.com/file/d/1i3Y_BT-SvwwdrbkggUBPrAAam1Phtj0s/view

Our next RE Gathering will be on Saturday September, 19th at 7:00. Dona Leonard has offered to help us make hula hoops with water in them among other things we plan to do! A big thanks to all who helped with the *Back To School Party*. It was such a fun evening and the kids all earned their prizes and then some. Also starting in September, the second week of every month we will have a 20 minute RE Family Worship from 9:30-9:50 before our regular Worship. The first one will be at 9:30 on September 13, our Water Ingathering Sunday. This will be children/teen oriented to introduce the theme of the month.

Stay healthy and happy,
Janen Wright (Director of Religious Education)



NUUC COVID-19 Response Plan (continued from page 2)

CARING FOR EACH OTHER (continued)

- If you would like assistance with groceries or other urgent supplies, please contact Pastoral Care who will arrange for home delivery (leaving on front porch/garage).
- If you are ill, please let either the minister or PCT know. They will respect your confidentiality as you wish.
- Pastoral Care has a modest Emergency Fund for folks who are financially vulnerable, if you are in need contact PCT.

**ABOVE ALL USE WELL-INFORMED SCIENCE-BASED
COMMON SENSE WHEN MAKING ANY DECISIONS**

Minister's Musings



More than Human Doings

Nothing is harder to do than nothing.

From How To Do Nothing: Resisting the Attention Economy by Jenny Odell

Dear Ones,

Was it one of you who sent me this book? It was an anonymous gift, and when I started to read the introduction - *Nothing is harder to do than nothing. In a world where our value is determined by our productivity* - the bells were ringing.

Yes, I've been taught, like many of you, to believe that my value is determined by my productivity. When I've taken time off, like for vacation or study leave, I've assumed that the point was so that I could return to work refreshed and ready to be more productive. But Odell is questioning what we currently perceive as productive. She warns of the dangers of busyness. As did the American Trappist monk, writer, and activist Thomas Merton, in even stronger words:

There is a pervasive form of contemporary violence... [and that is] activism and overwork. The rush and pressure of modern life are a form, perhaps the most common form, of its innate violence.

To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything, is to succumb to violence.

The frenzy of our activism neutralizes our work for peace. It destroys our own inner capacity for peace. It destroys the fruitfulness of our own work, because it kills the root of inner wisdom which makes work fruitful.

During my short sabbatical in May, I was actually able to disengage from my activism and overwork. I found that I cherished my early morning walks at Mehaffey Park, memorizing poetry by David Whyte, John O'Donohue, Joy Harjo, Thich Nhat Hanh, Mary Oliver, Billy Collins. I was surprised how much I enjoyed the luxury of being unscheduled and inefficient, no daily "to do" list, no deadlines. Even though I'm now back at work, I get up early enough to maintain my morning walks, not to be productive and useful, but simply because I love doing it. Morning walks and poetry feed my soul.

This is also one way to explain why people like me go to church. Or here's another way to put it from this year's common read for Namaqua's elected leaders called Growing A Beloved Community: twelve hallmarks of a healthy congregation by Tom Owen-Towle:

Microsoft chairman Bill Gates brags that "he doesn't go to church because it isn't an efficient use of time." Gates is right, if efficiency means simply making more money, cranking out a product, or grabbing quick pleasure. But there are many in modern society who hunger for renewal beyond efficiency and for meaning beyond machines – who desperately want to be human beings, not merely human doings. And that process requires religion. The holy is seldom efficient, but it is oh so sustaining.

Yes, it is oh so sustaining.

From Laurel, With Love

Building Beloved Community *by Barbara Fleming*

Namaqua UU Congregation's History: the Rest of the Story

An interim minister, Rev. Todd Strickland, served the congregation following Rev. Forde's departure. After meeting at the Community of Christ church for a time, NUUC moved again. Eventually the time came to search for a fulltime minister; Rev. Laurel Liefert was installed at Foothills Unitarian Church on February 26, 2012. The next step toward becoming an established church in Loveland, owning our own building, happened three years later when funds were secured to purchase the 100-year-old church at 5th and Pierce streets in Loveland as our first home. Five years ago this coming November we moved in. Plans had been underway to celebrate the 20th anniversary of the founding of this congregation when almost every aspect of our customary church life was put on hold by the pandemic. We can still rejoice, however, in our strength, resilience and courage and look to a brighter future.

And now for happenings among our members:

Vicki Clark's nephew-in-law, Dick Murphy, died recently following the death of his wife. He died, Vicki believes, of a broken heart.

Janet Gillette is coping with illnesses—her cat, Diego, has serious health problems, and her ex-husband, the father of her children, is also quite ill. Janet is grateful for assistance from some members of the congregation in meeting mounting expenses for Diego's treatment and is hopeful about a recent job interview.

Good news for **Carol** and **Dick Barton**—their nephew, **Adam Stephens**, and his wife, **Kim**, are relocating to Fort Collins.

Alice and **Roger Cain** celebrated the graduation of their granddaughter, **Madison**, from Bear Creek High School.

Angela Sunderland's son, **Bradley**, has found a place to live after couch surfing for a while.

Keep **Brenda Christiansen** in your thoughts and prayers. She is still suffering from an undiagnosed illness which has gone on for many months.

Heather Hauck has returned to Loveland and played music in a film produced in Fort Collins by Dance Express.

Tigg Young, whose surgery was postponed due to Covid-19, is now recovering from the delayed surgery.

The **Liefert's** son **David** has been offered a good job in California; the company has allowed him time to complete his PhD before starting work.

Sally Henry has had carpal tunnel repair on her left wrist. She had been experiencing numbness and tingling, losing strength in her hand, before the repair and is recovering—but preparing for a right-arm repair this month. At present, Sally is managing because she's right-handed.

Remember **Marie Steen**, who is alone and having significant pain. Cards, meals, calls or visits will brighten her days.

Pedro Lopez is looking for work and is available for handyman jobs.

Committee on Shared Ministries (CoSM)

CoSM is pleased to be back together after a short break this summer. We said good-bye in June to Sally Henry who dedicated 6 years to CoSM (two terms!) and Elaine Axon, and welcomed three new members. A big NUUC shout out to Sally and Elaine for all the work they did to help keep Namaqua's wheels turning!

CoSM members act as liaisons between the various ministries, the congregation, and elected leadership. We assist the ministries as needed, and help to ensure a broad understanding of how the work of each ministry is going on a regular basis.

Our main goals this church year include:

- Cultivate healthy communications across all the ministries and leadership teams
- Update NUUC Guidelines
- Assist the Membership Ministry and Leadership Development Committee in completing the congregation survey and using the data received to build an even stronger and healthy Beloved Community
- Storage of Nuuc internal documents
- Basement cleanup
- Keep Namaqua's wheels turning!

The following is a little bit about the CoSM members and the ministries they will liaise with:

Jauna Drake: I'm a fairly new member of NUUC and I want to be of service to my new Loveland Unitarian community. I'm looking forward to working with the group to foster our beloved community. I will be the liaison for Buildings and Maintenance, Pastoral Care and Namaqua Forum. I look forward to being of service.

Brian Jarvis: This is my third year on CoSM. My first 2 years I served as the Building and Grounds Liaison, the door code administrator, and the Publicity coordinator. This year, I am the CoSM co-chair along with Sara Suriani, while retaining my coordination of Publicity and Door Codes, I will also be the liaison to the Community Building Ministry.

Tom Mitchell: I live in Fort Collins with my lovely wife Rebecca Williamson. Rebecca is on the NUUC Board, so I decided to join her as part of the overall leadership team. The Ministries I will be coordinating with this year are Music, Worship, and Communications.

Fred Shrekinger: I was born a UU in 1949 and went through an infant dedication in St. Paul, Minnesota. I moved to Lincoln, Nebraska in 1952 and my family joined the Unitarian Church. I was active until I left Lincoln in 1974. Highlights were RE, Liberal Religious Youth, 60s activities like Civil Rights and Vietnam and I was Secretary of the Church Board my last 3 years. Churchless until 2019 but occasionally visited and communed with people who were regulars at UU churches. Namaqua was highly recommended and seems to meet my needs. My NUUC Ministries are Social Justice, Membership and Adult Enrichment.

Sara Suriani: I have been a member of NUUC for about 14 years and has served in many capacities include President of the Board of Trustees, Leadership Development Committee, RE committee and mentor, Newsletter, and Zoom tech. I will be serving my second year on CoSM as co-chair with Brian Jarvis. I am excited to continue my service as the liaison to Youth Religious Education.

Board of Trustees



Board Meeting Highlights

The Board met virtually via Zoom on August 11, 2020.

The Board's continued their discussion of this church year's common read: *Growing A Beloved Community: twelve hallmarks of a healthy congregation* by Tom Owen-Towle. Chapter two – Welcome All Souls – was discussed. Update reports were shared by Rev. Laurel, Sara Suriani for the Committee for Shared Ministry (CoSM) and Kathy Hartman for the Leadership Development Committee (LDC.)

Financial Update – Dick Barton

- Income and expenditures are on target.
- Our mortgage payment is due in February.
- A motion to increase Margo's hours from 8 to 10/week was passed unanimously.

Personnel Update – Doug Stewart

- We are still looking for a custodian, but do have some leads.
- Currently, there is no existing personnel committee; but Sarah Jane Wilhelm has agreed to take the lead on this for the Board. *If participating on the personnel committee sounds interesting, please contact Sarah Jane.*

COVID-19 Response

- We will be adding a second Zoom room to prevent scheduling conflicts.
- Sally Henry has put together a release for people who use the building to sign. It is currently under discussion within the COVID-19 committee.
- The COVID-19 committee has also developed COVID-safe rules for people who want to use the building(s), e.g. wearing face masks, social distancing, a designated person to sanitize the building after use, etc.
- There has been no recent update to the COVID-19 Policy, per se.

Next Board meeting scheduled for September 8, at 6:30 pm – via Zoom

Respectfully submitted by Rebecca Williamson, Board of Trustees Secretary

Scenes from Drumming in the Park & Laurel's 70th Birthday Parade



September Birthdays & Anniversaries

Birthdays

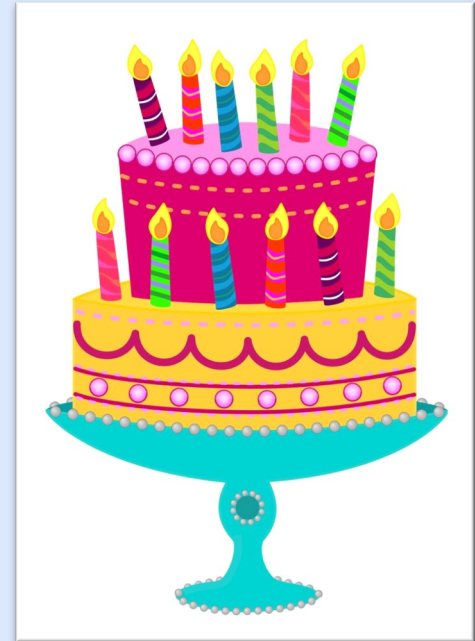
Sep 3 Ron Griese
 Sep 8 Felicia Stein
 Sep 9 Margo Ervin
 Sep 10 Kim Jefferies
 Sep 12 Titan Butcher
 Sep 13 Bill Rosquist
 Sep 14 Sheryl Griese
 Henrik Ervin
 Sep 16 Pete Buchmeier
 Sep 17 Nathan Hughes
 Pedro Lopez
 Sep 18 Peter Schenk
 Sep 22 Kathy Hartman
 Sep 23 David Urion
 Sep 25 Shirley Rawson
 Sep 29 Emilie Ervin

Anniversaries

Sep 6 Bill Parton & Leni Bohren
 Sep 15 Nance Horowitz
 Sep 24 Rob & Emily Van Doren
 Sep 30 Meagan Foster & Glenn Pease

If you'd like your birthday or anniversary listed in the newsletter please email:

newsletter@namaquauu.org



Pastoral Care

The Pastoral Care Team supports the congregation members and friends during difficult times. They take care of such needs as arranging for meals and running errands, rides to appointments, help with moving, 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, Els Deininger, Kathy Hartman, Sally Henry, Rev Laurel Liefert. PastoralCare@NamaquaUU.org

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

NUUC Board of Trustees:

Doug Stewart, President (Board term expires June 30, 2021)
 Sarah Jane Wilhelm, Vice President (Board term expires 2021)
 Dick Barton, Treasurer (Board term expires 2022)
 Rebecca Williamson, Secretary (Board term expires 2021)
 Pete Buchmeier, Trustee (term expires 2022)
 Leonard Sokoloski, Trustee (term expires 2023)
 Jessie Allen-Young, Trustee (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)
 Jauna Drake (term expires 2023)
 Tom Mitchell (term expires 2023)
 Fred Schrekinger (term expires 2023)

Leadership Development Committee (LDC)

Susan Moody (term expires 2023)
 Cherry Sokoloski (term expires 2023)
 Kathy Hartman (term expires 2022)

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 October Newsletter: September 20

For the November Newsletter: October 18

NUUC E-mail Addresses

Admin@NamaquaUU.org
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 BuildingBelovedCommunity@NamaquaUU.org
 Buildings@NamaquaUU.org
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 Communications@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
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