



# Namaqua Unitarian Universalist Congregation

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

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## Upcoming Services

### **October 4: A People of Deep Listening - Rev. Laurel Liefert & Worship Associate Mim Neal**

What does it mean to be a people of deep listening? In the words of white American author and activist Parker Palmer, author of Let Your Life Speak: Listening for the Voice of Vocation: "Before I can tell my life what I want to do with it, I must listen to my life telling me who I am." When we slow down enough to listen to what our life is telling us, what are we being called to be and do right now?

### **October 11: Coming Out Day - Rev. Laurel Liefert & Worship Associate Doug Stewart**

Each year since 1988, October 11th has been celebrated as National Coming Out Day. The initial idea was grounded in the feminist and gay liberation spirit of the personal being political, and the emphasis on the most basic form of activism being "coming out" to family, friends, and colleagues, and living life as an openly LGBTQ person. The spirit of radical hospitality and "come as you are" culture of Namaqua have created a rare and wonderful place of belonging where everyone is invited to feel safe enough to "come out," whatever that may mean.

### **October 18: A Glimpse of the Indigenous Experience - Worship Associate Elizabeth Fraser & Francey Liefert**

Change is afoot. Recently, the Big Thompson School Board voted unanimously to change two Loveland mascots from Indians and Warriors. In June the UUA General Assembly's social justice focus was on Indigenous peoples. Americans are waking up to the fact that Indigenous people have living cultures in the United States as well as in sovereign nations within the United States. Until recently, the civilizations of the Indigenous peoples of the Americas have been underestimated. Indigenous people have been attacked and decimated. European settler-colonialists forced those who survived to assimilate to White culture as well as to live in poverty on reservations. In this service Elizabeth Fraser and Francey Liefert will share a glimpse of both the rich and painful Indigenous history of the United States and some of the spiritual practices and knowledge that are part of Indigenous people's beautiful and invaluable cultures.

### **October 25: Dia de los Muertos - Rev. Laurel Liefert & Worship Associate Elizabeth Fraser**

This Sunday is our annual multigenerational celebration of the Day of the Dead, In Spanish it is called "Dia de los Muertos," a holiday celebrated in Mexico. It has become more and more popular in the United States. In past years when we were able to gather in our Sanctuary, people were invited to bring pictures and other mementos of their deceased loved ones that we used to create an altar of memories in their honor. Stay tuned for how we will adapt this annual ritual to this time of the pandemic.

**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](http://www.NamaquaUU.org)  
[@NamaquaUU](#)**



## NUUC COVID-19 Response Plan

COVID 19 Task Force will regularly monitor announcements from the Center for Disease Control ([www.CDC.gov](http://www.CDC.gov)), Larimer County Health Department ([www.Larimer.org/health](http://www.Larimer.org/health)) and UUA ([www.UUA.org](http://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](http://www.NamaquaUU.org)
- Any member or friend who would like to sign up for email blasts should send a request to [Admin@NamaquaUU.org](mailto:Admin@NamaquaUU.org)
- Current policy, announcements and information will be posted on the church's website: [www.NamaquaUU.org](http://www.NamaquaUU.org) in the Events box at top right on home page. To post an announcement, send notice to [nuuc@NamaquaUU.org](mailto: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](mailto:PastoralCare@NamaquaUU.org) and they will set up a system.

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## President's Message

Is it just me, or are others undergoing moments of existential angst too?

Five years ago, if someone had written about the national and international events now occurring daily, I'd have taken it as roll-your-eyes fiction. Now it's all too real, made all the more so by Ruth Bader Ginsburg's death. I'll miss her voice. (To those who haven't seen it, I'd recommend the movie *RBG*.)

Her voice... and then too, she had such a friendship—a genuine love—for Justice Anthony Scalia, often her polar opposite ideologically. Yet they genuinely enjoyed one another's company.

I still have *a lot* to learn—and internalize—from RBG. I'm thinking of wearing a WWRD ring.

Between my angst and the craziness we're living through, *what really matters*? The elephant is so big, what can one person do? My tendency is to withdraw, cocoon—and even this adds to my angst, for cocooning is a luxury many, many, many cannot afford. Moreover, I'm convinced, while a little occasional withdrawal might be justified, too much is exactly the wrong response. For me, and, I think, for each of us.

Here's an antidote: Take one Sunday service each week as an intentional act of anti-cocooning, of reaching out, of putting out feelers. Even in this time of Zoom low fidelity, Sunday service gives a perspective on what really matters. That is its purpose.

Mind you, it'll just give reminders, nudges. It may only put you onto something small, hardly elephant-sized... might be someone's joy or sorrow that connects you to our shared humanity, or music that inspires through its creation, or a line from a sermon that resonates, then echoes through the week.

This year Laurel is taking the Worship Associates through a course called *The Shared Pulpit*, by Rev. Erika Hewitt. Hewitt says, with respect to Sunday worship, "By devoting ourselves to encountering and engaging *That Which Is Greater/Wiser/Stronger/More Compassionate* than our individual selves, we place ourselves in a crucible for transformation and healing." [my italics]

Cracking me open, at least a little, in a crucible of transformation and healing, especially when I'm weary and consumed with angst, is *exactly* what I need. It's what the globe needs, starting with this local act.

Another antidote—I'll take two!—can be found within the *Adult Enrichment* catalog. Sign up for a workshop or class. There's something about the little village that forms when accomplishing together. A wisdom develops. Someone was once quoted as saying, "Where two or three are gathered..."

The world is a mighty beast. *That Which Is Greater/Wiser/Stronger/More Compassionate* is infinitely bigger. I'll happily take my angst antidotes and join RGB for the ride of my life.

*Yours in beloved community,*

*Doug*



*Scalia and Ginsburg. Really.*

## Religious Education

*The fields are harvested and bare,  
And Winter whistles through the square.  
October dresses in flame and gold  
Like a woman proud of growing old!*

Anne Mary Lawler

As we have the opportunity/ challenge of having more family time, sometimes it behooves us to work *smarter* instead of *harder*. Our October *Soul Matter's* packet talks about *The 5 Love Languages for Children* by Gary Chapman. I have long loved the original, *5 Love Languages* to understand myself and my husband better and I never knew Chapman wrote a second book for kids! In the introduction he unpacks the idea of intentionally filling up our children's emotional love tanks. In his own words, ***"If our children's love tanks are on empty, it will be hard for them to be or do their best, and they are more likely to get angry or act out. We can fill their "love tanks" more effectively when we focus on learning each of our children's unique love languages. Every person is individually wired to receive and understand love in different ways. So it's important to discover when and how our children feel loved by us."***

### THE FIVE LOVE LANGUAGES

#### 1. **Physical Touch is the easiest (and sometimes most awkward) love language.**

- Boys typically get a lot of physical touch from playing games and rough housing, but it's important to look for other opportunities too.
- Girls who don't experience physical touch regularly and safely from Dad and others often go to extremes—quietly withdrawing or craving a lot of attention and reassurance from boys in unhealthy ways.

#### 2. **Words of Affirmation call out what's at the core of each child or teen.**

- More than general praise, it is specifically pointing out characteristics and abilities that make them one-of-a-kind.
- Finding opportunities to affirm kids more than 3 times a day gives them courage to keep going and attempt even more.

#### 3. **Spending Quality Time says, "You're important. I like being with you."**

- A lot of childhood misbehavior is an attempt to get more attention from Mom and Dad, even if it is negative attention.
- Punishments like "time out" or sending them to their room really hurt kids or teens that desperately want positive time together.

#### 4. **Meaningful Gifts are symbols of love and hold special memories.**

- There's no doubt kids and teens love presents, but they don't make up for not being physically present and available.
- As kids get older, it's best for them to help choose their gifts or for the gifts we give to affirm something we know about them.

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## Religious Education (continued)

### 5. Acts of Service are the big and little things we do that prove we care.

- Part of a parent's job description is to cook, clean, carpool, grocery shop, do laundry, repeat. Instead of seeing them as chores, see them as ways to show love.
- Surprise older kids, occasionally, by doing things for them that they are expected to do for themselves.

You'll want to make sure you give your kids a healthy dose of all five of these, but start thinking about what your kids respond to most. Even better, take the assessment on the [The 5 love languages website. www.5lovelanguages.com › quizzes › child-quiz](http://www.5lovelanguages.com/quizzes/child-quiz)

Here is the Link to October's **Soulful Home**

[drive.google.com/file/d/1G0BG2vhMaL30nt6NXqXd8kK9DM9ccvpL/view?usp=sharing](https://drive.google.com/file/d/1G0BG2vhMaL30nt6NXqXd8kK9DM9ccvpL/view?usp=sharing)

**Remember** everyone in our congregation is invited to our **Second Sunday RE Circle** (Oct.11) before worship at 9:30-9:50am. We will meet in zoom room #2 [zoom.us/j/6632684545](https://zoom.us/j/6632684545) This month we will have special Guest Speakers- Carole and Dick Barton who will share with us how NUUC came to be. Also bring a comb and wax paper if you want to help us with our closing song the *Comb Blues!*

### **October Religious Education Calendar**

Sunday Oct. 11th - **Second Sunday RE Circle** from 9:30-9:50am

Sunday Oct. 25th - **Dia De Los Muertos** (Worship Service)

Sat. Oct 17th - (5:30-7:00pm) Our annual **Pumpkin Glow** will take place outside on the church grounds this year so we can put up plenty of tables and spread out! Everyone is invited. Bring a mask and a pumpkin or two to paint or carve. We'll have hot drinks and donuts and a Pumpkin Lighting Ceremony. Costumes are encouraged and welcome!

Yours in service,

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



### A Tribute to Ruth Bader Ginsburg

March 15, 1933-September 18, 2020

*"Fight for the things you care about, but do it in a way that will lead others to join you." RBG*

Our nation has suffered a tremendous loss. The death of Supreme Court Justice Ruth Bader Ginsburg is the death of a great soul. In honor of RBG, I offer this poem by Maya Angelou.

### *When Great Trees Fall*

*When great trees fall,  
rocks on distant hills shudder,  
lions hunker down  
in tall grasses,  
and even elephants  
lumber after safety.*

*When great trees fall  
in forests,  
small things recoil into silence,  
their senses  
eroded beyond fear.*

*When great souls die,  
the air around us becomes  
light, rare, sterile.  
We breathe, briefly.  
Our eyes, briefly,  
see with  
a hurtful clarity.  
Our memory, suddenly sharpened,  
examines,  
gnaws on kind words  
unsaid,  
promised walks  
never taken.*

*Great souls die and  
our reality, bound to  
them, takes leave of us.*

*Our souls,  
dependent upon their  
nurture,  
now shrink, wizened.  
Our minds, formed  
and informed by their  
radiance,  
fall away.*

*We are not so much maddened  
as reduced to the unutterable ignorance  
of dark, cold  
caves.*

*And when great souls die,  
after a period peace blooms,  
slowly and always  
irregularly. Spaces fill  
with a kind of  
soothing electric vibration.  
Our senses, restored, never  
to be the same, whisper to us.  
They existed. They existed.  
We can be. Be and be  
better. For they existed.*

*From Laurel, With sorrow, gratitude, and love*

## Board of Trustees



# Board Meeting Highlights

The Board met virtually via Zoom on September 8, 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.

Update reports were shared by Rev. Laurel, Sara Suriani for the Committee for Shared Ministry (CoSM) and Cherry Sokoloski for the Leadership Development Committee (LDC).

### **Financial Update – Dick Barton**

- August was significantly in the red, but only \$880 in the red for the year so far
- Appear to be reasonably on track
- PPP loan not moving to grant status anytime soon; holding in savings.

### **Personnel Update – Doug Stewart**

- Doug to close with custodial candidates either weekly or every 2 weeks depending on building use

### **Facilities Report – Pete Buchmeier**

- Pete has been going over to the building every two or three days – thank you Pete!
- Sprinklers turned off during the cold snap and will be turned back on
- Were going to work on the ramp/deck outside of Parker Hall but do not have a good contractor id'ed; woodpeckers have abused the railing
- Internet: when Pulse (fiber-optic) will be available is unknown; Comcast is the other option but have heard about support issues; Pete will check on Pulse

### **COVID-19 Response**

- Have new proposed policy and Pre-Conditions to Opening NUUC Buildings
- Leveraging Larimer County rules
- Proposing max of 25 in sanctuary and 15 in Parker Hall
- Only church activities allowed at this point
- Working toward Pumpkin Carving at Halloween as first test case
- Concern: who is using the building and not cleaning up after themselves? (Pete found dishes in the sink)
  - \* Only known building users are Janen, Laurel and Elizabeth
  - \* Suggestion: we could use door codes to see who is using the building
- Concern: important to keep records!

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## Board of Trustees Meeting Highlights (continued)

- \* Keep attendance lists digitally, not just on paper; if originally captured on paper,
- \* give to Margo to input electronically
- Concern: really good policies — and we're working with a group of volunteers — require each meeting to have a trained responsible person like Staff, Chairs or elected leader (once those are trained)
- Concern: we're going into winter with closed rooms; should we be even safer?
- Like the idea of: even if we're meeting physically, still encourage virtual joining as well

### Board Requests:

- Train Staff, Committee Chairs and Elected Leaders on policy and how to implement it (perhaps utilize CoSM Council meeting)
- Require each meeting to have a designated responsible Staff, Committee Chair or Elected Leader in attendance who has had the training.
- Create meeting checklist for the meeting leader to use and sign off upon finishing.
- Keep checklist and attendance records digitally, either upon creation or get paper to Margo to record digitally
- Allow custodial cleaning to be every 1-2 weeks depending upon building use (rather than require weekly)

**Board approved** the new policy if these requests can be incorporated; otherwise the Task Force can come back with an update.

We thank the Task Force for their hard work!

**Next Board meeting scheduled for October 13, at 6:30 pm – via Zoom**

Respectfully submitted by Rebecca Williamson, Board of Trustees Secretary. Notes taken by Doug Stewart.

## Scenes from Water Communion 2020





## Big Thompson River Envisioning Project

In coordination with NUUC's Social Action committee, NUUC members Mickey McGuire and Bill Rosquist would like your assistance with the following survey. As members of the Big Thompson Watershed Coalition, a local group working toward improving the Big T River through citizen engagement and input, the coalition has developed the Big T River Envisioning Project Community Values Survey and we need your feedback!

We have an exciting new River Envisioning Project in the works that aims to build a shared vision for the next 20 years of the Big T River. For this vision to truly represent the values of our river users, your feedback is essential!

Take the online mapping survey now to be a part of this important project, and don't forget to share it with friends and family, too:

<https://app.maptionnaire.com/en/8324/>

Find more project info here:

<https://bigthompson.co/project/big-thompson-river-envisioning-project/>



## October Birthdays & Anniversaries

### Birthdays

Oct 9 Karen Brock  
Oct 10 Ian Brock  
Oct 12 Janet Gillette  
Oct 19 Janen Wright

### Anniversaries

Oct 10 Karen & Steve Dornseif  
Oct 22 Curtis & Donna HopeHill  
Oct 30 Margo & Tim Ervin

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

[newsletter@namaquauu.org](mailto: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](mailto: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](mailto:Board@NamaquaUU.org)

To reach the President, email [President@NamaquaUU.org](mailto: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 Schreinger (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](http://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](mailto:NUUC@NamaquaUU.org). Send items for publication to [Newsletter@NamaquaUU.org](mailto:Newsletter@NamaquaUU.org)

**Due dates for the next two issues:**

**For the November Newsletter: October 18**

**For the December Newsletter: November 22**

### NUUC E-mail Addresses

Admin@NamaquaUU.org  
 AdultEnrichment@NamaquaUU.org  
 Board@NamaquaUU.org  
 BuildingBelovedCommunity@NamaquaUU.org  
 Buildings@NamaquaUU.org  
 Calendar@NamaquaUU.org  
 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  
 nuucForum@NamaquaUU.org  
 OoS@NamaquaUU.org  
 PastoralCare@NamaquaUU.org  
 Photos@NamaquaUU.org  
 President@NamaquaUU.org  
 Publicity@NamaquaUU.org  
 SocialJustice@NamaquaUU.org  
 Visitor@NamaquaUU.org



**Mailing address:**

**NUUC**

**745 E. 5th Street**

**Loveland CO 80537**