November 2020



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NUUC meets each Sunday at 10:00am on Zoom: <u>Meeting ID: 95746329454</u> Contact Us: 970-685-0427		
745 E. 5th St. Loveland, CO 80537		

Find us on the web www.NamaquaUU.org @NamaquaUU



Namaqua Unitarian Universalist Congregation

A Home for Spiritual Growth, Free Thought and Loving Action

Upcoming Services

November 1: People Have the Power -	Rev. Laurel Liefert & Worship Associate
Janet Gillette	
On this Sunday before the 2020 Election	the title of the convice comes from a

On this Sunday before the 2020 Election, the title of the service comes from a performance in April 2019 when Patti Smith and Stewart Copeland (on percussion) joined Choir! Choir! Choir! at *Onassis 2019: Democracy is Coming*. People have the power!

November 8: A People of Healing - Rev. Laurel Liefert & Worship Associate Chad Escallier

When we are in pain, our first impulse may be to do what we can to escape. But is it possible to break open our broken hearts in a way that opens us to greater compassion? Can we reimagine our vulnerability as a path towards healing our pain?

November 15: The Way of Gratitude - Rev. Laurel Liefert & Worship Associate Janen Wright

This is the 2nd service in our 2020 General Assembly (GA) series. One of Rev. Laurel and Janen's favorite GA workshops was "Get Ready to Transform: Gratitude as a Spiritual Practice" based on the new book by Rev. Dr. Galen Guengerich called *The Way of Gratitude: A New Spirituality for Today*. After the service please plan to stay for our 2020-2021 Fall Congregational Meeting.

November 22: Medicine that Heals - Rev. Laurel Liefert & Worship Associate Trish Murtha

What if we consider pleasure not as frivolous, but as a reminder of our freedom and power to co-create a better world? When we feel that life is unfair, when we are lonely or sad or scared, perhaps pleasure can be the medicine that heals us, reminding us that it is good to be alive.

November 29: Grief and Healing - Worship Associates Kathy Hartman & Susan Moody

What does grief look like after losing the love of one's life too soon? How does one begin to heal? Many years out from those deaths, Kathy and Susan will reflect on their paths forward.

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 <u>www.NamaquaUU.org</u>
- Any member or friend who would like to sign up for email blasts should send a request to Admin@NamaguaUU.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
- Larimer County Health Department approved signs will be posted at all church entrances stating that masks need to be worn indoors and no one with COVID symptoms may enter buildings
- Current NUUC COVID-19 policy will be distributed with *Building Use Guidelines* when a member reserves an indoor room for any purpose.

INDOOR SERVICES and PROGRAMS

- Sanctuary occupancy will be limited to 25 individuals
- Parker Hall occupancy will be limited to 15 individuals
- Only NUUC staff, members and friends will be routinely allowed into the buildings. Others with need (repair, special guests) may enter accompanied by NUUC individuals.
- All indoor NUUC services/programs/activities must be led by a NUUC leader or designee who has been trained during either Fall 2020 Leadership Summit or CoSM Council meeting.
- Program lead must submit a Larimer County variance plan jotform.com/form/201706022336140 and obtain approval if more than 10 people are expected to attend any indoor event. Send plan to NUUC Administrative Assistant for filing.
- Attendance lists with contact information for all programs must be established by program lead and sent with variance plan and closing checklist to Administrative Assistant for filing.
- A NUUC Closing Building checklist must be completed by program lead and sent to NUUC Administrative Assistant for filing.

- All protective practices must be followed as outlined below: 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 much as possible, staff and volunteers should continue to work from home.

HOLDING/CANCELLING SERVICES and PROGRAMS

- While on-site services and programs will be allowed once attached Pre-Conditions are met, it is recommended that virtual services via the internet be continued as long as Colorado Safer-At-Home Guidance is in place and "at-risk individuals are encouraged to minimize contact with people outside their households." Announcement/instructions will be made via email blasts and on website.
- Indoor service/program leaders is responsible for insuring all safety precautions as outlined here are complied with and for completing Closing Buildings Checklist which will be distributed when room is reserved.
- Individual members may enter building for essential purposes.
- NUUC programs may be held virtually or outdoors as determined by the lead.
- Outdoor activities must be socially distanced and participants will wear masks.
- 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

- Larimer County Health Department Safer-At-Home Places of Worship Checklist must be completed by Board of Trustees and posted in office
- No one is to enter NUUC buildings if they are sick or exhibiting COVID symptoms (fever, sore throat, headache, cough, loss of taste or smell, shortness of breath, ear aches, body aches, diarrhea, fatigue, vomiting, abdominal pain). Symptom checks must be completed before employees and volunteers enter the building. Anyone symptomatic must self-isolate for 10 days.
- 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

NUUC COVID-19 Response Plan (continued)

PROTECTIVE PRACTICES (continued)

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
- Everyone who enters building must have their temperatures checked at the door by an individual designated by the program lead and be questioned regarding any COVID-19 symptoms. No one with a temperature above 100.4 or with COVID-19 symptoms may enter building.
- Once the building capacity is met, no more will be admitted and must wait outside 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
- No singing will be allowed inside buildings
- Multiple supplies of masks, hand-sanitizer, and disinfecting wipes/spray will be made available in both sanctuary and Parker Hall.
- Cleaning/Disinfecting Surfaces
 - Weekly (by NUUC Custodian) if building has been used for any group (if no group events have been held, custodian may clean every two weeks) and asused (by staff member/volunteer or program lead), CDC-approved chlorine and alcohol-based (at least 60%) solutions and disposable paper towels will be used 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
 - CoSM Building Operations Ministry is responsible for ensuring sufficient CDCapproved cleaning agents, supplies and equipment are available at all times
 - Cleaning responsibility will be described in Building Use Guidelines.
- Refreshments will be limited to commercially wrapped food items and juices. No home-made

foods will be allowed.

- Disposable dishes and flatware will be used
- 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 (PCT) at <u>PastoralCare@NamaquaUU.org</u> and they will set up a system
- 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



Entertaining the Muses by Pi Luna, spiritual artist

President's Message

Goodness, this strange year is coming up to a crescendo with the coming election! Sometimes I feel like a taut rope in which an extra twist is being added just to make it tighter.

How can Namaqua be a place to unwind, be centered and real? That's our communal goal in these times.

Some of us need to take in; some of us can give; most of us need to do a little – or a lot – of both.

Sitting on the Board, I'm most aware of our 'administrative stuff'; Pastoral Care and programs are centered in the Committee on Shared Ministries, ably led by Sara Suriani, Brian Jarvis and team. Even so, I hear Kathy Hartman headed over to Elaine's to help move stuff out when her home was under a fire evacuation order – just one of many, many acts of receiving and giving. Sara and Chad Escallier have been our Zoom techs for almost every Sunday service since Zooming started in March, a gift to us – we need to thank them and broaden who can do this; it's not that hard and we're a forgiving audience.

A few more of us have been trained but have poor internet access, so Zooming our Sunday services has been resting with the two of them. We're trying to improve the church building's internet so we could Zoom tech from there, but this is an uphill battle Pete Buchmeier has been sorting through. In the meantime, if you'd be willing to share in Zoom tech'ing on an occasional Sunday, let Sara or Chad know.

Regarding our 'administrative stuff', we're doing well, especially considering the circumstances:

- I'm happy to report Elizabeth Fraser agreed to be our **custodian**, and is coordinating with our C-Team (Covid-19) Task Force to keep our building clean and safer for occasional use.
- The C-Team's latest policy has opened church use for up to 25 people. But there's overhead which requires a trained leader to prepare, attend the meeting and clean up afterward. So **limited building use is possible**, but not straightforward. If you want to use the building, all elected leaders have been trained; contact one of us and we'll help.
- Financially, our treasurer Dick Barton reports we ended the 1st church quarter in September almost exactly on budget, both in expenses and income, so that's great. We're figuring out if we have the funds to pay our \$17,000 loan payment in February that's a 'stay tuned'.
- Other than needing a faster internet, our **facility** is doing fine. The porch into the social hall needs painting (and, thanks to a woodpecker's work on the railing, some repair), but with building use light we'll put that off until spring; Pete reports its redwood will be fine.

We have one of our two annual Congregational Meetings coming up on November 15th , after the service. We'll have brief report-outs of our status and plans from Laurel, Janen, Board, Committee on Shared Ministry and the Leadership Development Committee. Then we'll all discuss two questions:

- 1. What is working well for you in the NUUC community?
- 2. How can we build on this to enhance our support and connection as we make our way through the isolation of this pandemic?

See you there (well, on Zoom), building beloved community together,

Doug

Religious Education

When I looked up teachings from the Buddhist tradition for our Meditation and Discussion Group about how to alleviate anxiety and stress during this difficult time I found the most common answer *very* interesting. First of all, in true Buddhist form, you don't run from the suffering but rather turn toward it. Then you use the tool of compassion — compassion for ourselves and compassion for others, to move from a mindset of pain to a place of power and love. I guess I never quite made the correlation of lovingkindness as being the antidote of despair before. I am finding that it is a powerful help.

In the words of Jack Kornfield, "We understand that genuine happiness and meaning will come through **tending** to suffering. It is here that we learn true compassion, where we can bring our courageous heart in response. We overcome our own despair by helping others to overcome theirs."

When the Buddha sent his followers out to meditate in the forest at night they did not like it. They came back to the Buddha complaining that the night was full of "evil spirits" which prevented them from meditating. "Evil spirits" translates into modern day language as meaning darkness and scary noises that could possibly be made by wild animals. The Buddha sent his followers back into the forest to meditate with the instruction that if they did their Metta meditations (meditations on lovingkindness) they would not succumb to their fears. Since hearing this story now when I get feeling anxious I picture the darkness and noises all about me and how my actively wishing for myself and others wellness, happiness and safety shines a light that dissipates that darkness. We will get through this together!

RE Matters

A special *thank you* to those who did all the set up and were able to make it to our Pumpkin Glow this year. Turns out we chose a crazy day but it was a lot of fun. The second our Halloween Ritual ended a wind kicked up and made clean-up very exciting but what great timing!

Soulful Home Link for November <u>soulmatterssharingcircle.com/uploads/9/4/5/0/94501751/sh_1120_healing.pdf</u>

RE Calendar

Sunday Nov. 8-- Second Sunday RE Circle will be on Nov. 8 in Zoom Room 2. Our theme is healing and Reverend Laurel will be our guest speaker on how to heal relationships when we get in a fight with our friends!

Saturday Nov. 14-@ 2:00 p.m.- 3:30 --**Outdoor Family Fall Festival-** Dress warm and come join us for a Fall Scavenger Hunt and other family friendly activities. We will have time for parents to visit while the kids play, hot drinks and fall snacks.

Yours in service,



Minister's Musings



Election Engagement 2020 and Democracy

Danger and uncertainty swirl around us - COVID-19, the fires, the 2020 election. What are we to do? How can we stay calm and centered in the midst of all this? Staying connected with one another reassures us that we are not alone. Namaqua's Pastoral Care Team (<u>pastoralcare@namaquauu.org</u>) is here to coordinate help and support, ranging from housing for those of us who have been evacuated, to food, rides, money, the simple comfort of people who know and care about you. We are in this together.

As we look ahead to the November elections and whatever follows, it is realistic and prudent to consider the possibility that after the election there may be disruption, uncertainty, and even violence. Although we can hope and pray for a free and fair election and respect for the results, this may not be what happens. Without a crystal ball, and without sticking our heads in the sand, how can we prepare for the variety of post-election scenarios? As a Unitarian Universalist congregation in Loveland, CO, we want our leaders and members to be informed, nimble, bold, and useful in the weeks and months to come. This is from the UUA article on "Voting Rights, Election Reform, and Democracy | UU the Vote in 2020."

Our prayer is for democracy to be a spiritual practice of accountability that resists fascism. Rev. Elizabeth Nguyen

The Fifth Principle of Unitarian Universalism calls for the right of conscience and the use of the democratic process within our congregations and in society at large.

Why now? With the increasing control of our government by corporate and special interests, voter suppression, and the alarming rise of authoritarianism, we face many challenges to ensure democracy and a just society. We also have seen a rise in people's movements led by people of color, women, and others impacted by injustice, a rise in activism, and the election of progressive candidates. This is electoral justice.

Many of us have been writing letters to get out the vote and engaged in other pre-election activities. By now I hope all of you reading this will have voted. If not, please do! Your vote is your voice. Be counted.

Gearing up for the most important election of our lifetime, there have been abundant training opportunities and resources to help "We, the People" prepare ourselves to protect the Constitution and our democracy. This includes the UUA website for the grassroots 2020 campaign <u>www.uuthevote.org</u>. If election night does not deliver results, and we wonder "what now?" our focus should be on shared democratic values, rather than individuals, and our actions should be geared to uphold stability and nonviolence.

We have worked hard to create and sustain our community, rooted in our UU values, now more important than ever. As Parker Palmer writes in <u>Healing the Heart of Democracy: The Courage to Create A Politics Worthy of the Human Heart</u>:

Without a community, it is nearly impossible to achieve voice... Without a community, it is nearly impossible to exercise the "power of one" in a way that allows power to multiply... The steady companionship of...kindred spirits can help us find the courage we need to speak and act as citizens. There are many ways to plant and cultivate the seeds of community in our personal and local lives. We must all become gardeners of community if we want democracy to flourish.

May we continue to cultivate the garden of community we call the Namaqua Unitarian Universalist Congregation to help heal democracy and help it to flourish.

From Laurel, With Love

Building Beloved Community by Barbara Fleming



"Love is the spirit of this church and service is its law. This is our great covenant: To dwell together in peace, to seek the truth in love and to help one another."

It may come as a surprise to some UUs just how long this statement has been spoken aloud weekly in our services. It was written by James Vila Blake in 1894 when he was minister of All Souls Unitarian Church in Evanston, Illinois, and adopted by more and more churches around the country because it expresses our core values so eloquently. The Unitarian Universalist Association, formed in 1961, changed "law" to "call."

Among our community:

Vicki and **Tom Clark** enjoyed a lengthy visit with their son, Jeffrey, in October. Vicki says many hugs were shared. More recently, Tom experienced and recovered from a blood clot that sent him to the ER.

October is a special month in the **Liefert** household: on the 3rd, their son **David** was born; on the 4th , **Laurel** and **Francey** were married, and on the 5th , **Laurel** was ordained.

Janet Gillette reported that her first husband, the father of her children, has died in California.

Atulya Johnson is finished with a troublesome lawsuit and living in her parents' home, and she now has two new canine companions.

Elisabeth Fraser and Elaine Axon have had to evacuate from Glade Road due to the Cameron Peak fire.

Kent Robertson has been concerned that his wife, **Ginny Weigel**, might need to move from her present rehabilitation facility. At this writing the matter remained unresolved but is looking hopeful.

Jennifer Buchmeier's brother has undergone a long-awaited kidney transplant, with the kidney donated by her niece.

Susan Moody is concerned about her son, who is headed to Brazil with his girlfriend. She hopes he will have a wonderful time but will be relieved when he gets home again.

Kathy Hartman volunteers at the food bank; she says that supplies of diapers and feminine products are always running out. If grocery shoppers purchase those items and drop them off at her house, she will deliver them.

We extend our condolences, shared joy and concern for those joys and sorrows shared and those that remain unspoken in our hearts.

Board of Trustees



The Board met virtually via Zoom on October 13, 2020.

The Board 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, Brian Jarvis for the Committee for Shared Ministry (CoSM) and Kathy Hartman for the Leadership Development Committee (LDC).

Financial Update – Dick Barton

- Still holding on to/not spending PPP (funds from federal COVID-19 relief Paycheck Protection Program) to see what government requirements will be.
- Some of the restricted funds may need guidelines on how the money might get spent. Kathy volunteered to work with Dick on determining guidelines and recommendations.
- For the first quarter of the 2020/2021 church year our expenses were \$319 more than our income.

Personnel Update – Doug Stewart

• Doug has sent a contract to our custodian candidate.

Facilities Report – Pete Buchmeier

- Brian is going to represent CoSM on the Facilities Committee; Jauna Drake wants to work on church exterior projects.
- The building needs
 - · the sprinkler system turned off
 - to be sprayed for spider webs
 - leaves removed from gutters
 - · roof heat tapes to be turned on
 - · repair of woodpecker damage in Parker Hall's outside wooden railing
 - repair to Parker Hall decking- this can be put off until Spring
 - a check of the heat situation in the Sanctuary -- is it working?
- On-going Internet situation
 - We are currently on a DSL line with Century Link. Pete has not yet received an answer from Pulse about when we can get on-line with them; but, he will contact Comcast on what our "internet only" options are. Laurel emphasized how high a priority reliable internet is.

Next Board meeting scheduled for November 10, at 6:30 pm - via Zoom

Respectfully submitted by Rebecca Williamson, Board of Trustees Secretary.

Fall Congregational Meeting 11/15

We'll hold our Fall Congregational Meeting after the service on Sunday 11/15, 11:30-1:00. This will be a Zoom meeting with the link on the church calendar and announced in the weekly email blast.

Agenda:

- Brief report-outs and plans from Laurel, Janen, Board, the Committee on Shared Ministries and the Leadership Development Committee
- Discussion by all on two questions:
 - 1. What is working well for you in the NUUC community?
 - 2. How can we build on this to enhance our support and connection as we make our way through the isolation of this pandemic?

Please attend and help us steer our way together in building beloved community.



November Birthdays

BirthdaysNov 2Bill PartonNov 4Elliot MildenNov 5John PooleNov 7Don RawsonNov 11Aidan ChristiansenNov 12Carol KochNov 16Sawyer BrooksNov 21Linda DanforthNov 23Wil BrumleyNov 25Brenda HendersonNov 28Trish Murtha

If you'd like your birthday or anniversary listed in the newsletter please email: <u>newsletter@namaquauu.org</u>

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. <u>PastoralCare@NamaquaUU.org</u>

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 <u>Board@NamaquaUU.org</u> To reach the President, email <u>President@NamaquaUU.org</u>

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)

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 <u>www.kingsoopers.com</u>.

2. If you've already been on the site, sign in to your account. If you have not visited the site before, go to <u>www.kingsoopers.com/signin?redirectUrl=/</u> 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 <u>My Account</u> 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.

When you make a purchase, you will see NUU noted at the bottom of your receipt. If you are a Safeway Shopper and do not have a rechargeable card, or have any questions, please contact Jeanne Miller or at <u>jkm530@hotmail.com</u> or 626-437-1950.



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 justicemaking 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 <u>NUUC@NamaquaUU.org</u>. Send items for publication to <u>Newsletter@NamaquaUU.org</u>

Due dates for the next two issues: For the December Newsletter: November 22 For the January Newsletter: December 20

NUUC E-mail Addresses

Admin@NamaguaUU.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@NamaguaUU.org Visitor@NamaquaUU.org



Mailing address: NUUC 745 E. 5th Street Loveland CO 80537