



# 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
Birthdays & Anniversaries	3
President's Message	4
RE Message	5
Annual Pledge Drive	6
Minister's Musings	7
Announcements	8
The Hill We Climb	9
How Can I Help?	10
Board Highlights	12
Building Beloved Community	13
Namaqua Stars & Community Kitchen	14
Pastoral Care Elected Leaders	15

**NUUC meets each Sunday  
at 10:00am on Zoom:  
[Meeting ID: 95746329454](https://www.namaquauu.org/zoom)**

**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](https://www.instagram.com/namaquauu)**



## Upcoming Services

### **February 7: Beloved Community — Rev. Laurel Liefert & Worship Associate Trish Murtha**

The Soul Matters theme this February is Beloved Community. While we need to remember not to expect perfection from the communities we join, it is a place where we can bring our whole selves. In Beloved Community we can practice forgiveness and acceptance of our imperfect selves and one another. Creating Beloved Community is hard worthy work as we strive to be the change we want to see in the world.

This Sunday begins our Annual Budget (Pledge) Drive for the 2021-2022 church year. Our esteemed leaders this year are Bill Rosquist and Mickey McGuire.

### **February 13: Side With Love - 30 Days of Love — Rev. Laurel Liefert & Members of Namaqua**

From 9:30-9:50 AM before the regular service, our Namaqua families gather for a Second Sunday Religious Education Circle. All are welcome!

Then Namaqua will join other Unitarian Universalist congregations to enjoy a streaming worship service that culminates the 2021 30 Days of Love. It will feature stirring music, deep-hearted reflection, and moving testimonies from a range of UU leaders.

We will also hear a testimonial and update as we continue our Annual Budget Drive.

### **February 21: Creating a Community of Communities — Worship Associate Kathy Hartman & Office Administrator Margo Ervin**

This Sunday is another in the series of General Assembly takeaways. Creating a community of communities is simply a way to change how we identify ourselves as a church "family" to be more inclusive. Our congregation is part of a larger community, made up of smaller communities within it. Our joint services these past 8 months with other UU congregations -- with Greeley in July; Marin, CA in December; and Boulder Valley in January -- are an exciting way we can create such connections.

Our Annual Budget Drive continues!

### **February 28: Widening the Circle of Concern — Rev. Laurel Liefert & Worship Associate Doug Stewart**

The Unitarian Universalist Board calls this a time of "great need and ethical, moral, and spiritual crisis. Therefore, now is the time to review the foundation of our Living Tradition - the 7 Principles and 6 Sources. Join Laurel and Doug to explore what love demands of our faith, to better equip us to be a relevant and powerful force for spiritual and moral growth, healing, and justice.

More testimonials and updates to our Annual Budget Drive.

This is the last Sunday before Rev. Laurel takes off March and April for an overdue Sabbatical.

## 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)
- 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](http://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 as- used (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 CDC-approved 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 [PastoralCare@NamaquaUU.org](mailto:PastoralCare@NamaquaUU.org) 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

### **ADDENDUM A**

In accordance with Larimer County Health Department Public Health Order dated October 23, 2020: All activities in NUUC buildings are limited to 10 people from no more than two households. Worship services are exempt from this limitation.

### **ADDENDUM B**

In accordance with Larimer County Health Department Public Health Order dated November 13, 2020: All program activities in NUUC buildings are prohibited. Worship services and ‘life rites’ (weddings, funerals) are exempt from this limitation.

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

## February Birthdays & Anniversaries

### Birthdays

Feb 1 — Jim Case  
 Feb 11 — Leni Bohren  
 Feb 12 — Donna Hopehill  
 Feb 12 — Bob Green  
 Feb 15 — Michael Rodriguez  
 Feb 16 — Hanna Rodriguez  
 Feb 23 — Steve Dornseif  
 Feb 24 — Leonard Sokoloski  
 Feb 26 — Linda Lyons

### Anniversaries

Feb 8 — Bob & Fran Green  
 Feb 14 — Doug & Cam Stewart  
 Feb 27 — Karolyn & Paul McCarter



If you would like your birthday or anniversary listed in an upcoming newsletter, please email [Newsletter@NamaquaUU.org](mailto:Newsletter@NamaquaUU.org).

## President's Message

One of my daughters received a holiday card from a friend. On the front, it said, “**Here’s wishing you a better 2021 than 2020!**” Upon opening it, it says, “**Not a very high bar.**”

I thought that was pretty funny. But then came **January sixth**.

Before the election, I really hadn’t thought the political situation could get much worse. Our nation was so polarized, a polarization which had leaked into my extended family. But then came the attacks on the election results and finally the 1/6 storming of our Capitol during the normally blasé election confirmation by our elected representatives. This rattled my confidence in the continuance of our nation’s centuries-old democratic experiment.

A recent [survey](#) shows about a third of the voter population does not believe we held a democratic election, that we do not live in a legitimate democracy. Talk about a high bar. What a huge hurdle to overcome for us to work together **to make the world a better place**. We will be grappling with the legitimacy of our democracy for some time to come. **What to do?**

In *How to be an Anti-Racist*, which many of us have read – we probably should start a new reading discussion group for those who haven’t, it’s s-o-o rich – author Ibram Kendi concludes by saying,

What gives me hope is a simple truism. Once we lose hope, we are guaranteed to lose. But if we ignore the odds and fight to create an antiracist world, then we give humanity a chance to one day survive, a chance to live in communion, a chance to be forever free.

Each of us at Namaqua, and all of us communally, are keepers of this flame of **hope**. Hope not only of an antiracist world, but one of “justice, equity and compassion in human relations” and “the goal of world community with peace, liberty and justice for all,” according to our UU Principles.

In these windy, even blizzardly, times, that’s my calling, to **keep this flame of hope alive**. You companion flame-keepers are a good part of my inspiration. **To always lean toward love**.

Ok. What’s going on with the Board? We’re steady-as-she-goes, I’m happy to say:

- **Covid:** the building is staying pretty locked down. Sunday Services and meetings by Zoom.
- The *Leadership Development Committee* has resent a **survey** of interests and capabilities; if you haven’t received this, shoot an email to [ldc@namaquauu.org](mailto:ldc@namaquauu.org)
- **Finance:** We reached the half-way point of our church year **on-budget**. Thanks to Bill Rosquist and Mickey McGuire for leading our **Annual Budget Drive**, which will get kicked off in February.
- **Ministerial Intern:** We received a grant for about half of a ministerial intern’s salary for next church year and have advertised Namaqua as a *Teaching Congregation*. Now we need applicants! Laurel has reached out to the theology schools.
- **Laurel’s sabbatical** is coming up in March and April. We have Worship Associates assigned to lead Sunday Services and the *Committee on Shared Ministry* is working with Laurel to cover other ministerial duties.

I’m so pleased not to be doing this life journey alone, to have you as companions. **Keep the flame**.

Yours in building beloved community,

*Doug*

## Religious Education

### Reflection and Report

It is a great privilege to be part of a Beloved Community (our theme for February) and a great gift to offer those who come through our doors. Remember the beautiful poem, by Sam Walter Foss, *“The House by the Side of the Road.”* Here is just one stanza:

***“Let me live in my house by the side of the road  
Where the race of men go by-  
They are good, they are bad, they are weak they are strong,  
Wise, foolish--so am I;  
Then why should I sit in the scorner’s seat, or hurl the cynic’s ban  
Let me live in my house by the side of the road  
And be a friend to man.”***

Our congregation, uniquely made up of the individual people who are in it, can be a “church by the side of the road” and be a friend to all of humanity in this ever more isolating world. We are stronger together. I have long been fascinated by systems that are not reducible to interchangeable parts. For example, pathologist Lewis Thomas writes about a phenomenon that happens with termites:

***“There is nothing at all wonderful about a single, solitary termite, indeed there is really no such creature, functionally speaking. Two or three termites gathered together on a dish are not much better. They may move about and touch each other nervously but nothing happens. But keep adding more termites until they reach a critical mass and then the miracle begins.***

***“As though they had suddenly received a piece of extraordinary news they organize in platoons and begin stacking up pellets to precisely the right height, then turning the arches to connect the column, constructing the cathedral and its chambers in which the colony will live out its life for the decades ahead, air conditioned and humidity controlled, following the chemical blueprint coded in their genes, flawlessly, stone-blind. They are not the dense mass of individual insects they appear to be, they are an organism, a thoughtful meditative brain on a million legs.”***

Our congregation is also a system, greater than the sum of our parts as well. When we show up for each other and all do our part we create a Beloved Community that can then bless the lives of our own children and members and everyone who walks through our doors. It is exciting to be part of such a gift. And it is a rich blessing to share our own lives with others who seek what we have to give.

### RE Calendar for February

[Soulful Home Link \(click here\)](#)

**Sunday Feb. 7 @ 11:45 a.m.** All of you who are participating (Pals, Parents and Mystery Pals) Meet in the Second Zoom Room for our Mystery Pal Reveal Gathering. In the meantime, keep up the good communication!

*(continued on next page)*



## Religious Education (continued)

**Sunday Feb. 14-** Second Sunday RE Circle on love to celebrate it being Valentine's Day! 9:30-9:50 a.m. in Zoom Room 2. Link is always posted on the Namaqua (NUUC) website.

**Sunday Feb. 14--** *Side with Love* Service offered by the UUA. Come be part of something big. I have been commissioned to offer an evening *Soul to Soul* class starting Feb.10 from 6:30-8:00. This will run for 8 sessions and meet roughly every other week. If you are not already in a *Soul to Soul* group and are interested in joining please contact Janen Wright at [namaquadre@gmail.com](mailto:namaquadre@gmail.com). We will need a minimum of five folks to get started!

In service,

*Janen*



## Annual Pledge Drive

### *Time to Imagine*

It's that time of year again! Your opportunity to help support our church through our annual pledge drive will begin February 7. This year the theme of the pledge drive is "Imagine," something we all want and need to do right now. In past years, the pledge drive committee was able to hand you a pledge packet. You, in turn would fill out the pledge form and hand it to a member of the committee or mail it back to the church with the envelope marked 'Pledge Form.' As we all know, Covid has hampered our ability to get together so this year, the committee, following guidance from the Board of Directors, will be sending everyone an email with the information needed for you to make the decision on how much you want to pledge. Attached to the email will be a letter and a pledge form. You may print the form out, fill it in and mail it to the church or, **even better**, go to a link that will be provided to fill out the form online. The form is hosted on the secure Breeze platform where only the pledge co-chairs will be able to view your pledge.

Now, if you don't like either of the pledge options, you can simply contact Bill Rosquist or Mickey McGuire and you will receive a mailed copy of the packet. No matter how you want to pledge, please go to the Breeze platform that hosts our church directory and make sure your information is up to date.

All Members and Friends were sent a link to the Breeze online directory several months ago. If you had problems with the link or would like to have that link sent to you again please contact Alice Cain at [alicecain49@gmail.com](mailto:alicecain49@gmail.com). Alice will be demonstrating the program following a service in the near future.

Respectfully,

Your Pledge Drive Co-Chairs

Bill Rosquist, [rosqui9@aol.com](mailto:rosqui9@aol.com)

Mickey McGuire, [m McGuire@gmail.com](mailto:m McGuire@gmail.com)

## Minister's Musings



### Praise Song for the Light of Love

Dear Ones,

I hope you were able to witness last month's Inauguration of President Joe Biden and Vice President Kamala Harris. I found the ceremony to be moving, inspiring, such a breath of fresh air and hope. It made my heart sing. And now so much work to be done!

On the morning of the Inauguration, I received an email from Joanna Rago, founder of Loveland Youth Gardeners and friend of Namaqua. It was the poem for Barack Obama's Presidential Inauguration on 2009 called "Praise Song for the Day" by Linda Alexander. Here it is. I suggest,

as Joanna did, that you read it out loud to hear the music in the words.

### Praise Song for the Day

~A Poem for Barack Obama's Presidential Inauguration

Each day we go about our business,  
walking past each other, catching each other's  
eyes or not, about to speak or speaking.

All about us is noise. All about us is  
noise and bramble, thorn and din, each  
one of our ancestors on our tongues.

Someone is stitching up a hem, darning  
a hole in a uniform, patching a tire,  
repairing the things in need of repair.

Someone is trying to make music somewhere,  
with a pair of wooden spoons on an oil drum,  
with cello, boom box, harmonica, voice.

A woman and her son wait for the bus.  
A farmer considers the changing sky.  
A teacher says, *Take out your pencils. Begin.*

We encounter each other in words, words  
spiny or smooth, whispered or declaimed,  
words to consider, reconsider.

We cross dirt roads and highways that mark  
the will of some one and then others, who said  
I need to see what's on the other side.

I know there's something better down the road.  
We need to find a place where we are safe.  
We walk into that which we cannot yet see.

Say it plain: that many have died for this day.  
Sing the names of the dead who brought us here,  
who laid the train tracks, raised the bridges,

picked the cotton and the lettuce, built  
brick by brick the glittering edifices  
they would then keep clean and work inside of.

Praise song for struggle, praise song for the day.  
Praise song for every hand-lettered sign,  
the figuring-it-out at kitchen tables.

Some live by *love thy neighbor as thyself*,  
others by *first do no harm or take no more  
than you need*. What if the mightiest word is love?

Love beyond marital, filial, national,  
love that casts a widening pool of light,  
love with no need to pre-empt grievance.

In today's sharp sparkle, this winter air,  
any thing can be made, any sentence begun.  
On the brink, on the brim, on the cusp,

praise song for walking forward in that light.

--Elizabeth Alexander

(continued on next page)

## Minister's Musings (continued)

Then a shining moment in last month's 2021 Inauguration was when youth poet laureate Amanda Gorman read the poem she wrote for the occasion called "The Hill We Climb." It was stunning. Below you will see a link that will take you to a video of Amanda reading her poem.

[cnn.com/2021/01/20/politics/amanda-gorman-inaugural-poem-transcript/index.html](https://www.cnn.com/2021/01/20/politics/amanda-gorman-inaugural-poem-transcript/index.html)

May we walk forward together in the light of love. May we be brave enough to see it and to be it.

### From Laurel, With Love

#### Amanda Gorman

Amanda Gorman, the 22-year-old inaugural poet, was raised by her single middle-school teacher mother with her two sisters. At age 16 she was named the Youth Poet Laureate of Los Angeles. While at Harvard she was named the first National Youth Poet Laureate. She has overcome a speech impediment and has an auditory processing disorder.

Before reading her poetry in performance she recites the following mantra:

*I'm the daughter of black writers who are descended from freedom fighters who broke their chains and changed the world. They called me.*

**(Her poem, *The Hill We Climb*, is featured on page 9.)**

#### General Assembly 2021



From Kathy Hartman

UUA 2021 General Assembly will once again be virtual. So I won't get to host you all in my home state and the beer capital of the world — Milwaukee, Wisconsin. And while that's a bummer for me it gives us all the opportunity to attend virtually.

Circle 'Round for Justice, Healing, Courage is the theme of the virtual assembly to be held June 23-27, 2021. The Leadership Development Committee has funds available to assist with the \$200 registration fee so let us know if you'd like to attend.

This is always an inspiring event and even without the ability to connect with UUs from around the country there will be lots for us to reflect upon, discuss and move forward with renewed spirit.

#### Bond Fund Plea for NUUC Volunteer

From Francey Liefert

The Immigrant Freedom Fund is going to have big changes come Spring. I will be stepping down as the director, and it is unclear whether Namaqua will remain the fiscal sponsor of the fund. If there is someone in the congregation who would like to step up into the position of director, this is the time to make yourself known!

In preparing to hand over the fund to new management, I need some help to get paperwork in order. I've used my limited knowledge of Excel to create spreadsheets documenting the people we have bonded out and the people who have donated to the fund. When I say "limited," I mean limited. The spreadsheets need to be reorganized to take more advantage of Excel's features or to be turned into Google docs. I'm hoping someone in the congregation with more tech savvy than I have would volunteer to help with this transition.

Please get in touch with me if you are interested in either type of volunteer work. My email is [franceyliefert@gmail.com](mailto:franceyliefert@gmail.com) and my phone number is 970-391-2547.



## Minister's Musings (continued)

### *The Hill We Climb* by Amanda Gorman

When day comes we ask ourselves, 'where can we find light in this never-ending shade, the loss we carry, a sea we must wade?'

We've braved the belly of the beast, we've learned that quiet isn't always peace. And the norms and notions of what just is isn't always justice. And yet the dawn is ours before we knew it, somehow we do it. Somehow we've weathered and witnessed a nation that isn't broken, but simply unfinished.

We, the successors of a country and a time where a skinny Black girl descended from slaves and raised by a single mother can dream of becoming president only to find herself reciting for one.

And yes, we are far from polished, far from pristine, but that doesn't mean we are striving to form a union that is perfect. We are striving to forge our union with purpose. To compose a country committed to all cultures, colors, characters and conditions of man.

And so we lift our gazes not to what stands between us, but what stands before us. We close the divide, because we know to put our future first, we must first put our differences aside. We lay down our arms so we can reach out our arms to one another. We seek harm to none and harmony for all.

Let the globe, if nothing else, say this is true: that even as we grieved, we grew; that even as we hurt, we hoped; that even as we tired, we tried; that we'll forever be tied together victorious, not because we will never again know defeat but because we will never again sow division.

Scripture tells us to envision that 'everyone shall sit under their own vine and fig tree and no one shall make them afraid.' If we're to live up to our own time, then victory won't lie in the blade but in all the bridges we've made.

That is the promise to glade, the hill we climb if only we dare it, because being American is more than a pride we inherit – it's the past we step into and how we repair it.

We've seen a force that would shatter our nation rather than share it, would destroy our country if it meant delaying democracy. And this effort very nearly succeeded. But while democracy can be periodically delayed, it can never be permanently defeated.

In this truth, in this faith we trust for while we have our eyes on the future, history has its eyes on us. This is the era of just redemption we feared at its inception.

We did not feel prepared to be the heirs of such a terrifying hour, but within it we found the power to author a new chapter, to offer hope and laughter to ourselves. So while once we asked 'how could we possibly prevail over catastrophe,' now we assert: 'how could catastrophe possibly prevail over us?'

We will not march back to what was, but move to what shall be: a country that is bruised but whole, benevolent but bold, fierce and free. We will not be turned around or interrupted by intimidation because we know our enaction and inertia will be the inheritance of the next generation.

Our blunders become their burdens but one thing is certain: If we merge mercy with might, and might with right, then love becomes our legacy in change, our children's birthright.

So let us leave behind a country better than the one we were left. With every breath from my bronze-pounded chest, we will raise this wounded world into a wondrous one. We will rise from the gold-limbed hills of the west, we will rise from the winds swept north, east where our forefathers first realized revolution. We will rise from the lake-rinsed cities of the midwestern states. We will rise from the sun-baked South. We will rebuild, reconcile, and recover in every known nook of our nation and every corner called our country, our people diverse and beautiful will emerge battered and beautiful.

When day comes, we step out of the shade, aflame and unafraid. The new dawn blooms as we free it. For there is always light if only we're brave enough to see it, if only we're brave enough to be it.

# How Can I Help?

## ***What Can I Do?*** By Sally Henry

### A Reflection from January 17th's Worship Service: Marginalized People

As I said in our September service overviewing the 2020 virtual UUA General Assembly, the workshops and other sessions focusing on marginalized people exhibited several themes, including *How Issues of Marginalization Tie to UU Principles*, *Perspectives of Marginalized People* and *Why It Matters*. I want today to focus on the 4<sup>th</sup> theme: *Action Steps*. What can I, a privileged white, cisgender, well-educated, mainstream progressive Namaqua member now in isolation for fear of getting COVID, do? What can I do? And how can I respond to others who agree that marginalizing other people is just plain wrong, but also ask 'What can I do? I'm just one person holed-up here in Northern Colorado.' Today I offer you my reflections on how to live a practice of healing, support and right relations.

Francey, talked about the marginalized. The term is used broadly to describe those outside the dominant culture — individuals, groups and communities who have less power than white, Anglo-European, educated, affluent and cisgender, those once called the 'mainstream elite.' They are people often referred to as 'of color,' they're LGBTQ, they're folks with disabilities. GA laid out a whole series of options of what we allies can do. It really doesn't matter that I cannot peacefully demonstrate these days — however much I would like to, remembering with pride and excitement many DC demonstrations of the past — Viet Nam, nuclear war, civil and women's rights. I felt so empowered then! But I just can't advocate that way today. I have to find other things I can do.

How do I respond productively when those around me make anti-Muslim comments? I can learn key phrases like 'It really bothers me when I hear disparaging comments about XXX group. Please don't use that language around me.' Or 'That hasn't been my experience'. These are basic 'I messages', focusing on my reaction to their actual words, not their assumed intent. There are plenty of simple, helpful, non-threatening suggestions on the internet—just google it. I can pick one or two and practice saying it until it feels natural.

How can I increase diversity in the groups I am affiliated with? I can **go to** groups of them (as opposed to inviting them to come to me), listen first, then ask what they would like. I can't assume I have answers. Specifically, I can support *The Immigrant Solidarity and Advocacy Coalition (ISAAC)* of which NUUC is a member, they are on Facebook. The other support groups in Fort Collins are Fuerza Latina, [fccan.org/affiliates/fuerza-latin/](https://fccan.org/affiliates/fuerza-latin/), and Alianza Norco, [alianzanorco.org](https://alianzanorco.org)

How can I help immigrants and refugees? I can donate to the Immigrant Freedom Fund established in large part by Namaqua. But I don't have excess money these days. Then I can see Francey Liefert about writing encouraging letters to detainees or maybe even drive a bond check to the detention center in Aurora and actually free a real person. [namaquauu.org/socialjustice/immigration](https://namaquauu.org/socialjustice/immigration)

How can I advocate for women's issues? I can find out about and support the UUA *Women's Foundation* which develops position papers and offers funding (real dollars!) for women-focus projects. I can join or attend one of their programs, there are many opportunities there. [uulf.org](https://uulf.org)

How do I respond when our political leaders make choices I don't agree with? I can write them and tell them so. It's even more important to write to those with whom I disagree, even though I doubt I'll actually change their mind. If I write thoughtfully, factually and politely, they'll know there are those around who stand up for what's right. [cityofloveland.org/city-government/city-council](https://cityofloveland.org/city-government/city-council) [larimer.org/bocc](https://larimer.org/bocc)

(continued on next page)

## How Can I Help? (continued)

How can I help those with physical disabilities? Firstly I can treat them as people, just people. I can keep in mind how I would respond to a friend without disabilities, and do just that. I can ask them if they would like help, not assume anything. I can learn more from the American Association of People with Disabilities. [aapd.com](http://aapd.com)

How can I make a difference in the poverty that so many marginalized people experience? I can learn about and support the new *Poor Peoples Campaign*, a movement first begun by MLK. They're active nationally again and Colorado has a chapter. There may be local ways I can support voter registration and grassroots organization from home. [poorpeoplescampaign.org](http://poorpeoplescampaign.org)

How do I respond when I see blatant racism in a public place? I can write a letter to the editor of the *Reporter Herald* — even, heaven forbid, make a call to the nefarious R-H Line. [reporterherald.com](http://reporterherald.com)

How can I help our new president on his national healing campaign? I can listen to people, including those I don't agree with. Remember, I said simply listen, not engage, not argue. I can try to understand what's behind their beliefs and find some common ground. This is really hard I know, but I can move beyond my comfort zone. [How to listen and not judge others' political opinions at holidays \(usatoday.com\)](http://usatoday.com)

How can I respond to national crises like the recent storming of the capitol? I can write everyone I can think of in Congress and insist that those who disobeyed the law be held accountable. [bennet.senate.gov](http://bennet.senate.gov) [neguse.house.gov](http://neguse.house.gov) [hickenlooper.senate.gov](http://hickenlooper.senate.gov)

How can I stay connected when conversations get uncomfortable? I can pay attention to my own feelings, own up to making mistakes and tell my own story of learning to listen. I can keep trying when I don't get it right the first time. [time.com/5085988/uncomfortable-conversations](http://time.com/5085988/uncomfortable-conversations)

How can I help with homeless populations? I can join *Together Colorado* which has an active campaign throughout Colorado — NUUC is a member. I can attend one of their virtual meetings and see where I fit. [togethercolorado.org](http://togethercolorado.org)

How do I counter micro-aggressions that I don't even know I'm promoting? I can check with the library or *Good Reads* and join a book group on racism, ableism, misogyny, LGBTQ issues. Lots of people are discussing these topics right now. [lovelandpubliclibrary.org](http://lovelandpubliclibrary.org)

Finally I can remember our covenant...the part that says '*service its call.*' We all say those words every Sunday. But they are not just any words... those are carefully chosen words that mean something. These suggestions are proactive means to be of service to others, in this case marginalized members of our community. We are not helpless in the face of marginalization — we are powerful if we just remember that we can give our time, our talent or our treasure to support important anti-oppression movements. So, please, don't just sit there feeling helpless, angry and sad — look around, there are plenty of ways to help. GA helped me see many of them!

As Martin Luther King said, "*In the end, we will remember not the words of our enemies, but the silence of our friends.*"

## Board of Trustees Highlights

The Board met virtually via Zoom on January 12, 2021.

The Board has 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 Susan Moody for the Leadership Development Committee (LDC).

### **Ministerial Update – Rev Laurel:**

Intern:

- Our desire for an intern has been posted on the UUA's Internship Clearinghouse website.
- We need to find an intern by March 1. We haven't had any applicants yet. The application deadline is February 1.
- Rev Laurel is going to talk to Jonipher Kwong about simplifying the application process and she has also reached out to friends and colleagues for possible intern leads.

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

- NUUC contributed a total of \$5000 to the Giving Tree this holiday season.
- Budget-wise, December was a good month: revenue exceeded expenses; processing new generous donation of approximately \$5000 to Immigrant Freedom Fund; and increased our total bank assets. Restricted funds went up for the quarter. And, even with the pandemic, we have not seen a big drop-off of folks meeting their pledge obligation.
- Still holding on to PPP until we find out more
- Next mortgage payment is due in March of 2021. We are looking at options as to what funds will be best to pull from.

### **Annual Budget Drive – Bill Rosquist, co-chair**

- All leaders have received their Pledge Packet.
- ABD co-chairs Bill Rosquist and Mickey McGuire are doing some things differently this year due to COVID. Pledge packets will provide a link that can be clicked on to pledge. Snail mail is also available.
- Leadership pledges need to come back ASAP — no later than January 28.
- Going to do Zoom testimonials during ABD reporting at every Sunday service from 2/7 to 3/14
- Projected timeline is:
  - February 2 – packets will be mailed out
  - February 7 – kick off Sunday
  - March 24 – contact people who have not responded
  - March 31 – drive is completed

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

- Pete has been looking into how we can circulate heat into the basement to reduce mold and therefore mold smell.

*(continued on next page)*

## Board of Trustees Highlights (continued)

- On-going Internet situation
  - Pete was able to contact a *Pulse* person and found out that *Pulse* doesn't plan any fiber optic work for 1 to 1 ½ years. Therefore, we need to go with Comcast for the next 1 to 1 ½ years; then, switch to *Pulse*. Comcast rates have recently changed; so, Pete is still trying to figure out what will be the best configuration, at the best rate for NUUC.

**Next Board meeting scheduled for February 9, at 6:30 pm – via Zoom**

Respectfully submitted by Rebecca Williamson, Board of Trustees Secretary.



### Building Beloved Community *by Barbara Fleming*

Your “taste of history” for February: Unitarians were forced out of England, the very nature of their beliefs being anathema to the state religion, the Church of England, which is Episcopalian. Episcopalians were Catholics without the Pope when that church was established, although the practice of confession was not carried over into the new religion. But for supposedly religious people to have the temerity to suggest that Jesus was not the son of God, conceived divinely and born by Mary, was heresy beyond toleration. Unitarians did not deny the existence of Jesus; rather, they rejected the concept of the Holy Ghost who impregnated Mary. Thus, they rejected the trinity, leading to their forced emigration.

Among our community:

**Vonne Zdenek's** friend Tanya died in 2020 of ovarian cancer.

Condolences to **Pedro Lopez**, **Francey Leifert** and **Mim Neal**, who have all also lost dear friends recently.

**Angela Sutherland** has recovered from gallbladder surgery.

**Janet Gillette's** brother, Loren Wilson, suffered a stroke recently.

**Karen Brock** had to make the hard choice of putting down her dog, Tock.

**Margo Ervin's** Aunt Esther has died at 95.



## Namaqua Stars



“Neighbors bring food with death and flowers with sickness and little things in between.” This line from Harper Lee’s *To Kill a Mockingbird* speaks to the work of the **Pastoral Care Committee** at NUUC. They do outstanding work which is why they have been chosen as this month’s Namaqua Stars. The committee currently consists of long time leader **Sally Henry, Els Deininger, Cindy Black and Kathy Hartman**. They coordinate with a group of volunteers to whom acts of kindness are assigned. The group provides meals to the sick or the grieving as well as new mothers, sends out flowers and cards, helps others with rides or errands and also has access to funds for limited financial assistance. If somebody just needs some company or a phone call that is available too.

**Kathy**, in addition to her many other good deeds, has been organizing drive-by birthday parties and celebrations during the pandemic. Both **Sally** and **Cindy** have backgrounds in nursing while **Els** has a background in elder care. The combination of their skills and caring make them an outstanding team.

The committee meets monthly with Reverend Laurel to review needs and requests. Then, along with our congregation’s volunteers, the various good deeds and acts of kindness are carried out. This is part of our mission to walk our talk. The work they do is truly about building beloved community by weaving us all together in love and support. **Thank you Namaqua Stars for all your hard work!**

## Loveland’s Community Kitchen

Thanks to the generosity of many people in our community, Loveland’s Community Kitchen has been providing meals *every day* to those in need since December 2016. This amazing Kitchen functions with over 350 volunteers and just one full time employee and one part time employee. Namaqua UU is a proud supporter of this exceptional non-profit that served almost 90,000 meals in 2020!

On the last Friday of every other month, we assemble a mighty team of 5-6 volunteers to serve a meal at the Kitchen. During the pandemic months only one meal (dinner) is served from the Kitchen’s parking lot at 427 N. Garfield. This is an enriching experience for all!

If you would like to be added to our list of kind hearted volunteers, please let me know. Our next date at Loveland’s Community Kitchen is **Friday, February 26** from 4:00-7:00pm. Thank you to all our generous volunteers!

Linda Danforth (970) 646-1201 or [lindaldanforth@gmail.com](mailto: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 [kingsoopers.com](http://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 [kingsoopers.com/signin?redirectUrl=/](http://kingsoopers.com/signin?redirectUrl=/) 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.

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 [jkm530@hotmail.com](mailto:jkm530@hotmail.com) or 626-437-1950.

## 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 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](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 March Newsletter: February 21**

**For the April Newsletter: March 21**

### 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**