



Namaqua Unitarian Universalist Congregation

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

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Upcoming Services

Upcoming Services	1	June 6: Happy Trails: The Grace of Perfect Danger — Worship Associate Trish Murtha & Rev. Laurel Liefert
President's Message	2	Laurel has graciously entrusted Trish to "take the lead" for today's service so that Trish can bid fare-thee-well to Namaqua before she moves to New England in a few weeks. This month's theme of "Play" is directly related to creativity and what many in our congregation have experienced with Trish over the past decade. Together we have grown in ways that can inspire us through vulnerability and joy.
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Minister's Musings	5	June 13: LGBTQ+ Pride Service at Mehaffey Park - Worship Associates Janet Gillette & Elizabeth Fraser
Board Highlights	6	June is Pride Month, and we'll celebrate by sharing experiences as a member of the LBGTQ+ community and as an ally. We'll meet in the park (bring your own picnic lunch) and come away knowing more about one another and what each of us can do to enfold all within our Beloved Community. The main/south entrance address is 3285 W 22nd St, Loveland.
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Artist's Corner	9	"You're always sorry / You're always grateful / You're always wondering what might have been"
Pastoral Care Elected Leaders	10	This Father's Day clare and Rev Laurel embrace the joys, complexities, and contradictions of fatherhood. Join us for an exploration of memories, missed opportunities, and hope inspired by Stephen Sondheim's song "Sorry - Grateful" in <i>Company</i> and clare's journey with his father's early-onset Parkinson's diagnosis.

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

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www>NamaquaUU.org
[@NamaquaUU](https://www.instagram.com/NamaquaUU)



June 27: General Assembly Sunday Morning Worship - Rev. Laurel Liefert & First Universalist Church of Minneapolis

Join us for the largest annual gathering of UUs for a powerful communal worship experience. Recognizing the importance of shared ministry and the many innovative approaches to worship created by congregations during the pandemic, UUA President, Rev. Dr. Susan Frederick Gray, selected the [First Universalist Church of Minneapolis](http://www.firstuniversalist.org) to serve as worship leaders for this year's GA Sunday Morning Service. First Universalist has been a model of shared ministry and what it means to put the work of dismantling white supremacy and building anti-racist, anti-oppressive practices at the center of their ministry. They have been on the front lines in support of the Movement for Black Lives in Minneapolis, bringing spiritual care and moral leadership in the wake of George Floyd's murder by police and the important uprisings for justice that followed. Children and families are a vital part of their ministry, and they have been using creative approaches to engage all ages in worship during the pandemic. Their leadership exemplifies some of the best practices for the creativity, spiritual depth, and moral leadership that is **possible when we embrace the work of shared ministry rooted in love and justice.**

President's Message

As I write we've just held our annual **Spring Congregational Meeting**. Thank you to all who attended and participated!

For those who couldn't make it, we'll send meeting notes for the details. Here I'll give a couple of highlights, from a Board perspective, as we wind down this church year and look forward to the next one, which starts July 1st. In the Congregational Meeting, we:

- Outlined the **plans for Laurel's retirement and transition to a next called minister**:
 - 2021-22: Savor Laurel's last year and hire an interim minister
 - 2022-23 or -24: Interim minister helps us find a match with a new called minister
 - 2023 or -24: Summer, welcome our new called minister!
- **Thanked outgoing Board members** Jessie Allen-Young, Rebecca Williamson and myself
- **Elected incoming Board members**. As of July 1st, the new Board will be:
 - Sarah Jane Wilhelm (President)
 - Sally Henry (Vice-president) – newly elected
 - Dick Barton (Treasurer)
 - Nance Horowitz (Secretary) – newly elected
 - Pete Buchmeier (at large)
 - Glenn Pease (at large) – newly elected
 - Leonard Sokolowski (at large)
- **Approved the proposed budget**, which includes:
 - Our **first intern minister**, clare hammoor, part-time!
 - Additional administrative hours, from 10 to 12 per week
 - And a new position, a quarter-time **music director!!!**

The **budget** the Board proposed had an interesting twist. While we're projecting to run a surplus this church year, for the first time in Dick's or my memory, **the Board proposed a 'deficit' budget**, of around \$8k, with more expenses than income. But the Board, and now the Congregation, is **comfortable with doing so**, I think for several reasons. We'll have funds from our surplus and a PPP grant, and Glenda Bell showed her love for us by bequeathing the bulk of her estate to us, which we expect to be around \$95k. We won't want to spend that bequest on ongoing operating expenses, but between these they give us considerable freedom to try new adventures, to **spread our outreach and attract others to us**; the intern minister is an example. And the music director may attract more people – a good investment, we think, and an enriching one. I'm glad the congregation agreed with the Board.

We also **thanked outgoing leaders of the Committee on Shared Ministry, Sara Suriani and Brian Jarvis**. A big thank-you to both of them for seeing our programs through 'the year of the Pandemic'! We more than survived – with stimulating Sunday Services, education for children, youth and adults (thanks in no small part to Janen!), very active Pastoral Care (with funds that, thanks to the congregation, increased) – with these and more, with their leadership we showed how we enact Beloved Community.

I've served on the Board 4 years and have been blessed to work so closely with such wonderful members and staff. I'll be moving over to CoSM and looking forward to that adventure. **Thanks to all** for our common efforts to build beloved community. **Our journey together continues!**

Doug

Religious Education

Blessing of Play

May the month ahead brim with merriment, with joy, with revelry and experiment and glorious, irrelevant efforts for no particular purpose but play. May we be each other's conspirators in gigglement and glee, in dashing, in daring, in delight. May we remember that children and crows and otters and kittens are wise in ways that we would do well to emulate, that is, in their instinctive impulse toward game and contest and exploration. This month may your body play. May your mind play. May your spirit play. And with the Divine, the Source of all ebullience everywhere, may you dance playfully to the music of your own light heart.

(excerpt from [Soulful Home](#))



RE Calendar for June

Soulful Home Link on Play

soulmatterssharingcircle.com/uploads/9/4/5/0/94501751/sm_2021-06_sh_play.pdf

Sunday June 13 @ 9:30am-10:55am Second Sunday RE Circle on Play -- Calling all RE kids and teens -- You won't want to miss this one!

Sunday June 20 -- Father's Day! Have a wonderful day, Dads!

Saturday June 26 @ 10am-12pm Super Service Saturday!! RE is looking for a service project for the month of June since working together is sometimes the best kind of play! If you have weeds to pull or a fence to paint or any service a bunch of helpful elves could render on a Saturday morning please contact Janen Wright at namaquadre@gmail.com

Looking Ahead - I am looking forward to leading the **4th of July** Worship Service. Please send me your reflection on *Why I Love This Country* and indicate whether you would like to have it read or share it yourself! It is a wonderful exercise!

Together in service,

Janen



Practicing Presence



Every day I try to find opportunities to be more present with other people and the world around me by engaging my whole body and mind within the time that we share. I love when that means running and dancing together in rehearsal as much as I love when it means dreaming up new worlds and provocations in a brainstorm. I love when that means imagining what was and what could be in a one-on-one conversation as much as I love when it means full-body movement, singing, and holding space with people in worship. I know that presence is an ongoing practice — it's hard work to stay in the fantastic now. So I thought it would be useful for me and hopefully engaging for you to think about practicing presence through the body and mind. Over the next two years, I am looking forward to creating this monthly column as an investigation into ways of becoming more fully alive in the present through practices of embodiment and imagination.

In *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* psychiatrist Bessel van der Kolk grounds the work of therapy and the hope of change in the body, where so much meaning is inscribed and created. He writes: "In order to change, people need to become aware of their sensations and the way that their bodies interact with the world around them. Physical self-awareness is the first step in releasing the tyranny of the past." Each month, I will work to share a new way of developing physical self-awareness and the impact it is having on my life. I hope we'll find opportunities to discuss the ways this work impacts your life as well — look out for a workshop on this idea.

Van der Kolk also writes about the wondrous power of imagination in *The Body Keeps the Score*: "Imagination is absolutely critical to the quality of our lives. Our imagination enables us to leave our routine everyday existence by fantasizing about travel, food, sex, falling in love, or having the last word—all the things that make life interesting. Imagination gives us the opportunity to envision new possibilities—it is an essential launchpad for making our hopes come true. It fires our creativity, relieves our boredom, alleviates our pain, enhances our pleasure, and enriches our most intimate relationships." For me, a lack of imagination can feel much like a sickness in my body — dense, stagnant, and not particularly inviting. As I share ideas for embodiment in this column, I will also bring challenges for our imaginations which can spring to life in our everyday existences.

If you're interested in van der Kolk's work beyond *The Body Keeps the Score*, I'd suggest listening to [this stellar episode](#) of *On Being* where he is interviewed by Krista Tippett. If you'd rather read than listen, scroll down the page to read the full transcript of their conversation.

I'm looking forward to writing into thinking and creating into practicing with this column — I hope you'll join me on the journey.

With a great, big hug,

clare

Minister's Musings



Sad & Glad, Glad & Sad

What follows is the text of the announcement that was sent out on May 15th. Many of you haven't responded, perhaps because you haven't heard yet or fully comprehended that your longest-serving minister will be retiring after the upcoming 2021-2022 church year. However, the few people I've heard from have communicated remarkably similar sentiments – "I'm sad and I'm glad." "I'm glad and I'm sad." Sad that I'm leaving Namaqua. Glad that we've had 10 wonderful years together. Glad for me and my family that I'm retiring and moving back to California. Sad that our time together will end. Glad that I'm staying one more year.

I hope you know that I feel the same way. I'm sad and I'm glad. I'm glad and I'm sad. So here is my bittersweet announcement.

Dear Ones,

The time has come for me to retire. Both Francey and I turned 70 in 2020. To retire at the end of this 2020-2021 church year, my 10th serving as Namaqua's minister, the 20th anniversary of Namaqua joining the Association of Unitarian Universalist congregations, seemed like good timing. But then came COVID. I could not bear the thought of leaving when it has been a challenging year being physically apart, more than a year since we've been together in our church home. So here's my revised plan.

The next church year – July 1, 2021-June 30, 2022 – will be my last year serving as your minister. Francey and I are putting our Loveland house on the market at the end of this month. Once it sells, we will see what we can afford in the Bay Area. Both of our sons, Marcus and David, plus our grandson Henry, are all there now. The pull of family is so strong. Francey will move to California this summer.

I have rented an apartment at Lincoln Place, close to the church, through June 2022. I will be working ¾-time, so I will be spending some of my time off in California. Francey will also be coming back here for visits.

I'm thrilled that my unfulfilled dream of Namaqua having an intern has come true this year. An internship is one of the most transformative experiences for seminary students who are on the path to become fellowshiped UU ministers. Our ministerial intern clare hammoor feels like such a good match for Namaqua, as his teaching congregation, and for me, as his supervisor. He will be with Namaqua part-time for two years, which means he will still be with you, along with an Interim Minister, for the first year after I leave.

Doug's email explains more about Namaqua's path forward. I know that you will be more than fine.

There's much more to say. About how my ministry with Namaqua has been one of the most magical and meaningful times in my life. I cannot imagine a more important calling, especially now, than what we have been doing together - growing a Beloved Community.

I look forward to all that lies ahead in our last year together.

With Gratitude and Love,

Laurel

Board of Trustees Highlights

The Board met virtually via Zoom on May 11, 2021.

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 Brian Jarvis for the Committee on Shared Ministries (CoSM) and Susan Moody for the Leadership Development Committee (LDC).

Financial Update – Dick Barton

- We have received approximately \$30K of the Glenda Bell endowment. We are expecting the remainder of the bequest of approximately \$60K in the next week or so. A question for next board meeting: How do we invest the \$90+K endowment from Glenda?
- One more mortgage payment is due in March 2022. The church building will then be ours!

Annual Budget

- The projected 2021-22 budget:
Income = \$170,000.
Expenses = \$178,024.
- The biggest proportion of budget goes toward staff – salaries and benefits. All staff will receive a raise.
- There was a lively discussion on whether we should/could hire a music director. The Board voted to hire a music director at ¼ time.

Hybrid Service Task Force Update – Dick Barton & Pete Buchmeier for the Task Force

- We now have a method for using a hotspot from the church which will allow Zooming from the church and compensate for the low upload bandwidth.
- Pete has a name of a local fellow who has expertise in doing virtual services for churches that he will be contacting.

Coronavirus Task Force Update – Sally Henry

- We have officially opened our building to Namaqua people only. The only restriction is 6 foot social distancing. (There is no need for masking indoors if 80% of the people are vaccinated.)

Facilities Update – Pete Buchmeier

- Pete has purchased the parts needed to repair plumbing. The “what to do as a long-term fix” discussion was tabled for next board meeting.
- Spigots and sprinklers will be repaired so that they are ready to go for summer. Also, we need to organize a work party to not only clean out the detritus from the basement due to the flooding but also clean up the building grounds.

Next Board meeting scheduled for June 8, at 6:30 pm – via Zoom (probably- but not necessarily)

Respectfully submitted by Rebecca Williamson, Board of Trustees Secretary.

Online Auction



The Auction is Coming!
Saturday, June 5th 7-9pm via Zoom

Thank you for the item donations so far!
But there's been a glitch — if you entered them yourself, will you send them to Doug? For some reason the on-line entries aren't making it to our catalog.

As with all things pandemic, the auction will be 'unique' and 'unusual' and 'different.' We'll have 2 components:

1. An on-line auction, with bidding open weeks before the...
2. 'Live' (Zoom) auction event, **Saturday 6/5 7-9pm.**

Be thinking about an item or event to donate! See below for how -

I'm thinking **in-person social events** like dinners and outings will be ok by July 1st or after for 'Covid-safe' (vaccinated) providers and attendees — **so feel free to offer these!** It'd be great to finally have social time together, even if we have to follow safe practices.

And, **WE'LL GUARANTEE A REFUND** to attendees if a provider or attendee wants to cancel for safety reasons.

Send the item's info to Doug, at dougestewart@gmail.com:

1. 1-line description of the item
2. A fuller description (your 'tease!')
3. Optional: estimated value, starting bid, picture of item
4. Remember to include a date of a gathering and location, if applicable

Reserve Saturday 6/5 7-9pm for the Live Zoom auction event.

For more info, contact Doug Stewart dougestewart@gmail.com

General Assembly 2021

Circle 'Round for Justice, Healing, Courage @ Virtual UUA General Assembly June 23-27, 2021



Mark your calendars — GA is just around the corner! Stacey Abrams, dynamic voter registration organizer, and Desmond Meade, author of *Let My People Vote: My Battle to Restore the Rights of Returning*

Citizens, have been announced as the Ware Lecture speakers on Saturday, June 26.

I can assure you that there will be awesome presentations and workshops. Everyone can attend the general business sessions, the Service of the Living Tradition, Synergy Building Worship Service and Sunday Morning Worship and I'm sure you can shop at the GA marketplace. For all other sessions, one must register.

Registration is \$200 AND both UUA and NUUC have financial support. So if you would like to attend please contact me. For more information go to uua.org/ga.

Let's join with other UUs around the world for this incredible opportunity.

kathy hartman knhumans@gmail.com



June Birthdays & Anniversaries

<u>Birthdays</u>	<u>Anniversaries</u>
June 1 — Elaine Axon	June 11 — Allen & Andrea Van Nest
June 3 — Milo Foster-Pease	June 17 — Dick & Carole Barton
June 10 — Brian Jarvis	June 24 — Renie & John Poole
June 13 — Maelle Fox	June 28 — Pete & Jennifer Buchmeier
June 17 — Norma Fox	
June 22 — Angela Sunderland	
June 25 — Karolyn McCarter	
June 26 — Emily VanDoren	
June 28 — Cora Foster-Pease	

If you would like your birthday or anniversary listed in an upcoming newsletter, please email newsletter@namaquauu.org.

Namaqua Star

We weren't actually sure how long **Clay Benton** has been our steadfast bookkeeper — Laurel thinks he was ensconced in this role when she came 10 years ago. Research shows that he joined the Board as Treasurer in March 2009, to untangle and troubleshoot our previously troublesome systems. Upon leaving the Board in June/July 2012, he graciously offered to keep working as bookkeeper for the subsequent treasurers [Dick, Dan, Doug, and Dick again]. Now Clay is stepping back and we'd like to thank him for the tremendous job he's quietly done in the background for all these years, keeping our financial records in good shape.

Every week Clay has deposited our Sunday donations to the bank and recorded them in our books. He's arranged for direct deposits, reconciles our bank accounts monthly, files our quarterly and yearly tax records and served as a member of the Finance Committee. He's taken our books through at least two major upgrades over the years.

Thanks, Clay, for keeping our financial wheels turning so smoothly all these years, and enjoy your "retirement!"



Women's Circle

Calling all NUUC Women (and their friends of course)

You are invited to our in-person
Women's Circle Potluck Lunch Reunion!

When: June 10th

Where: at Namaqua Park in Loveland

Please bring a camp chair to sit on and a summer salad/dish to share as well as your ideas for future monthly Women's Circles.

We will provide plates, utensils, cups, lemonade, ice water and dessert!

If you can please RSVP to Andrea Van Nest andreavannest@yahoo.com or Janen Wright namaquadre@gmail.com so we will know how many to plan for! We are looking forward to seeing you all again!



Covid-19 Response Plan

UPDATED

ADDENDUM A

NUUC COVID Plan, Version 6 (Updated 5/6/21)

- Individuals are permitted to remove their masks in indoor spaces if 80% of the individuals in the space have been vaccinated, even if there are 10 or more unvaccinated individuals in the space.
- Outdoor activities must be socially distanced and participants will wear masks. Outdoor events utilizing a single venue or area, but with less than 500 attendees at one time are not required to register an event plan.

** The full plan can be found [here](#) on our website or at this address: namaquauu.org/events/nuuc-covid-19-response-plan-2/. Review and revision of the full Covid plan is in progress.

Artist's Corner

Trish Murtha is moving back to New England this month where she will teach online, continue painting, writing, and spend time with her grandkids who will no doubt inspire a few more children's books.

Artist's Statement: "Turning Point" represents a complicated time when my artwork both began and nearly ended. The piece emerged subconsciously when I had thought to set aside my artwork. But a Jungian friend visiting my studio said the painting was exactly about the question and answer in that decisive moment — a boat at the ready with oars in the oarlocks, two life preservers and a vessel named for my daughter. I had first started painting when I was pregnant with Anna at 42. She is my muse, painting is my therapy, and I knew I couldn't quit. But clearly the boat is a little land-locked. Like life and family it took effort, struggle and love. (Note: "Turning Point" now belongs to Anna who asked her Mom if she could have it as her college graduation gift.)



"Turning Point" — Watercolor by Trish Murtha (1994)

** If you would like to submit your artwork to be featured in *Artist's Corner* of our monthly newsletter, please send an image to newsletter@namaquauu.org. Images in both portrait and landscape orientations are welcome!

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.
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=/ 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 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

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

NUUC Board of Trustees:

Doug Stewart, President (Board term expires June 30, 2021)
 Sarah Jane Wilhelm, Vice President (Board term expires 2021)
 Dick Barton, Treasurer (Board term expires 2022)
 Rebecca Williamson, Secretary (Board term expires 2021)
 Pete Buchmeier, Trustee (term expires 2022)
 Leonard Sokoloski, Trustee (term expires 2023)
 Jessie Allen-Young, Trustee (term expires 2021)
 Rev. Laurel Liefert, ex-officio

To comment to the Board, email Board@NamaquaUU.org

To reach the President, email President@NamaquaUU.org

NUUC Elected Leaders

Committee on Shared Ministries (CoSM)

Sara Suriani (term expires 2022)
 Brian Jarvis (term expires 2021)
 Jauna Drake (term expires 2023)
 Tom Mitchell (term expires 2023)
 Fred Schrekinger (term expires 2023)

Leadership Development Committee (LDC)

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

We are on the web!
www.NamaquaUU.org

Our Mission

Namaqua Unitarian Universalist Congregation fosters a beloved community that celebrates diversity, strives for peace and justice, acts mindfully for the good of the planet, and inspires spiritual growth through a free and loving search for truth and meaning.

Namaqua Unitarian Universalist Congregation is a liberal congregation in the Loveland-Berthoud area with about **200 members and friends** from diverse religious and cultural backgrounds .

We affirm the worth of every human being and welcome to our congregation all persons without regard to age, gender, race, sexual orientation, disability, or other class of exclusion.

Our faith tradition calls us to actively engage in justice-making by advocating on behalf of oppressed peoples, working toward a healthier, more sustainable world, and witnessing for a more just and tolerant society.

You can save money and trees by choosing the email version of this newsletter. If you would like to receive Namaqua Crossings through email, send your request to NUUC@NamaquaUU.org. Send items for publication to Newsletter@NamaquaUU.org

Due dates for the next two issues:

For the July Newsletter: June 20

For the August Newsletter: July 18

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