July 2021



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NUUC meets each Sunday at 10:00am on Zoom: Meeting ID: 95746329454

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Find us on the web <u>www.NamaquaUU.org</u> <u>@NamaquaUU</u>



# Namaqua Unitarian Universalist Congregation

A Home for Spiritual Growth, Free Thought and Loving Action

### Upcoming Services

# July 4: Why I Love the United States of America - Janen Wright, Director of Religious Education & Worship Associate

In January, we inaugurated a new president, Joe Biden, who described our country in his speech: *"Let us be the nation that we know we can be. A nation united. A nation strengthened. A nation healed. This is a great nation. And we are a good napple. This is the United States of America. And there has never been anything we* 

people. This is the United States of America. And there has never been anything we haven't been able to do when we've done it together..."

On this special 4th of July Full Church Worship Service, join Rev. Laurel and Janen Wright and members from our NUUC Congregation for a celebration of *Why I Love My Country*.

### July 11: Namaqua & Greeley Summer Service in the Park -- Rev. Laurel Liefert, Rev. Aaron Norris & Ministerial Intern clare hammoor



We continue our tradition of meeting each July with our sibling UU congregation in Greeley. Family friendly. You are welcome to bring your own food and drinks. Mostly stories and music and an opportunity to spend time together. Join us at 10:00 AM at North Lake Park, Shelter #1, 2750 North Taft, Loveland. PHOTO of Rev. Aaron Norris,

serving as minister of Greeley UU Church, Rev. Laurel and Ministerial Intern clare hammoor at clergy gathering in Cheyenne, WY.

# July 18: Optimal Experiences; Getting Lost in Play - Ministerial Intern clare hammoor & Worship Associate Chad Escallier

When was the last time you got so into something that you lost track of time? Join clare hammoor and Chad Escallier as they explore the states of flow we find in the everyday and the extraordinary. From solo-juggling to directing an ensemble of performers, this service will play with the relationship between effortless attention and spirituality.

# July 25: Walking Our Talk: Journeys to Social Action - Worship Associates Doug Stewart & Janet Gillette

Rather than living for the hereafter, UUs believe we are responsible for bringing heaven to earth, as best as we can. Worship Associates Janet Gillette and Doug Stewart speak to how each of them heard a call for social action, how heeding that call influenced their lives, and the learnings each of us can gain from walking our talk.

### Religious Education

## <u>America For Me</u> (Henry Van Dyke/Roger McGuinn)

It's fine to see the old world and travel up and down

Among the famous palaces and cities of renown

To admire crumbling castles and the statues of the kings

But now I think I've had enough of antiquated things

So it's home home again America for me

My heart is turning home again it's where I want to be

*In the land of youth and freedom beyond the ocean wide* 

Where the air is full of sunlight and the flag full of stars

Oh London is a man's town there's power in the air

And Paris is a woman's town with flowers in her hair

And it's sweet to dream in Venice it's great to study Rome

But when it comes to living there's no place like home

So it's home home again America for me

My heart is turning home again it's where I want to be

In the land of youth and freedom beyond the ocean wide



Where the air is full of sunlight and the flag full of stars

I know Europe's wonderful yet something seems to lack

The past is too much with her and the people looking back

*Oh the glory of the present is to make the future free* 

We love our land for what she is and what she is to be

So it's home home again America for me

My heart is turning home again it's where I want to be

In the land of youth and freedom beyond the oceans green

Where the air is full of sunlight and the flag full of stars

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### Religious Education (continued)

I think that it is *so* important that we give our kids a sense of belonging to our great country and share with them the things we have done right as well as the things that we still need to fight for. The United States of America has been a big influence on the world stage and it is our privilege and responsibility to uphold the American values of freedom and equality. Let us raise our flag high on the 4th of July!!

#### **RE Calendar**

Last Soulful Home Link (click here) June: Play

Sunday July 4 -- Full Church 4th of July Service

#### Why I Love the United States of America

In January, we inaugurated a new president, Joe Biden, who described our country in his speech: "Let us be the nation that we know we can be. A nation united. A nation strengthened. A nation healed. This is a great nation. And we are a good people. This is the United States of America. And there has never been anything we haven't been able to do when we've done it together..." On this special 4th of July Full Church Worship Service, join Rev. Laurel and Janen Wright and members from our NUUC Congregation for a celebration of *Why I Love My Country*.

Sunday July 11 from 9:30-9:55 a.m.-- 2nd Sunday RE Circle - Fun with Using our Imagination!

Saturday July 24- **RE Super Saturday Water Party** from 12:00 to 1:30 p.m. Meet at the church for a picnic lunch (provided) and some fun with water balloons, cup relays and friends! The whole family is invited and you can bring your friends too. Please RSVP to Janen Wright at <u>namaquadre@gmail.com</u> so I will know how many to plan for!

Together in service,

### Janen





## Practicing Presence



Every night before I go to bed, I meditate on my day. I light candles for those I want to send extra love to, I stretch and foam roll my body, and I light a piece of Palo Santo to create a natural, ancient incense that transports me to a sacred place. I use the smoke from this smoldering stick to write the names of those I love as well as the hopes of meeting so many people who haven't yet come into my life.

Palo Santo has been used for centuries by Indigenous peoples across North and

South America. It is a wood that, when burned, releases a beautifully warm and spicy scent. Many cultures around the world have their own versions of sacred scents that come from incense, oils, and plant life — but this one scent from this particular tree has become an important part of my meditation practice. For me, its scent is deeply linked with a sense of calm embodiment. It has become an olfactory and kinesthetic component of the way I am able to process the world.

As I continue to reflect on opportunities for embodiment and imagination, I want to invite you to consider the ways a simple smell, and the act of engaging with it, can transport you to another temporality. I know many people associate specific smells with places, people, and memories. Emotions seem to come alive through our sense of smell — it is one of the most powerful components of the human memory experience. This is because of the intimate ways in which they are processed by our brains.

Colleen Walsh, in the Harvard Gazette, writes "Smells are handled by the olfactory bulb, the structure in the front of the brain that sends information to the other areas of the body's central command for further processing. Odors take a direct route to the limbic system, including the amygdala and the hippocampus, the regions related to emotion and memory." In this way, smells and emotions are intertwined in a memory — inseparable and symbiotic.

And while some smells may be locked into our emotions and memories from childhood, we have the opportunity each day to develop new, meaningful experiences which can shape our lives. Introducing new scents can be a powerful way to begin this journey. You might consider essential oils in a diffuser, or a type of organic incense that you aren't familiar with, or even natural incense cones. You might mix up a few smells you enjoy in a pot of water on the stove allowing it to simmer and fill your home. Candles can also bring new olfactory experiences into your life.

Whichever you choose, pair it with a meaningful experience as a way of expanding your consciousness into a moment. Try a lavender candle in the bath or an incense cone when you settle in to read a book. Lemons and thyme in water on the stove can help to freshen your whole home when you give it a good clean. The smell alone is strong but its relationship with action cements feelings and experiences which you'll be able to tap into your whole life long.

With a great, big hug,

clare

### Minister's Musings



The Dance of the Dissident Congregation

Dear Ones,

After immersing myself during my sabbatical in the Inspector Armand Gamache series by Louise Penny (I'm now on the 14<sup>th</sup> book!), I've picked up another thread that I started many years ago when I read <u>The Secret Life of Bees</u> by Sue Monk Kidd. I loved it, and later read <u>The Mermaid Chair</u>, <u>The Invention of Wings</u>, and then recently Francey and I listened to the audiobook of <u>The Book of Longings</u> on our road trip to California last December.

When I'm drawn to a writer's books, as I have been with Sue Monk Kidd, I find myself wanting to know more about the writer herself. So last week I began reading her spiritual memoir called <u>The Dance of the Dissident</u> <u>Daughter: A Woman's Journey from Christian Tradition to the Sacred Feminine</u>. How she describes her awakening and transformation rings so many bells. Her story reminds me in many ways of my own.

And it also reminds me of many of your stories, about how you found your way to Unitarian Universalism. While there are differences - Sue Monk Kidd writes from the perspective of a Christian woman – I think it is not only Christian women who have unknowingly forfeited their power to name sacred reality. It is not only daughters who do dissident dances.

I have heard some of you who were raised in a creedal faith describe what it was like to try to adjust the things you read and recited and heard from the pulpit to your increasingly incongruent faith, to your doubts. So one day you left your childhood faith or perhaps just drifted away. And then somehow you found your way to a community of seekers, such as we have at Namaqua. The faith of Unitarian Universalism welcomes your doubts and questions, encourages and supports your free and responsible search for truth and meaning.

Sue Monk Kidd writes about her broken connection to the *feminine soul*. She describes the feminine soul as "everything that keeps a woman powerful and grounded in herself, complete in herself, belonging to herself and yet connected to all that is. Connection with this inner reality is a woman's most priceless experience."

I invite you to lift this language out of the woman/man binary and see whether there is any part of you that longs to be "grounded and powerful in [yourself], complete in [yourself], belonging to [yourself] and yet connected to all that is."

In addition to recognizing her broken connection to the sacred source of her power, Sue Monk Kidd also awakens to the principle of *hierarchy*. She realizes that hierarchy seems to lie at the heart of the patriarchal world. "[A]t the top God, then men, then women, children, animals, plants, and minerals...[T]here are also hierarchies within hierarchies as we consider issues of race, culture, and economic status."

Do you realize that what we are doing together in our UU congregation is a kind of dissonant dance?

We are doing a dissonant dance to reclaim our power to name the sacred (what each of us knows about god is a piece of the truth).

We are doing a dissonant dance to build a Beloved Community that challenges the hierarchy and racism of the patriarchal world.

Let it be a dissonant dance we do.

With Gratitude and Love,

Laurel

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## Minister's Musings (continued...)

#### UPDATE

Rev. Laurel and Francey have sold their house in Loveland. Their offer on a condo in Richmond, CA has been accepted. After closing, Laurel will take some time off this summer to help move in. Here's a photo of the view from the picture window in the solarium of the condo where Francey and the cats Jack and Woody will live. Laurel has an apartment at Lincoln Place in downtown Loveland where she and her dog Rosie will stay as she works ¾-time in her last year as Namaqua's settled minister. There will be lots of visiting back and forth. At the end of this church year, she and Rosie will join Francey, Jack, and Woody in Richmond.



Laurel

Artíst's Corner featuring photography by Vicki Clark



### In Memoríam by Barbara Fleming



Over two decades, Namaqua UU Congregation has lost a number of cherished members. This column is dedicated to their memory.

- Jean Brabandt came to us when we were a very young congregation. Her choice to become a UU unsettled her family; Jean was in her eighties when she started coming to our services. She was a bright, cheerful, lively soul who spoke her mind gently and tactfully. It was our pleasure to know her.
- Jim Andrews was also an early member. Jim and the late Tom Fleming dreamed of building a church and talked about it often. When Jim contracted a condition which would prove fatal, he faced the future with courage and forthrightness, never indulging in self-pity. He was a stalwart member and a good soul.
- **Ginny Weigel** was another founding member of NUUC, with her partner, Kent Robertson. Ginny, a psychologist, had an abiding interest in other people. During Joys and Sorrows she took notes which then became part of her monthly column. Ginny was also an excellent bridge player who never hesitated to trump her opponent—with a sweet smile.
- **Nancy Kain** left a large footprint at NUUC, serving as president and in other capacities. She had innate leadership abilities from which Namaqua benefited.
- **Tom Fleming** started singing in choirs as a teenager, sharing his rich, deep bass voice. Tom, a founding member of Namaqua, started the choir at NUUC and happily turned directing over to Dona Ammons. Tom also served on the church board and on the committee to select a minister. With his wife, Barbara, he had also helped start Prairie UU Church in Parker before they moved back to Fort Collins.
- **Dona Ammons** was the soul of tact when she offered to relieve Tom of directing. A retired teacher, she was an experienced choir director. Dona loved to entertain and often had parties at her house. She had a commodious dining room table which could accommodate the choir and more. She also had a fish pond in her back yard in which colorful carp swam around and a miniature railroad that ran along the fence. (Her father had been a railroad engineer). Dona embraced UUism with all her heart and soul.
- **Glenda Bell** brought her good nature, her ever-present hats and her kindness to Namaqua. She had led a colorful life, as a rancher among other ventures, and was a spellbinding storyteller.
- **Bob Bergstrom,** a retired professor of English, held a doctorate from Duke University. His academic studies focused on Herman Melville. During his career, he earned many awards for his teaching, including one for service to disabled students. Bob and his wife, Rosemary, moved to Loveland after his retirement and joined NUUC.
- **Diane Michel** was a member of the Pocatello (Idaho) UU Fellowship before moving to Loveland. At Namaqua she helped organize the women's group and took part in the 7<sup>th</sup> principle class led by Mim Neal. Before retirement she worked as a clinical psychologist.
- Sharon Reif chaired the NUUC adult education ministry. She enjoyed hiking with Leni Bohren, Elaine Axon, and Marion Cox, liked to garden and go kayaking and to play pickle ball. A spiritual counselor and advisor, Sharon traveled widely during her career.

# Board of Trustees



The Board met virtually via Zoom on June 8, 2021.

The Board finished this church year's common read: *Growing A Beloved Community: Twelve Hallmarks of a Healthy Congregation* by Tom Owen-Towle and had their last discussion of it.

Update reports were shared by Brian Jarvis for the Committee on Shared Ministries (CoSM) and kathy hartman for the Leadership Development Committee (LDC).

#### Personnel Update – Sarah Jane Wilhelm

- In the interest of being an exemplary employer, we need to relook and rethink our staff vacation policy.
- Our ¼ time music director position was approved at the Congregational Meeting. A Find a Music Director Task force of Laurel Liefert, Marion Cox and Rebecca Williamson was formed and will immediately start looking for NUUC's first ever Music Director.

#### Financial Update – Dick Barton

Endowment policy

- Money we get from an estate can only be used for certain things (see Endowment Fund policy in NUUC Policy Book);
- We need to ask the Finance Committee for an investment strategy (the finance committee oversees endowments up to \$2 million)

Goods and Services Auction

- Lightly attended; but, it looks like we'll make a little over \$2000.
- Had a paddle raiser for paying off building (one anonymous donor gave \$8000)

#### 2021-2022 Budget

• Approved at Congregational Meeting.

#### Hybrid Service Task Force Update – Pete Buchmeier for the Task Force

- Per Bill Rosquist, the Hybrid Task Force is making great progress in getting a workable hybrid system set up.
- The bandwidth uploading issue has been solved with Verizon hotspots.
- The group is currently trying to figure out a way to get sanctuary audio routed directly into Zoom.
- Pete reported that *Pulse* has now started placing colored flags in preparation for getting cable in.

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### Board of Trustees Highlights (continued)

#### Facilities Update – Pete Buchmeier and Brian Jarvis (CoSM)

Flood recovery status

- Incoming water pipes have been repaired and backflow tests have been ordered.
- How do we repair the wall downstairs?
- We need to set up another work day to get all the junk/detritus out of the basement and taken to the dump.
- We will be talking about how to fix the pipes more permanently.

Mold mitigation

- a professional mold mitigator found no mold in the downstairs and felt that a dehumidifier would take care of the odor;
- a dehumidifier was purchased and should be arriving soon
- The one place mold was found was the moldy Christmas tree bag. Pete will dispose of the moldy bag and find a replacement.

#### And....

- We are still needing to repair the ramp to the social hall.
- The sprinkler system is repaired and turned on.
- Wendy Darling's husband has been diagnosed with cancer. In addition, their landlord has given them 60 days notice to vacate their home. Therefore, we may need to find lawn mowing and snow shoveling services elsewhere.
  Also, are there some ways we (NUUC) can help them out?

Next Board meeting scheduled for July 13, at 6:30 pm – via Zoom (probably- but not necessarily) Respectfully submitted by Rebecca Williamson, Board of Trustees Secretary.

## Half Plate

The Nominations are in and NUUC Half Plate Recipients are chosen!

Thanks to everyone who nominated an organization to receive our quarterly half plate contributions.

Here's the list of 2021-2022 recipients:

- First quarter (July Sept) Martin Luther King Jr. Celebration Committee
- Second quarter (Oct Dec) Food Bank of Larimer County
- Third quarter (Jan March) Community Kitchen
- Fourth quarter (April June) SAINT (Senior Alternatives in Transportation)

Each quarter NUUC contributes 1/2 of the proceeds from our Sunday collections to a local agency that meets the needs of underserved populations. The other half of the collection plate goes to the Namaqua general operating fund.

The congregation will have a chance to learn about each organization in the quarter in which they receive funds.

Again, thanks for your participation in this important initiative of our congregation.

kathy hartman, coordinator

## Summer Solstice Celebration





## NUUC Merchandise?

Has the time come for us to let the world know we are here and even raise some money?

Before the pandemic, we started a bumper sticker contest. Let's resume it.

Recently Rev. Laurel and ministerial intern clare talked about selling T-shirts and perhaps other merchandise with Namaqua's name and logo. What do you think about this attention-grabber:

## We are the church your mother warned us about.

clare knows someone who designs and produces Tshirts. Soon he will have some samples to check out.

If you have other ideas for a bumper sticker or message to include on our NUUC T-shirts, email <u>NUUCmerch@namaquauu.org</u>.

### Covid-19 Response Plan

NUUC COVID-19 Response Plan V7



*This plan is updated in accordance with Colorado Department of Public Health and Environment Public Health Order dated May 31, 2021.* 

COVID-19 Task Force will regularly monitor announcements from the Center for Disease Control (<u>www.CDC.gov</u>), Larimer County Health Department (<u>www.larimer.org/health</u>) and UUA (<u>www.UUA.org</u>) 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.

#### ALL COVID RESTRICTIONS ARE LIFTED.

 NUUC staff and members are encouraged to follow good health practices including frequent & thorough hand-washing.

#### **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 <u>Admin@NamaquaUU.org</u>
- Current policy, announcements and information will be posted on the church's website: <u>www.NamaquaUU.org</u> in the Events box at top right on home page. To post an announcement, send notice to <u>nuuc@NamaquaUU.org</u>

#### **CLEANING/DISINFECTING SURFACES**

- Routine cleaning with usual household cleansers is sufficient as long as no-one with COVID symptoms has been in the building.
- If a known infected person has been in building, all high-touch surfaces must be cleaned within 24 hrs with CDC-approved chlorine- or alcohol-based (at least 60%) solutions. Disposable paper towels will be used to wipe down all surfaces 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.

#### USE WELL-INFORMED SCIENCE-BASED COMMON SENSE WHEN MAKING ANY DECISIONS

### 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 <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.

### 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: Sarah Jane Wilhelm, President (Board term expires 6/30/2023) Sally Henry, Vice President (Board term expires 2024) Dick Barton, Treasurer (Board term expires 2022) Nance Horowitz, Secretary (Board term expires 2024) Pete Buchmeier, Trustee (term expires 2022) Leonard Sokoloski, Trustee (term expires 2023) Glenn Pease, Trustee (term expires 2024) 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)** Doug Stewart (term expires 2024) Jauna Drake (term expires 2023)

Tom Mitchell (term expires 2023) Fred Schrekinger (term expires 2023)

Leadership Development Committee (LDC) kathy hartman (term expires 2022) Susan Moody (term expires 2023) Cherry Sokoloski (term expires 2023) 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.



Mailing address: NUUC 745 E. 5th Street Loveland CO 80537 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 August Newsletter: July 18 For the September Newsletter: August 22

#### 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 NUUCmerch@NamaquaUU.org OoS@NamaquaUU.org PastoralCare@NamaquaUU,org Photos@NamaquaUU.org President@NamaquaUU.org Publicity@NamaguaUU.org SocialJustice@NamaquaUU.org Visitor@NamaquaUU.org