



Namaqua Unitarian Universalist Congregation

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

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Upcoming Services

August 1: Alicia Keys: How Her Wisdom, Music and Life Inspire Us – Worship Associate Elizabeth Fraser and Elaine Axon

Alicia Keys is a singer who made her television debut in 2001. After approximately 20 years in the music industry she continues to produce songs that are provocative and inspirational. Today we will share some of the ways she has touched our hearts and our minds, from her dedication to a daily spiritual practice to music that aspires to educate and unify us.

August 8: Can't Stop Believin' or Maybe We Can—Worship Associate kathy hartman and Fred Schrekinger

Where do our spiritual and religious beliefs come from? How do they change? Can you change them if you want to? Worship Associate kathy hartman will talk about beliefs in general and Fred Schrekinger, another Worship Associate, will speak to curious agnosticism.

August 15: Flower Communion in the Park - Ministerial Intern clare hammoor & Worship Coordinator Janet Gillette, North Lake Park, Shelter #1

"Inch by inch, row by row, someone bless these seeds I sow
Someone warm them from below 'til the rain comes tumbling down"

Join Ministerial Intern clare hammoor, Worship Coordinator Janet Gillette, and Guest Musician Danny Goodman as our beloved community comes together to answer the call for nurturing growth. Please be sure to bring flowers to share!

Ministry Fair: Following the service will be our annual Ministry Fair, which we had to skip last year because of the pandemic. There will be representatives and information from each of Namaqua's ministries - Worship, Music, Children and Youth Religious Education, Social Justice, Membership, Adult Enrichment, Community Building, Pastoral Care, Communications, Building and Grounds Operation. You're invited to ask questions and meet some of our leaders. It is through Namaqua's shared ministries that we get to know one another better and serve Namaqua's mission, working and playing together to grow our beloved community.

**NUUC meets each Sunday
at 10:00am on Zoom:
[Meeting ID: 95746329454](#)**

**Contact Us: 970-685-0427
745 E. 5th St.
Loveland, CO 80537**

**Find us on the web
www.NamaquaUU.org
[@NamaquaUU](#)**



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Upcoming Services (con't)

August 22: The Purposes of Life - - Worship Associates Doug Stewart and Chad Escallier

Can we name our life purposes? Unitarian Universalists are so diverse; is there any common way we can go about realizing our life purposes? Worship Associates Doug Stewart and Chad Escallier will explore one way to identify our groundings in life.

August 29: Drumming in the Park - Rev. Laurel Liefert and Drummers, North Lake Park, Shelter #1

Namaqua has a special relationship with a group of Loveland drummers who will join us for this special Sunday of drumming in the park. You are welcome to bring your own drums and other percussion instruments. Come make a joyful noise! Then stay for the Pride Celebration following the service.

August 29 at Noon - North Lake Park, Shelter #1: Pride Celebration - Mel Goldsipe

Please join us for a relaxed brown-bag lunch to celebrate the local LGBTQIA+ community. We encourage you to wear your favorite Pride gear and enjoy some family-friendly fun. We'll have crafts, games, Pride swag, and snacks.

Pastoral Care Has Many Volunteers Eager to Help

It is so often hard to ask others for help! We in Pastoral Care hear this all the time...."I didn't want to bother anyone"....."I'm so independent I want to keep doing for myself"....."I can manage myself". But do you realize we have literally dozens of Namaqua members who really want to provide meals (44 people on list!), transportation (also 44 on list), running errands (28 signed-up) or companionship (27 volunteers). In fact, we often are contacted by these folks, "How come I haven't heard from you recently—am I still on your list? I'd like to help"

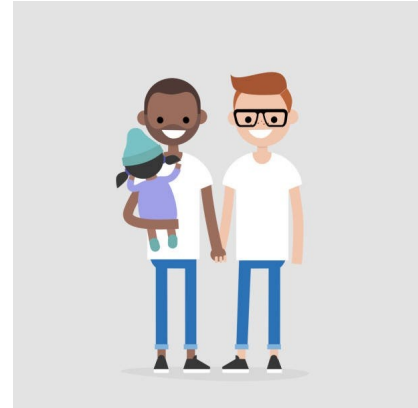
So please don't hesitate to call if you are having health issues that make it hard to shop or cook or even drive. It's OK. We want to relieve you of some of the challenges of being ill or having surgery.

Namaqua is a very giving congregation. Our members live their faith by doing for others. Please help us give by letting PCT [Pastoral Care Team] members know when things are difficult. Email pastoralcare@NamaquaUU.org or contact Cindy Black, Els Deininger, kathy hartman, Sally Henry, as well as Laurel herself.



Religious Education

Reflection and Report



August always comes with new beginnings as school starts up again and we all come back to church and adjust to a more regular schedule. This fall my husband and I will load up the bed of our truck and help our last child move out. In the throes of parenting you never think this day will come— yet, somehow, here it is.

As parents we made our share of mistakes along the way but looking back, one thing we did right is putting a premium on making good memories together as a family. I know it is all the fun times we share that bond us together the most. Now when the kids come to visit (to make new memories) they talk about the vacations (mostly camping trips), holidays, and other fun times we had while they were growing up. Truly the family that plays together, stays together. We will go on looking for opportunities to play and make good memories as our family grows! No grandkids yet but I'm crossing my fingers!



Here is to a brand new church year and making new memories as a church family! It is exciting to think of being back together in person and meeting the new families that have yet to find and join us! Strong friendships with our church community and all our families are one thing we have to offer at Namaqua so that we can truly bless lives.

RE Calendar for August

Thank you to all of you who attended our RE Lunch and Water Party in July. Water balloons are old-fashioned play you can count on but it was all of you who made it a resounding success.

(Continued on next page)

Religious Education (con't)

Sunday Aug. 15 **Park Worship Service** and **Ministry Fair**- look for more information in the e-mail blast prior to the service

Saturday Aug 21 **RE Back to School Party** -mark your calendar and stay tuned for further information

Looking ahead-

Full Church Retreat- We are looking forward to Namaqua's first annual **Full Church Retreat** during Labor Day weekend September 3rd to 5th at Highlands Retreat Center and Camp in Allenspark. Our theme is *The Gift You Are and we have a gift for everyone. A number of our families are attending so it will be fun for the kids to have friends to play with. If you haven't registered your family yet, here is the link. (The final deadline is August 4.)*

Please use [this link to our retreat sign-up](#) today!

Sunday, Sept 12—**Water Communion**- remember to bring your vial of water from your home or travels this summer for our Ingathering Service. It will be so fun to be together in person again!

Thursday, Sept 23—Our first **Parent Support and Discussion Group** will be Thursday the 23th of September from 6:30-7:45. We can decide as a group how frequently we want to meet and which day works best going forward.

Together in service,

Janen

August Birthdays & Anniversaries

Birthdays

Aug 1 – Danni Fox, Cyd Norris
 Aug 2 – Kent Robertson
 Aug 7 – Sophia Hartenstine (Sally Henry's granddaughter)
 Aug 12 – Carole Barton, Mim Neal
 Aug 16 – Diana Royce
 Aug 19 – David Foxley
 Aug 24 – Laurel Liefert
 Aug 27 – Doug Stewart

Anniversaries

Aug 4—Laurel & Francey Liefert

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



Practicing Presence



“When I move my body just like this, I don’t know why but I feel like freedom!”

This summer, I can’t stop listening to Jon Batiste’s warm-weather anthem: FREEDOM. It’s even more fun to watch the music video on YouTube. Go ahead, search for it and then come back to this little note. I promise it’ll be a worthwhile three minutes and forty-two seconds.

Are you hooked? Did you give a little wiggle in your seat?

Batiste is the co-director of the National Jazz Museum, played with Wynton Marsalis’s bands, and has been the band leader for The Late Show with Stephen Colbert. He is an incredible jazz musician and FREEDOM shows the expansive possibilities of his genius.

This genius lives, not just in his work as a band leader and musician but also, intuitively, in his body. In this chorus, Batiste sings and dances the lyrics:

When I move my body just like this
 I don’t know why but I feel like freedom (freedom)
 I hear a song that takes me back
 And I let go with so much freedom (freedom)
 Free to live (how I wanna live)
 I’m gon’ get (what I’m gonna get)
 ‘Cause it’s my freedom (freedom)

I can relate to that experience of liberation in my body animated by a memory-tinged piece of music. It happens for me whenever I listen to RENT; I’m transplanted back into my high school self enamored with the possibilities of the big queer world in New York and the lives I had never imagined I could live.

What about you? What pieces of music bring you an embodied understanding of freedom?

I can see freedom as more than the antithesis of bondage in Batiste’s music video. What a gift to see a Black man celebrating the abundance of his body. Without the hopes of an approving gaze, we see magic erupt in the streets. Batiste undoubtedly contains multitudes and this song celebrates the joy of this life, in this body, in this way. I see his presence and embodiment as a balm amidst the continual turmoil in our world. Joy is assuredly an act of resistance.

What about you? When are you able to give your whole self over to a sense of joy?

This summer, I hope you also find an anthem, new or old, that gives you the chance to close your eyes and move with a sense of joy and abundance in your body. We all contain multitudes but that doesn’t mean we can’t focus three minutes and forty-two seconds on embodying freedom. I hope you love the feeling as much as I do.

With a great, big hug,

clare

Minister's Musings



Sunday Service Plan

Dear Ones,

In the past 10 years serving as your settled minister, we have co-created a large group of talented, seasoned Worship Associates. I intentionally use the term “**co-created.**” This is because the Worship Associates have lovingly supported one another, both inside and outside our monthly gatherings, and *all of you* have “listened them/us into speaking” by being such a warm, receptive congregation. With your open minds and open hearts, you have enabled all of us who dare to step up to the pulpit (or Zoom) to speak aloud our stories, our wonderings, our wounds, sharing the twists and turns of our search for truth and meaning, feeling safe to be vulnerable and authentic. What a gift!

This church year will be unique in so many ways, including our Sunday services. Instead of training more Worship Associates, I have invited all who have been part of our Worship Associate Program in the past 10 years to participate in the coming year. Our ministerial intern clare will be leading services once a month, and of course I will lead many services. This leaves room for others to serve as Worship Associates for the services clare and I lead, plus an opportunity to lead some services.

Here’s an additional invitation extended to the Worship Associates and to all of you:

Worship Associates: If you have a favorite sermon or reflection you have given in the past that still feels alive and timely, feel free to share it again.

Congregation: If you remember a sermon of mine that you would like to hear again, please let me know. I will also take the liberty of choosing some of my favorites. When I was floating this idea, someone suggested that I call it “Laurel’s Greatest Hits.” (Hmmm, I don’t know that I can live up to something that grand-sounding.)

What this means is that this last year of my serving as your minister will be somewhat of a “Sentimental Journey.” I hope we all will be in the mood to savor being together, looking back and looking forward, noticing how all of us have grown and changed and what will always remain: Love & Gratitude.

Humbly Yours,

Laurel

When I am Among the Trees by Mary Oliver

When I am among the trees,
especially the willows and the honey locust,
equally the beech, the oaks and the pines,
they give off such hints of gladness.
I would almost say that they save me, and daily.
I am so distant from the hope of myself,
in which I have goodness, and discernment,
and never hurry through the world
but walk slowly, and bow often.
Around me the trees stir in their leaves
and call out, “Stay awhile.”
The light flows from their branches.
And they call again, “It’s simple,” they say,
“and you too have come
into the world to do this, to go easy, to be filled
with light, and to shine.”

President's Message

Back in March 2020 I began keeping a journal to record what life was like during the pandemic. At the time I likened each day to a potluck dinner. I never knew what feelings would show up on any given day. Anxiety, anger, grief, and loneliness were the main staples, along with a sprinkling of relief and hope after connecting with a friend through Zoom or an occasional patio visit.

For me, many feelings often coexist at the same time, mixed into one big, tossed salad of emotion. As I look toward the new church year, I feel excitement and joy as I anticipate meeting in person once again, and the eager anticipation of meeting our new, yet to be identified, music director. I feel thankful for the positive energy that our new intern, Clare, brings to our congregation. At the same time, I feel the collective grief of having lost several of our beloved members since we last met in person, knowing their physical presence will not be with us when we return to our church home. There is the reality too that our much-loved minister will retire in a year, and all the feelings associated with that knowledge and change.

There has been talk about the "new normal". When I first heard this back in July of 2020, I was overcome with a tidal wave of grief and trepidation. Before the pandemic began, I had experienced contentment, comfort, and regular social activities. I was afraid all of that would change. As I reflect on it now, I realize much has remained unchanged. Change can be painful and frightening, yet at the same time it can be exciting. We are a church in transition. What will not change is our commitment to building a beloved community. Knowing there will be challenges as well as change, joy as well as sorrow, I look forward to seeing what will happen in the new church year!

Sarah Jane

Temporary Parking Spot Needed for Van

I'm looking for a parking and living spot for a converted Sprinter Van, 24 x 6 1/2 feet in Loveland or Fort Collins. I will be doing some things in Colorado before going back to Santa Fe that will probably take me 2 to 3 weeks. It would be nice to be able to plug in an extension cord but not essential since I will have solar. I can pay something for this, as well as for the electricity. I would really appreciate this! I've been attending all the Zoom meetings at the church and joined a few months ago.

Atulya Johnson

Volunteers Needed!

As we prepare to come home to our church building for hybrid services, we're in need of people who can (or are willing to be trained to) run the AV equipment and/or Zoom. We need one of each for each service. Remember, we're all in this together, and we can't do it without full participation. Please contact Janet Gillette at aiesha.pati@gmail.com, and when we have a full complement we'll set up a training schedule. The more people we get, the fewer times each person has to do it!

Struggle to Free Immigrants from ICE Prison Continues

The Immigrant Freedom Fund continues to use donations to bond people out of ICE prison in Aurora or in other ICE prisons if they are trying to come to Colorado. A couple weeks ago, we bonded out a man who has now reunited with his family in Florida. Last month we expanded our mission to help three Venezuelans, who were wanting to get to Utah from ICE prisons in Louisiana and Texas. Since there is no dedicated bond fund in Louisiana or Utah, and since the Texas fund was out of money temporarily, UU minister Elizabeth Nguyen of the National Bail Fund Network asked us to cover Utah, another Rocky Mountain state.

This spring ICE found that Namaqua UU Congregation does not appear on the list of 501(c)(3) organizations on the IRS website. Since Namaqua is automatically tax-exempt both in Colorado and Federally, the congregation has not followed the procedure to maintain 501(c)(3) status. ICE officials informed Immigrant Freedom Fund volunteers that they could no longer use Namaqua as a fiscal sponsor for the purpose of assisting immigrants with bond. Furthermore, they claimed that an individual can only bond out five people in their lifetime! The result is that we are searching for a new fiscal sponsor, which is listed on the IRS website. Meanwhile, with permission, we are temporarily borrowing the name and Employer Identification Number of a bond fund in Boston.

We have caught the interest of the ACLU to question whether these two new practices of ICE in Aurora are constitutional.

As you probably know, I am leaving Colorado this summer to resume my life in the San Francisco Bay Area. Harper Strickland (they, them), who has been a loyal volunteer to the Immigrant Freedom Fund, will be taking over the administrative duties of the fund. Harper lives in Denver and will be able to access volunteers closer to the ICE prison to bring the bond to the ICE office. Harper has participated in many workshops and meetings concerning immigration

and specifically the operation of bond funds. They are excited to be taking on a major role in the future of the Immigrant Freedom Fund.

I encourage all of you who have participated as volunteers and donors to the Immigrant Freedom Fund to continue to support its work. It is as important now as it has been all along. Among the people we are helping are asylum seekers, long-time residents and workers in Colorado, who overstayed their visas, and people picked up by the police for minor offenses. Our work benefits individuals and ripples out to benefit their families and communities.

I want to extend gratitude to the Namaqua members, who helped initiate the Immigrant Freedom Fund, and to the several who have sustained the work for the past two and a half years: Mim Neal, kathy hartman, Irene Thomas, Mark Rush, Doug Stewart, Nance Horowitz, Vicky McLane, Fred Schreking, and the late Nancy Kain. It has been a blessing to me to work with you on this important project.

Again, I encourage all of you to support the work of the Immigrant Freedom Fund through donations, which can be made at www.immigrantfreedomfund.org. Keep in touch with the organization sparked by the Namaqua UU Congregation by browsing the website and getting on the email list for periodic newsletters.

With hope for the future and great love,
Francey Liefert



Board of Trustees



Board Meeting Highlights

- We're really excited about the possibility of a new music director position approved by the Board. A job description is being written and plans are to advertise in early August and start interviewing soon after.
- Janen and clare are busy organizing a September retreat. Exciting. Stay tuned.
- We're looking for emerging leadership in some committee work. There will be more to follow about actual needs.
- Coming soon: hybrid services! We may be back in the church soon with the capacity to do Zoom at the same time. So exciting!
- Biggest news: Ta-da. We now have enough in donations to pay the final payment on our church loan (think mortgage). Translation: The church now belongs to us! Thank you for all of you over the years that have made it a priority in your allocations and especially those who took us over the top!! Thank you to the original loaner; thank you, thank you, thank you! Though you remain anonymous, we will never forget your kind spirit in helping us make this current reality happen.

Respectfully submitted,
Nance Horowitz, Secretary of the Board of Trustees

Interested in a Men's Group?

I'm thinking of meeting every two weeks or so.

We may plan on discussing a particular topic, but my experience with these groups is that we will veer into other topics that emerge from our discussion.

Once we get a quorum of interest, we can choose when, where, and potential topics.

With Zoom I've re-contacted my group in San Jose, and the friendliness and sharing are still there. Maybe we can do the same?

Please contact me (peter@pschenk.com or call 408-666-5305) if you have interest, or want to ask questions.

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:

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 Board@NamaquaUU.org

To reach the President, email President@NamaquaUU.org

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 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 September Newsletter: August 22

For the October Newsletter: September 19

NUUC E-mail Addresses

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