



Namaqua Unitarian Universalist Congregation

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

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Upcoming Services

Note: While we all are eager to meet in person, we hope you understand that our top priority continues to be safety. Due to COVID precautions, for Sunday services we will continue to meet either outdoors or on Zoom until we can meet safely inside. Continue to check the weekly NUUC emails for updates.

September 5: Rolling in the Deep - Rev. Laurel Liefert & clare hammoor, Ministerial Intern

Of the many spiritual and personal struggles, disappointment can be one of the toughest to sit with. In this service Rev Laurel Liefert and Ministerial Intern clare hammoor unpack the work of disappointment and its relationship with resilience.

September 12: Water Communion at Namaqua Park- Rev. Laurel Liefert, Ministerial Intern clare hammoor, Director of Religious Education Janen Wright, Pianist Andrea Van Nest

To celebrate the official beginning of a new church year, we will hold our traditional Water Communion outdoors at Namaqua Park. Please bring a small sample of water from (or representing) the places where you spent the summer. You will be invited to pour the water you brought (we will have extra) into a common container, briefly sharing where it came from. In the coming year we will use this "holy water" for our Child Dedications and December Service of Healing and other special ceremonies. The combined water represents our diverse faith community working to grow Beloved Community. Live piano music will be provided by NUUC member Andrea Van Nest.

Creative Communion: To make this day even more special, there will be other opportunities to be together. 9-9:30 Walking Meditation: Some of you may want to meet before the service and begin the day by walking slowly and mindfully around the park. [10:00 Water Communion]. 11:00 Box lunches: We will share a meal together, box lunches provided. Donations gladly accepted, but not required.

11:30-12:30 - Visioning: Ministerial intern clare will guide us in a whole-group visioning activity. Your ideas, hopes, and concerns will be brought to the Fall Summit of NUUC lay leaders and staff on September 28th. All of your voices are important.

September 22: Called to a Different Kind of Beauty - Rev. Laurel Liefert & Worship Associate Lauren Daley

Rev. Sean Parker Dennison writes, "The ability to see beauty is the beginning of our moral sensibility. What we believe is beautiful we will not wantonly destroy." Beauty restores and soothes, and it also lures us into loving and becomes something we want to

(continued on next page)

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

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

**Find us on the web
www.NamaquaUU.org
[@NamaquaUU](https://www.instagram.com/namaquaUU)**



Upcoming Services (con't)

protect. For some of us, it's nature. For others, it's justice. For still others, it's a way of treating each other, like kindness, or treating ourselves, like self-love. Let us be a community that learns to walk in beauty with one another.

September 26: Milo Imagines the World - Ministerial Intern clare hammoor & Worship Associate Vicki Clark

"Maybe you can't really know anyone just by looking at their face." Inspired by the book written by Matt de la Peña and illustrated by Christian Robinson, Ministerial Intern clare hammoor has crafted an interactive and embodied service to look deeply into ourselves and each other as we see the world not as it is but as it can be.

Flower Communion



Half Plate Report

This congregation has been incredibly generous to the greater Loveland community. The final tally is in for Half Plate contributions for the 2020-21 church year. Donations from our half plate in the amount of \$ 4,104.18 were allocated out to our 4 recipients: Neighbor to Neighbor, Alternatives to Violence, Ensign Skills Center and Loveland Youth Gardeners. The other half of the basket collections go into the general operating budget.

Our first quarter recipient through September is Dr. Martin Luther King, Jr. Loveland Events. Barbara Lambert, chairperson, came to our Flower Communion service and related upcoming projects and the hope for a live event for Dr. Martin Luther King, Jr. January celebration.

In addition to the Half Plate collection there were 3 other recipients thru the Giving Tree: Larimer Food Bank, Neighbor to Neighbor and Alternatives to Violence. Your generosity provided an unprecedented \$5,100 to those helping to get us thru the pandemic. I am so proud to be a part of this congregation.

kathy hartman
Half Plate Coordinator

Religious Education



Reflection and Report

One of our themes for September, which I like, is Possibility. It has been said that we all exist in the realm of possibility. Growing up, like many of you, I couldn't imagine that I would ever own a small device that could give me directions and answer almost any question I had-- the smartphone. I'm sure women that spent a good deal of time scrubbing the family's dirty clothes could not imagine that one day there would be a machine that would do the laundry for them with just the touch of a button. Being able to fly through the air to reach a destination, or even drive 60 mph on smooth roads all seemed impossible until these things became a possibility.

Aside from technological advancement, in our country we increasingly recognize the rights of minorities, women have gained the right to vote, it is now legal in many places for people who love each other to marry no matter what gender, and the list goes on. When we despair for the state of the country it helps to find hope in possibility. Things can and do change and often gradually for the better. Entertaining possibility broadens our scope and makes room for optimism that things will improve over time.

RE Calendar for September

Sunday Aug 29 @ 9:00 a.m. Drumming in the Park Service, at North Lake Park Shelter #1 All will need to wear masks, and please do bring chairs if you have them so we can spread out.

Sunday Sept. 12 @ 9:00 a.m. - Creative Communion Celebration

This is a celebration of being back together on Sunday, September 12 from 9-2:30. We'll have a walking meditation before the service then our Water Communion, followed by lunch and activities to celebrate community. The theme of the day is "Creative Communion". Please sign-up here to register for this special day so we have a count for lunch and materials by August 31!

Wednesday Sept. 15 - Women's Circle at 7:00 in Parker Hall-- All Women are invited to our fall opening Getting to Know You Better NUUC Women's Circle

Questions? Contact Janen Wright at namaquadre@gmail.com or Andrea VanNest at andreavannest@yahoo.com

Thursday Sept 23-- Parent Support and Discussion Group at 6:30-7:45 in Parker Hall (Let me know if you need childcare so I can arrange that.) We will have a good discussion on parenting and decide when to meet going forward.

Note: If you have any old tape cassettes, videos, computers, printers, adding machines, cameras etc.. that you are going to throw out could you donate them to RE for our upcoming Take Apart Party. I will have a box in the RE room for collection.

Together in service,

Janen

Practicing Presence



During the Joys and Sorrows at our Flower Communion I began to explain some of the thinking that comes from witnessing each other through words and movement. I

imagine we all know how affirming it is to feel seen by our community and supported in sharing something exciting or vulnerable. We also know how valuable it is to have people who show up after the service to support and celebrate us. What we're all doing in those moments is a whole field of social work and therapy called trauma-informed care.

Trauma-informed care is a meaningful way to engage with whole people whether they are working through a specific dilemma or just living their life. We all carry around unannounced hurt and joy which means we all have an obligation to care deeply for this part of the inherent worth and dignity of each being. Trauma-informed work brings an awareness to our relationships in professional and everyday settings. It challenges us to show up fully as witnesses for others on this wild and wonderful journey.

In sharing the work of trauma-informed strategies in relationships, Dr Sam Himelstein discusses four critical attributes: "attunement, authenticity, deep listening, and skillful self-disclosure." I think that these attributes are critical components of a meaningful sharing of Joys and Sorrows in worship and in our everyday lives. We begin by attuning to ourselves and to those around us, we attune to the vibrations of the world which may appear as specific moments or as more general feelings. Next, we are challenged to engage as authentic witnesses to our community. This means that we show up as our whole selves in order to practice deep listening.

Himelstein explains this practice: "Deep listening is the type of listening that can relieve the suffering of another person. You can call it compassionate listening. You do it with one intention, to help that person empty their heart." Our shared intention as a congregation is to listen with compassion for suffering and also for celebrations. By responding with words and gestures, we are closing the loop of witnessing another's sharing by relaying our empathetic response back to them. We are also relaying this sense of empathy within ourselves. Our bodies are growing as witnesses individually and collectively.

The final element Himelstein points to is "skillful self-disclosure". This comes into play both when we share something out loud during Joys and Sorrows and when we decide to keep something inside. For all the joys and sorrows we know and don't yet know we hold each other in deep listening and compassionate witnessing. This collective practice of trauma-informed care feels like the heartbeat of the congregation — pastoral and prophetic, thoughtful and joyful, present and looking forward.

Laura Wallace beautifully captures our weekly sojourn as she writes:

As frozen earth holds the determined seed,
this sacred space holds our weariness, our
worry, our laughter and our celebration.
Let us bring seed and soul into the light
of thought, the warmth of community,
and the hope of love.
Let us see together, hear together,
love together.

With a great, big hug,

clare

Minister's Musings



Wand of the Turning Tide

Dear Ones,

I'm back from my time in California where I was helping move in and settle into the condominium Francey and I bought in Brickyard Landing, Point Richmond. Francey will be living there, returning here off and on to join me and Rosie (my dog) and to visit with all of you. I will be here most of the time, but with only working $\frac{3}{4}$ -time this year, plus vacation and study leave, I will be returning to California off and on to join Francey, Jack and Woody (our cats), and to see sons Marcus and David, grandson Henry, and granddog Steel.

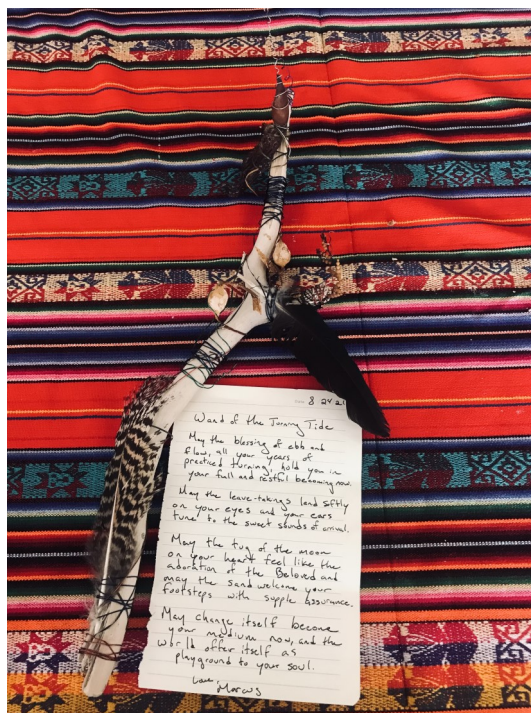
While I was in California, I celebrated my 71st birthday. (Thank you, Els Deininger of Namaqua's Pastoral Care Team, for sending me a lovely birthday card from the congregation.) It was a fun dinner celebration with family, two big lit candles "7" "1" that I blew out with a wish, and then opened gifts. Henry was so excited to show me the wire figures of a cat, a tree, waves, and a snake that he made, and also a very sparkly drawing.

The gift that moved me to tears, though, was a homemade wand and a poem from my son (and UU minister colleague) Marcus. I want to share it with you, passing on a blessing of gentle leave-taking, as all of us in our own ways travel on the journey of this last year together. COVID continues to frustrate and delay the much-anticipated pleasure of being physically together again, when we can talk and hug and sing. But the waiting is because safety is our priority, and I have no quarrel with that.

WAND OF THE TURNING TIDE

By Marcus Liefert

May the blessings of ebb and
flow, all your years of
practiced turning, hold you in
your full and restful becoming now.
May the leave-takings land softly
on your eyes and your ears
tune to the sweet sounds of arrival.
May the tug of the moon
on your heart feel like the
adoration of the Beloved and
may the sand welcome your
footsteps with supple assurance.
May change itself become
your medium now, and the
world offer itself as
playground to your soul.



With Much Love,

Laurel

President's Message

This past weekend I drove up to Rocky Mountain National Park in the middle of the night with two very special people to view the annual Perseid Meteor shower. We arrived in Moraine Park at 2 a.m. and set up our reclining chairs under a clear, starlit sky. Wrapped up in warm blankets and gazing upward toward the heavens we saw one to four meteors a minute. At times like this I find myself pondering the vastness and mystery of the universe and my place in it. Safe in the arms of Mother Earth and secure in the belief that even I have a place in the greater whole, occasionally I would drift off to sleep and awaken again to see more meteors streaking across the night sky. As dawn approached the sound of an elk bugling woke me up. Although in nature such things are a regular occurrence, being present for it that morning was magical.

I have been on the academic calendar all my life. Autumn signifies a time of returning from summer activities and a time of beginning. It is an exciting time. Secure, in the safe arms of our community, I'd encourage you to consider how you might get involved at Namaqua this fall- perhaps regularly attend Sunday services, participate in a group discussion, serve on a committee, contribute to our work for social justice, help with ushering, or lend a hand to help keep our church home beautiful and functional. Many opportunities exist and they are great ways to get to know others in our congregation. Please let any of our elected leaders know if there is something you might be interested in doing or learning more about. Each member of our beloved community most assuredly is valued and has a place in the larger, beautiful whole. Like flowers in a vase, no single flower is lesser than any of the others. This point was vividly portrayed at our flower communion.

As I ponder "place" I am reminded of the last few lines of Mary Oliver's poem, *Wild Geese*. "...Meanwhile the wild geese high in the clean blue air, are heading home again. Whoever you are, no matter how lonely, the world offers itself to your imagination, calls to you like the wild geese, harsh and exciting- over and over announcing your place in the family of things".

Sarah Jane

September Birthdays & Anniversaries

Birthdays

Sept 3 Ron Griese
 Sept 9 Margo Ervin
 Sept 10 Kim Jefferies
 Sept 12 Titan Butcher
 Sept 13 Bill Rosquist
 Sept 14 Sheryl Griese, Henrik Ervin
 Sept 16 Pete Buchmeier
 Sept 17 Nathan Hughes, Pedro Lopez
 Sept 18 Peter Schenk
 Sept 22 kathy hartman
 Sept 23 David Urion
 Sept 25 Shirley Rawson
 Sept 29 Emilie Ervin

Anniversaries

Sept 6 Bill Parton & Leni Bohren
 Sept 15 Nance Horowitz
 Sept 24 Rob & Emily Van Doren
 Sept 30 Meagan Foster & Glenn Pease

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



COVID-19 Response Plan



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 (www.CDC.gov), Larimer County Health Department (www.larimer.org/health) and UUA (www.UUA.org) as well as other recognized experts and make recommendations to NUUC Board of Trustees and CoSM on best policies and practices to ensure compliance with Colorado government instructions and recommendations. The Task Force will meet as necessary to review and update NUUC policy and guidelines.

MASK REQUIRED

- Everyone meeting indoors for NUUC activities must wear face masks at all times regardless of vaccination status. The only exception will be the minister and worship associate when conducting services.
- There is no need to wear masks for outdoor activities.
- 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 www.namaquauu.org
- Any member or friend who would like to

sign up for email blasts should send a request to Admin@NamaquaUU.org

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

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 the 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

UUA Hierarchy

How does Namaqua fit into the UUA and why?

I think we're all aware that Namaqua is part of the **Unitarian Universalist Association** but we also fit into regional and local branches – the **Pacific Western Region (PWR)** and the **Mountain Desert District (MDD)**.

We receive many benefits and assistance from these organizations including General Assembly, support for our ministries and worship services, literature, ideas, guidance, inspiration and even MONEY. We will be relying on their expertise and experience as we hire an Interim Minister and eventually a permanent minister. More to come on those specifics in the October newsletter and Congregational Meeting (date tbd).

The Pacific Western collection of states is the region that specifically supports us. There are opportunities for gathering (in non-pandemic times), learning and support. The PWR Regional Assembly is set for Feb 4-6, 2022 in San Diego, CA. The Leadership Development Committee (LDC) has some funds to assist in attendance.

LDC will begin identifying the current schedule each month and provide a link to the most recent PWR newsletter which you can sign up for.

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[tion=social&chash=234833147b97bb6aed53a8f4f1c7a7d8.5480&s=c2e1bdf2a221a00051b501fff924d0eb](http://uua874.activehosted.com/index.php?ac-tion=social&chash=234833147b97bb6aed53a8f4f1c7a7d8.5480&s=c2e1bdf2a221a00051b501fff924d0eb)

Here's a few things on the calendar for PWR:

COMPASS: A Liberatory, Everyday Theology for Changing Times Dec 11-12, 2021

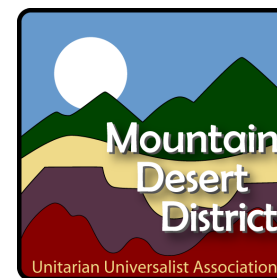
Leading from the Heart Oct 13, Nov 10, Dec 8 – for budding & experienced leaders

Pastoral Care by Religious Educators Thursdays Oct – Feb

The Mountain Desert District is in charge of our Chalice Lighter program. A few years back NUUC received money from this program to paint the exterior of our building. The "Fall Call," as it's known, will benefit the UU Church of Las Cruces, NM to help with asbestos abatement. Your contribution is combined with others from our district to help out a fellow congregation. Here's the link mdduua.org/ to learn more and make a contribution.



UUA



Board of Trustees Highlights

The Board met in person in Parker Hall on August 10, 2021

Committee on Shared Ministry – Doug Stewart

- Still have openings in communication and social justice
- The Ministry Fair, where areas of interest will be presented, has been moved to October.

Leadership Development Committee – kathy hartman

- The LDC committee is organizing the Fall Leadership Summit which will be held on a Saturday in September. They have three principal topics: 1.) Guiding principles and organizational norms; 2.) Going over the schedule, guidelines and process in bringing on an interim for when Laurel Liefert leaves; 3.) Discussing how to reconnect with each other after Covid isolation.

Finances – Dick Barton

- Namaqua Unitarian Universalist Congregation ended the fiscal year on very solid footing thanks to the many people who pledged money and were able to meet their pledge even during the pandemic. The last payment on the building was made but has yet to be celebrated in person.

Hybrid Task Force – Dick Barton for Pete Buchmeier

- While awaiting our hook-up to Pulse, there has been another trial about broadcasting a church service to those who cannot attend once in-church services begin again. September 12th has been discussed as a date to open the doors for church services but that still depends on CDC standards and state regulations [A decision has been made since this meeting to delay the opening date]. Broadcasting may lag behind actual in-church services but the Task Force is hopeful. A camera has been ordered but has not arrived yet.

Coronavirus Task Force – Sally Henry

- The Board of Trustees recommended to the Committee that safety from infection spread is the greatest concern.
- The Board also questioned the wisdom of going ahead with the Fall Retreat because of non-family groups sleeping in the same room. Other options were discussed. [A decision has been made since this meeting to postpone the Retreat].

The next Board meeting is scheduled for Tuesday, September 14, 2021 at 6:30 pm in Parker Hall.

Respectfully submitted by Nance Horowitz, Board of Trustees Secretary



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 October Newsletter: September 19

For the November Newsletter: October 24

NUUC E-mail Addresses

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