



Namaqua Unitarian Universalist

CONGREGATION

A Home for Spiritual Growth, Free Thought and Loving Action

Inside this
issue:

Upcoming Services

Upcoming Services	1	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.
RE Message	2	
Practicing Presence	3	
Minister's Musings	4	November 7th: Kristallnacht -Never Again! Worship Associates Fred Schrekinger and Janet Gillette
Pastoral Care	5	Approaching the 83rd anniversary of Kristallnacht on November 9th, join Worship Associates Fred Schrekinger and Janet Gillette. They will revisit the dark history of the Holocaust through the life of Fred's Jewish father. Albert Schrekinger narrowly escaped the Nazis in Austria three days before Kristallnacht, the official start of "The Final Solution".
Pacific Western Region workshop Loveland Community Kitchen	6	
Covid-19 Response Plan	7	November 14: The Wisdom of Insecurity Rev. Laurel Liefert, Worship Associate Susan Moody & Ministerial Intern clare hammoor
Board Highlights November Milestones	8	Although it is human to crave certainty and security, what if we dare to flirt with the idea of expecting the unexpected? Join us to explore (as Alan Watts put it) the wisdom of insecurity.
Pastoral Care	9	

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

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



November 21: Giving (and Receiving) Gratitude

Ministerial Intern clare hammoor and Director of Religious Education Janen Wright

Growing out of the classic Shel Silverstein book, The Giving Tree, Ministerial Intern clare hammoor and Director of Religious Education Janen Wright explore the gifts of giving and receiving gratitude in this service kicking off the holiday season.

November 28: Bringing Faith to Life

Worship Associates Doug Stewart and Fred Schrekinger

Unitarian Universalists seek truth and meaning, heeding the guidance of reason and the results of science. Yet our approach to life goes beyond any provable facts; most fundamentally, we are a people of faith. In this service, Doug Stewart and Fred Schrekinger will explore aspects of the faith we UUs bring to life.

Religious Education



A good definition of suffering, that comes from the Buddhist tradition, is needing things to be different. To the extent that we need things to be different we will suffer. So if gratitude is about being aware of all the good in our life and even about accepting that we can gain from hardship--being grateful is the opposite of suffering and can strengthen us through hard times.

Rev. Galen encourages a daily practice of gratitude as a spiritual way of engaging with the world. He says, "In my view, religion is constituted by two distinct but related impulses: a sense of awe and a sense of obligation. The feeling of awe emerges from our experience of the grandeur of life and the mystery of the divine. This feeling becomes religious when a sense of obligation lays claim to us, and we feel a duty to the larger life that we share.

Rev Galen says "unless our faith is mere intellectual affectation, the defining element of our faith must be a daily practice of some kind." He promises, "If you are hungry for a more steady emotional rhythm in a world that seems hectic or overwrought, taking seriously a discipline of gratitude and an awareness of our profound interdependence is a profoundly worthwhile practice." I have certainly found it to be so.

RE Calendar for November

Thursday November 4th and 18th --our **Meditation Group** meets in Parker Hall from 10:00 to 11:15 a.m. It is an open group and we would love to have parents join us anytime. Whenever you are able to, just pop right in and try it out.

Sunday Nov. 14th - 9:30 a.m. **Second Sunday RE Circle**. The theme for November is Holding History and we have some awesome shoulders to stand on as UUs! This should be a lot of fun. Click below to join us in our second zoom room. Parents are invited or just send the kids! (I'll send this link to you again closer to the date.)

Zoom Room 2 zoom.us/j/92550309257?pwd=MXgwUVJqZk5DcTVHVGN4Ry9xNEJOUT09

Wed. Nov. 17- 6:30-8:00 p.m. in Parker Hall **Women's Circle** with Andrea VanNest and Janen Wright- stay tuned for details.

Thursday Nov. 18 6:30-7:30 in Parker Hall **Parent Support and Discussion Group** - all parents and guardians are invited

Sunday Nov. 21- clare hammond and I are doing a family friendly **Full Church Service on Gratitude**.

Thursday Nov. 25 --Happy Thanksgiving!!

Janen

Practicing Presence



Throughout the Coronavirus Pandemic, many folks have learned the joys of relaxing at home. Busy lives crept to a halt for a few months and for many

months since, we've all been carefully venturing out again. Thanks to a newfound understanding of home life, many of us have fallen into the comfort of home-focused clothes. Clothes that make us feel relaxed. Clothes that make us feel cozy. Clothes that we aren't too worried about.

I discovered a love of athleisurewear — athletic clothes which are sturdy enough to work out in yet just sophisticated enough to wear to the grocery or even on a travel day. Comfortable thick-soled gym shoes pair well with a hoodie and athletic pants. Relaxed to the max. Putting on these clothes wasn't about challenging myself or creating an outward identity or better understanding who I am. Those clothes were a balm for the wild world around me.

The drag icon RuPaul is known for his bespoke tailored suits and the passion with which he speaks about their power. In his MasterClass, which I watched during the long days of the pandemic, he spoke directly to the camera, directly to me and said: "Put yourself together. People respond to it."

My inner monologue retorted: I should be able to wear whatever I want!

And that's true.

I can wear whatever I want.

But the more I thought about it, the more I realized that I enjoy putting a simple outfit together.

I enjoy the presence I hold within myself when I put myself together.

And people do respond to it.

So I returned to my black jeans and sweaters.

But added the thick-soled gym shoes.

I began to throw blazers back over my t-shirts for meetings.

And dug my watch out of a drawer.

I began to rediscover the many benefits of putting myself together. Not overdoing it or overthinking each part of my outfit. But stepping into myself more fully through the clothes I choose to wear. In his hit musical Hello, Dolly! Jerry Herman writes:

"Out there, full of shine and full of sparkle

Close your eyes and see it glisten, Barnaby

Listen, Barnaby...

Put on your Sunday clothes,

There's lots of world out there"

There is a lot of world out there and the more I find myself inhabiting it, the more comfortable I am with myself and with other people. RuPaul is also known for reminding us that: "Everyone is born naked. Everything else is drag." Everything we put on each day is a way of performing ourselves for ourselves and for the world around us.

My wardrobe journey through the pandemic aligns with my understanding of my own spiritual journey. There's nothing wrong with relaxing and letting it all go sometimes. But I feel like my best self when I pull it together. When I put on my Sunday clothes, I do realize how much world there is. And people respond to it. That dynamic relationship is as useful in my clothes as it is in pastoral care. Caring for myself is a way of caring for the world around me.

With a great, big hug,

clare

Minister's Musings



Celebration & Closure

Dear Ones,

If you attended the October 24th service – *Keeping the Flame Alive with guest preacher Robert T. Latham* – you may recognize the title

of this month's Minister's Musing. In his informative and exhilarating sermon, Robert described Namaqua's path ahead as a three-phase process, calling the first phase "Celebration and Closure." This is the phase we are in right now, a time to savor the remaining months we have together.

Robert listed some of the many things we have accomplished in our partnership of shared ministry these past ten years. Then here's what he said:

I have been in the professional ministry for seventy-two years and during that time I have been a full-time minister, an interim minister, a special project minister, a district executive, and a church consultant and I know success when I see it – and you have done something of profound excellence here and I congratulate you for its doing.

You saw the burning bush. You engaged its vision. You entered the promised land. You built a temple. And you housed it with both professional and lay visionary leadership. What an accomplishment!

Yes, my friends, what an accomplishment! Robert sees Namaqua now (at age 21) as a fully grown-up religious institution, able to do anything you set your vision to do, able to become whoever you want to become. He posed the immediate question: **Who do you want to be between now and the time Laurel ceases being your minister?**

Here are a few of the things he recommended we do:

-Do some relationship analysis and ask yourself why it has been successful on the part of both minister and congregation. Why did you click? What might this speak to your future congregation/minister relationship?

-List all your major successes and determine how you can celebrate them. Congratulate yourselves – but with a spirit of humility which recognizes that it has taken the entire congregation, whatever the individual contributions, to have created such grand success.

We will have opportunities to look more closely at what we can do together in this final year. We can have conversations about how to have a healthy closure of our relationship, a rare and wonderful thing, and then do it. Soon leadership will begin preparing for your second phase – the interim period – when Namaqua will be in a time of transition between settled ministers. The interim minister will start in August 2022. Robert sees this interim transition time as the most important moment in the life of a religious institution – because it determines the nature of your future.

If you missed being at the October 24th service, I suggest you take the time to watch it. You can find the video of the service posted in the Archive section of the Worship tab on our website – namaquauu.org.

After the Sunday service about keeping the flame alive, we held our Fall Congregational meeting. The Listening Activity was townhall-style, featuring over an hour of Robert answering questions posed by the congregation.

(continued on next page)

Minister's Musings (con't)

The meeting also held a big surprise that wasn't on the Agenda. Kathy Hartman announced the surprise and then read a proclamation: *whereas....whereas...whereas...*

and then the congregation (you) voted to honor me with the title of *Minister Emerita – the honor of a lifetime!* (Of course I cried.)

This designation means that I have given devoted and competent ministerial leadership to Namaqua. This honor from you means the world to me. I

trust you know already that serving as your minister in our shared ministry partnership these past ten years has been my pleasure, a dream come true.

But it's not over yet!!!

With much love and thanks.
Laurel

Pastoral Care Investigation

Sleuth that I am, I decided to test our Pastoral Care system. I arranged for some surgery to determine whether our team stands up to the need. Here's what I found.

Early on, Sally Henry and Cindy Black showed up to give me a bath and help with some tenacious thigh high compression stockings. Of course, they did a fantastic job but they're on the Pastoral Care Team so one could expect no less.

Was anyone else going to come thru I wondered? Well, there's Cherry and Bill and Leonard and Susan and Vonne and Mickey and Chad and Laurel and Carole and Vicki and Tom and Barbara and Pete and Mim and Francey and Linda and Sue and Elaine and I'm sure I'm missing someone and we'll have to chalk that up to narcofog. They volunteered driving both me and my son, for meals and repairs and visits and errands and company and compassionate therapeutic touch and encouragement. So that's working quite well.

How was the food, you might wonder? Would people bring leftovers and old frozen goods from the back of the freezer? Oh no. Great soups and main dishes and pastas and salads and pastries and

desserts. I got self-sufficient way too soon and when I do my second blind test (my right knee) I'll check the food category so much more thoroughly. Early reports are great tho.

And remedies: do you have any idea the variety of commercial and natural responses to constipation – caused by pain medication? I was blessed with prune, apple and pomegranate juices, psyllium and flax seeds, Smooth Move tea, Miralax, Milk of Magnesia, Dulcolax, Senokot and more than one home remedy recipe. And, things ARE moving!

I hope when each of us needs help – a small amount or a big deal - that you will call upon the magnificent members of the Namaqua congregation through the Pastoral Care Team. They are a giving bunch and do a fantastic job. I am forever grateful to each of you for the help, the calls, the cards, the flowers, the food and the general and lovely sense of friendship.

I needed your help and you more than came thru. Thank you.

kathy hartman

The Pacific Western Region offers online workshop in December

Compass: Navigating the Paths of Liberation Together

This online workshop will include an exploration of interdependence as a path to wholeness. Our current world of uncertainty and disjointed connection is really addressed effectively in this two day event in December. You are invited to reach into your spiritual toolkits and grab your “compass,” that inner voice that helps you find direction, and work with other workshop attendees to discover deeper knowing of Unitarian Universalism.

This event is for lay leaders, religious professionals, adults, youth, members of congregations and anyone else who is interested in this topic.

The two day event will be held on December 11 and 12 from 12pm MT to 3:30pm MT

Registration fees are on a sliding scale, from \$25 to \$60 based on your assessment of your ability to pay.

Copy the Google (ICS) or Outlook (ICS) link address to subscribe to this event (Or download the file to import it) in a program which supports the iCal format.

For more information, contact KCharles@uua.org

Volunteers Needed: Loveland Community Kitchen

One of the ways Namaqua serves our community is by sending a team of volunteers to help serve meals at the Loveland Community Kitchen. The Kitchen offers meals to those in need, 365 days/year, thanks to the generosity of volunteers like you. Due to the Coronavirus, meals are served only once a day now, and that is a dinner. The meals are prepared by Meals on Wheels but they are packaged and distributed as take-out or can be eaten in the dining room. Masks, gloves, and disposable aprons are provided by the Kitchen as they strive to provide a healthy, safe environment for all. The Community Kitchen is located at 427 Garfield Ave. (4th and Garfield) right behind Meals on Wheels.

Namaqua UU supports the Kitchen by sending a team of 7 kindhearted volunteers on the 4th Friday, every other month. We actively participate in set up, food preparation, serving, and clean up....on our feet from 4:00-7:00pm.

If you and/or your family are interested in this meaningful community experience, please let me know. I will then send out an email when our next opportunity arises.

Thank you!

Linda Danforth (970) 646-1201 or lindaldanforth@gmail.com

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

Board of Trustees Highlights

The Board met via Zoom on October 12, 2021

Reflective Reading

- The Board chose to read this year, In the Interim, Strategies for Interim Ministers and Congregations by Barbara Child and Keith Kron

Minister's Report

- Rev Laurel sent in via email an extensive report of all the activities she has participated in and the status of the employees she is supervising.
- She plans on new classes in the area of Adult Enrichment: Building Your Own Theology (BYOT 1 and BYOT 2).
- For herself, she signed up for a course with UU clergy called Wellspring and will be meeting with a new coach and spiritual director on a monthly basis.

Personnel – Marion Cox

- Extensive discussion on the search for our first Music Director. The official announcement of the new Music Director is coming soon.
- The search committee will morph into a feedback committee for the new Music Director.
- A calendar for search for an Interim Minister has been established. More discussion was postponed until next Board of Trustees meeting.

Committee on Shared Ministry – Doug Stewart

- The Committee approved a covenant for CoSM for the year.
- Doug Stewart will also chair Adult Enrichment.
- Worship Associates have planned their Sundays up until the winter holidays.
- Pastoral Care has been busy supporting congregants.
- The new supervisor of the Colorado Immigrant Freedom Fund has resigned, and she and Francey are trying to find a paid replacement.
- Doug will be doing a three-hour seminar on transitions.

Leadership Development Committee and Finances

- No reports submitted

Coronavirus Task Force – Sally Henry

- With Larimer County having a high risk score for

spread of Delta Variant, the recommendation is for not opening the church for services at this time.

Facilities

- There has been flooding in the basement.
- An outside company will be hired to clean out the basement and remove debris.

Old Business – Sarah Jane

- Rev. Robert Latham will be giving the sermon and leading a town hall type Question and Answer activity on October 24th in conjunction with the Congregational Meeting.

New Business

- The Board will be formally thanking Barbara Fleming for the donation of her grand piano.
- A discussion about sponsoring an Afghan family is delayed until next meeting when more details are gathered.

The next Board meeting is scheduled for Tuesday, November 9, 2021 at 6:30 pm.

Respectfully submitted by Nance Horowitz, Board of Trustees Secretary

November Milestones

Birthdays

Nov 2 Bill Parton
 Nov 4 Elliot Milden
 Nov 5 John Poole
 Nov 7 Don Rawson
 Nov 11 Aidan Christiansen
 Nov 12 Carol Koch
 Nov 16 Sawyer Brooks
 Nov 21 Linda Danforth
 Nov 23 Wil Brumley
 Nov 25 Brenda Henderson
 Nov 28 Trish Murtha

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

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 December Newsletter: November 21

For the January Newsletter: December 19

NUUC E-mail Addresses

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