

High Desert Dispatch: April 2020

Bulletin of the Unitarian Universalist Fellowship of Silver City

3845 N. Swan Street, Silver City, NM

The Unitarian Universalist Fellowship of Silver City is a diverse group of religious independents seeking knowledge, spiritual sustenance, fellowship and opportunities for service to others. Our programs encompass humanism, liberal Christianity, earth-based spirituality, Buddhism and many other traditions. The members themselves plan and present the Sunday programs. **Please join us.**

*****April Programs are suspended with hopes we can reschedule them at a later date this year. *****

Notes from the Chair: Thank you to everyone for your wonderful Listserv comments & insights, poems, music sharing. Thank you, John, for preparing this newsletter. Thank you, Barbara for spearheading our "Caring" effort, & for the 30 people who signed up to help those in need. You make my heart sing. Thanks to those who recommended resources for learning and renewal.

Pledge and Offering Reminder: If you wish to remain current on your financial pledge (2019-2020) to the Fellowship or make an offering, you may do so by mailing a check to: **UUFSC, PO Box 4034, Silver City, NM 88062.** We are continuing to pay our family program coordinator, childcare worker, office coordinator, custodian, and building expenses. Therefore, your continued financial support is appreciated even as we 'fellowship on line'.

And a reminder about **pledges for the 2020-2021 fiscal year.** Our UUFSC Treasurer, DeAnna Mooney, needs to receive financial pledges by April 8 toward our new fiscal year budget that starts June 1, 2020. Please send an email (dselkmooney@gmail.com) with your pledge amount. Your pledges are always kept private, and can be changed should your life circumstances change.

We are in uncharted waters as a Fellowship. But, we are not rudderless. We continue to share, support each other, and go about our UUFSC activities in creative new ways. May our values and love sustain us and our community until we reopen our doors. Carol Morrison, Board Chair

Recommended Resources for Learning and Renewal-- This site gives the opportunity for you to "attend" services of the UU Church of the Larger Fellowship CLF, an on line worship experience for people far from a bricks-and-mortar UU building.

questformeaning.org. (Thanks, Zoey) See more resources on p 2.

Board Members

Carol Morrison, Board Chair
Zoey Cronin, VC
DeAnna Mooney, Treas.
Susan Price, Sec.
Paul Michaud
Susan Golightly
Kris Neri

Membership

Heidi Ogas, Nancy Cliff
Caring
Barbara Gabioud

Facilities

Paul Michaud
Hospitality
Sandra Michaud

Newsletter

John Mooney

Programming

Ron Gabioud

Social Justice Committee

Andy Payne

Office Coordinator

Sandra Michaud

Adult RE

Karen Benediktson

Family Programs

Chellee Chase

Website

www.uufsc.com

email address is

uufellowshippofsilvercity@gmail.com

**Our mailing address is
P.O. Box 4034
Silver City, NM 88062**

Calendar of Building Events

(Please note the schedule in the building and on the website.) Contact the office coordinator uufellowshippofsilvercity@gmail.com for scheduling.

NUUS from the Board – March 8 th Meeting

From the Involvement Committee – Our greatest need is a caring pool of volunteers to call to help members in need. Contact Kris Neri or any Board Member to participate. Sandy Michaud, long-time Coordinator of the **Hospitality Committee**, would like to step off this role. Contact Sandy or any Board member if you can step up.

Property/Facility- New outside lighting is functional now. Parking lot gravel will soon be delivered and spread. Paul is planning tasks for a Workday in late April or May. He will inform us later. Updates are being planned for the Quonset Hut, with 2 smaller bookcases with more children's books, and a search for a new or gently used, good quality bench storage chest for the toys & seating for videos. Contact Chellee or any Board member if you know of one available.

The budget for 2020-21 was discussed in preparation for the Semi-Annual Meeting scheduled for May 17. A pledge letter to be sent to members was approved, with April 8 as deadline for pledges to be in. Date for next board meeting (maybe late April) is TBD. Susan Price, Secretary

A **Message from Chellee Chase**, Family Programs Coordinator:

It's been almost 2 years since this rewarding position was bestowed upon me & I must admit that I'm suffering some withdrawals right now from not seeing the sweet, brilliant kids who join us regularly... Ivy & Liam, Samantha & Junie, Angela & Kit, and sometimes Marius & Amara, and of course, my trusty assistant Eva... I want to tell each & everyone of you that I miss you & I hope you're keeping your chin up & a big smile on because that's how we get through challenging times in a strong way! When we get back together again, I think the first thing we should do is have a party! Something I like to do often that helps me stay happy all the time is called the Heart-Brain Coherence Technique (from heartmath.org). Studies show that the healthful effects of this exercise last at least 6 hours after the practice, so used every day it can have a tremendous positive effect on all aspects of your life!

Try this: **Step 1**, close your eyes and slow your breathing (this signals your brain that you feel safe, which turns off your stress response and helps you relax). **Step 2**, place your hand on your heart (this moves your focus from your head to your heart area). **Step 3**, think of something that always makes you feel happy, something or someone that you love or are extremely thankful for. **Step 4**, really conjure up that feeling as vividly as you can and breathe into it (through your heart) for a few minutes. That's it! Super easy, but with significant impact on your overall well-being. Parents, try it with your kids and you will all benefit! Much love to you all and I hope we can be together again soon.

The Lotus Center has a YouTube channel. On this channel, you will find videos from Lotus Center instructors, and friends of TLC, that provide guidance and/or instruction in meditation, yoga, and other moving arts. Here is a link:

<https://www.youtube.com/channel/UCkbf2eUTnQZgSZZX5ck97Yw>

Lynda Aiman-Smith

More resources:

www.ted.com/about/programs-initiatives/ted-connects-community-hope

www.everydayhealth.com/alternative-health/living-with/ways-practice-breath-focused-meditation/
(Thanks, Nancy C)

Mission /Vision Taskforce report: The plan for this task force is to hold a vote at the Semi-Annual Meeting in May regarding replacing current Purpose, Covenant and Mission statements. Questions? Suggestions? Jane Riger, Susan P, Susan G, Karen B, Karen M, Wendy G.