

# High Desert Dispatch: July 2025

Bulletin of the Unitarian Universalist Fellowship of Silver City

**Join us at 3845 N. Swan Street, 10:00 a.m. Sundays**

The Unitarian Universalist Fellowship of Silver City is a diverse group of religious independents seeking knowledge, spiritual sustenance, fellowship & opportunities for service to others. Our programs encompass humanism, liberal Christianity, earth-based spirituality, Buddhism & many other traditions. The members themselves plan & present the Sunday programs. It is a Welcoming Congregation that celebrates diversity & welcomes all, of every race, ethnicity, immigration status, sexual orientation, gender identity, religious background, mental & physical ability or disability, body size or shape, health condition, socioeconomic condition, & family structure. **Please join us.**

**UUFSC Safety Protocol: On Sundays, masks are recommended, but optional. Refreshments & potlucks can take place in the building, as well as (weather permitting) on the patio.**

**July 6: July 4<sup>th</sup> Potluck Picnic 11am. NO 10am program.** Bring your dish to share at 10:45. Please put a label on your dish showing ingredients that are potential allergens (e.g. wheat, soy, dairy, shellfish, peanuts, nuts, seeds, hot peppers, etc). Gluten free & vegetarian labels are helpful. Condiments & cool beverages will be supplied. Please bring your dishes, cup, & silverware which will help cut down on washing dishes at cleanup. Thanks!

**July 13: - Akien Maciain** "Rewriting Habits." Ever feel there were things in your life you wanted to change, but haven't been able to? Akien Maciain has some techniques that he uses for rewriting his habits. It's not hard to do - it does take practice. And his roadmap will also help a lot!  
**Moderator: Kris Neri**

**July 20: Colleen Jiron** "Kundalini Yoga: The History & the Mystery." Kundalini Yoga is an ancient practice rooted in Vedic & Tantric traditions dating back as far as 7,000 years, integrating breath, movement & sound. We'll trace the origins of that practice to the present day. We'll conclude with some research findings in bioenergetics & the rationale & benefits of a yoga breath technique.  
**Moderator: Heidi Ogas**

**July 27: Diane Smith-**"Calming your Nervous System in Turbulent Times" Information we are regularly accessing can quickly send us into states of fear, anger, resentment, & even despair. How do we process the suffering & lack of safety that so many are experiencing right now? Polyvagal Theory is a scientific model that explains how evolutionarily our nervous systems were wired to help us survive by scanning our environment for safety. Join us to learn more about this pertinent theory that offers unique strategies to add to our self-care/coping skillset as we strive to stay grounded in connection & resilience.  
**Moderator: Carol Morrison**

## Board Members

Board Chair – Joe Neri

Vice Chair – Lynda Aiman-Smith

Treas.- Art Thorn

[treasurer.uufsc@gmail.com](mailto:treasurer.uufsc@gmail.com)

Sec – Nancy Stephens

At large Members - Victoria Reece,

Bill Paff, Leah Klearman

## Membership Team Lead

Kris Neri

## Caring Team Leads

Carol Morrison & Lynda Aiman-Smith

## Facilities Team Lead

Paul Michaud

## Hospitality Volunteer Team Lead

Susan Price

## Outreach Team Lead

Gene Jones

## Programs Volunteer Team Lead

Cathleen Norman (May-July)

## Audio/Visual/IT/Listserv

John Mooney & Akien Maciain

## Social Justice Volunteer Team

OPEN

## Border Justice Volunteer Team

Barbara Gabioud

## Office Coordinator

Sandra Michaud

## Adult RE Team Leads

Karen Benediktson & Gale Green

## Welcoming Congregation Team

Barbara Bush, Gale Green, Victoria

Reece, Mike Sheffer

## Family Programs

Zoey Cronin

## Newsletter

Lynda Aiman-Smith

**Website** [www.uufsc.com](http://www.uufsc.com)

**Email** address is

[uufellowshipofsilvercity@gmail.com](mailto:uufellowshipofsilvercity@gmail.com)

**Our mailing address is**

**P.O. Box 4034**

**Silver City, NM 88062**

For membership questions, email

Kris Neri [krisneri@gmail.com](mailto:krisneri@gmail.com)

Join UUFSC Zoom Meeting 10am Sundays

<https://zoom.us/j/3800124194?pwd=QkxTNjV3UFIJOXNlbHpsSDZ5bUhhZz09>

Meeting ID: 380 012 4194 Passcode: UUFSC

**Note from Board Chair Joe Neri** – Email spamming to our UUFSC membership list has been going on for over three years, under the guise of one of our members requesting assistance. It appears that one of our past or current members either directly or indirectly gave the spammers access to our membership list. Email spamming has been going on for as long as we've had email, since the infamous Nigerian Prince scam of the 1990s. It is here to stay, even more so with the advent of AI. There isn't anything we can do to stop it, so just be aware. If an email looks suspicious, or is worded somewhat weirdly, report it as spam to your email provider & delete it. Do not respond directly to it.

**Note from Board Secretary Nancy Stephens** – The board voted to start a Vanguard savings account. 2025-26 pledges are healthy. Outreach Team Lead, Gene Jones, is recruiting volunteers for Cobre High School's 7/26 Back to School event. Paul installed shelving for speakers. Other facility priorities include new siding for the Q-Hut and improving parking and entryway accessibility.

**Welcoming Days of Observance -- July 14 is International Non-Binary People's Day.** This day celebrates & raises awareness of non-binary people who do not exclusively identify as a man or a woman; or may identify as both a man & a woman; or may identify outside of these categories altogether. This date has been celebrated since 2012 & was chosen as it falls precisely midway between International Women's Day on Mar 8 & International Men's Day on Nov 19. Australia, Bangladesh, Canada, Denmark, Germany, the Netherlands, New Zealand & in 2022 the United States, included non-binary options in passports. However, on Jan 23, 2025 Trump signed an order to the State Dept restricting gender to male or female, & only the gender shown on a birth certificate. As of June 18, 2025 this has been temporarily stayed – the national ACLU is arguing to final adjudication. More information on people who are non-binary available at <https://www.hrc.org/news/celebrating-the-diversity-of-the-non-binary-community-for-international-non-binary-peoples-day> & <https://www.manygendersonsvoice.org/non-binary-peoples-day.html> **\*\*July 26 is Disability Independence Day.** This day celebrates the anniversary of the 1990 signing of the Americans with Disabilities Act. The landmark legislation serves as a de facto bill of rights for Americans with disabilities, assuring them access to economic & civic opportunities. Its passage represented an unique bipartisan effort to acknowledge the centuries of discrimination suffered by the disability community & a base change to how they live their lives. More at <https://www.inclusionhub.com/articles/national-disability-independence-day>

**Children's Programs:** The QUU Hut is open & childcare is provided all Sundays. Religious exploration programming is on 2nd & 4th Sundays. Our theme for 2025 is "A Year of Holy Days."

**The Four Agreements Discussion Group** Due to the July 4th holiday next Friday, there will NOT be a Four Agreements Discussion Group meeting on that date. Our next session will be on the first Friday of August.

**Soul Collage** - Wednesday, July 9, from 3-5:30 pm. All materials supplied. Newcomers welcome.

**Social Justice Team meeting** The next meeting will be on Friday, July 11 at 11 am in our Community Room. Joe Neri will be chairing these monthly meetings until a permanent chair is found. If you are interested, please contact Joe at [joe12bar@gmail.com](mailto:joe12bar@gmail.com).

**Silver City Indivisible** meets the second Monday of the month (July 14) at The Hearth, 1915 Swan, 5:30-6:30 pm.

**Men's Group meets on the 1st & 3rd Thurs of each month at UUFSC** at 6:30 pm. Explore topics from light to deep. Join us. All men are welcome. Questions? Contact Akien Maciain [akienm@gmail.com](mailto:akienm@gmail.com)

**Outreach Event – Cobre Schools Summerfest July 26, 2025 – Gene Jones needs volunteers:**

8am – Two volunteers to Set Up, 9-11am Two volunteers, 11am-1pm Two volunteers; 1pm – Two volunteers for Take Down. Contact Gene Jones for more information - prefers text/call 615-636-8853 (Or [wej090740@hotmail.com](mailto:wej090740@hotmail.com))

*Want to see your birthday in the newsletter? Contact Lynda at [lynda\\_aimansmith@yahoo.com](mailto:lynda_aimansmith@yahoo.com)*

<b>July b-days</b>	George Austin 7/8	Jeanne Martin 7/9	Harriet Rogers 7/11	Zoey Cronin 7/14
	Leah Klearman 7/19	Becky Harwood 7/20	Denise Smith 7/30	

**You can make your UUFSC donations online!**

<https://D4613CBD4D2624D9.chmeetings.com//Giving/D4613CBD4D2624D9>