

## January Sunday Services

**January 1 – 10:30 a.m.**

**Burning Bowl Service – Dennis Reynolds**

As we begin the New Year we may have old habits, attitudes and beliefs that we hope to shed. Let us gather together to explore how we might enter the future with a wee bit less baggage weighing us down. Such shedding can help us do more and be more in the months to come.

**January 8 – 10:30 a.m.**

**Topic to be announced – Navarra Carr and Kai Neander**

**January 15 – 10:30 a.m.**

**Dr. Martin Luther King Jr. Sunday – Dennis Reynolds**

As we honor the legacy of Dr. Martin Luther King Jr., let us reflect on how his message of hope and justice can inspire us and inform. Let us also explore how we can, from where we truly are, continue to transform dreams into reality.

**January 22 – 10:30 a.m.**

**Power Within and Power Without – Helen L'Anunziata**

Helen will focus on the meaning and consequences of community organizing, with a particular focus on “power” and “social action” as integral to spirituality. These terms, she says, engender strong feelings. There is a tendency to think of “power” as a dirty word, something that corrupts, and a similar tendency to think of “social action” as something separate from our private, spiritual selves. Helen will delve into what power means when it is located at the grassroots, and what social action looks like when it is driven by spiritual values. How we think and feel about power, she maintains, has a great influence on how we approach creating change at a grassroots level. She will also discuss the grassroots efforts she has been involved with, and how they are driven by strategies of *empowerment*.

For five years, Helen has been a volunteer community coordinator for the Better Together Grassroots Grants program, which is part of First 5 Humboldt. She is also a board member of the Humboldt Area Foundation and volunteers for Persons Affected by Raids, the Northcoast Community Garden Collaborative, and Unity and Henderson Community Gardens. She recently graduated from the Environment and Community Master of Arts program at Humboldt State University, where she explored the complex interplay between a local Hmong community garden and the city of Eureka.

**January 29 – 10:30 a.m.**

**With a Little Help from My Friends (and Family) – Kim Moor**

Our culture advocates independence rather than interdependence but sometimes we all need to give and get help. Sometimes we might wonder “Will anyone be there for me?” Kim will talk about being the receiver and giver of help and how we are stronger together.