

HUUF Sunday Services

June 6 - Navarra Carr's Coming of Age Ceremony

This is a UU tradition signifying the entrance of our UU youth into adulthood. As Navarra leaves for Sacramento State this fall, she takes our UU values and her experience in this congregation growing up as a UU. She has completed a program with the help of Mentor/curriculum author, Beth Bray and will share her Credo with the help of the Teen group in this multigenerational event. Please come and share this experience with her, as we have all shared in her growing up as a UU in our congregation. Congratulations, Navarra!

June 13 - The Practice of Feeding Your Demons

What are demons? Why "feed" them? A demon is anything that stands in the way of our liberation, whether that be from fear, envy, greed, pride, or any of the host of human emotional and psychological states. The practice of feeding our demons can heal our deepest wounds and reveal profound spiritual truths. Healing and transformation occur as a result of meeting inner conflict with compassion and awareness, rather than struggle and resistance. This paradigm shift from fighting to feeding demons has implications for meeting global challenges in a peaceful way as well. Lama Tsultrim Allione shares the Feeding your Demons practice in her bestselling book by this same name. In *Feeding Your Demons*, she adapts ancient Tibetan wisdom into a method for meeting and transforming inner enemies that is easily accessible to Westerners. Mary Flowers and Jonathan Weber, Certified Facilitators of Feeding Your Demons, share this practice for the benefit of all sentient beings.

June 20 - Recology

Recology Humboldt County has provided refuse service for more than 40 years. Today, as a progressive, employee-owned waste management company, we provide residential recycling and garbage collection, commercial garbage collection and debris box rental services to residents in the city of Eureka, unincorporated Eureka and outlying areas of Humboldt County. How can we be BETTER stewards of the earth? How can we do a better job of reducing, recycling and reusing? How can we be activist in the small communities where we live so that we are doing our best to dispose of your waste in the proper waste streams? Mike Leggins speaks to us on Recology.

June 27 - Wendy Rowan and Participatory Poetry Program: Imagination Renaissance

Fellowship members are encouraged to bring poems to share that illuminate the human spirit and our capacity for learning and creating. Given the challenges of our times, we need a renewed vitality and engagement with what distinguishes us as human beings. Together we will also create a group poem, and imagine our capacities for learning and creating within the life of the Fellowship.