

## September Schedule of Services

**Sept. 6 -- 10 a.m.**

### **Labor Sunday: Honoring spiritual and educational aspects of the labor movement -- The Union Mades**

From the textile mills to the railroads, from the fields to the soup lines, in honor of Labor Day, the Union Mades will take us through more than 100 years of labor struggles. All “wobblies,” labor activists, human rights folks and anyone who works or has worked for “The Man” will enjoy these touching and humorous songs. Come sing-a-long with the tunes of Joe Hill, Woody Guthrie and Utah Phillips as well as other rousing labor standards and some original songs.

The group is Humboldt County’s only folk band dedicated specifically to preserving labor songs of old. The band also performs original songs and adaptations of existing material. Members include Erik Rez, Ryan Knight Kendra Cross and Mike DeBenedictis.

**Sept. 13 – 10 a.m.**

### **Gathering of the Waters**

As summer melts into autumn, members of the HUUF reunite after what has been a season of travel and adventure for many. It is our tradition to bring a sampling of water from the places we have visited, with some bringing “virtual water.” One by one, each small container of water is poured into a communal bowl as the stories of travel and insight are shared with the Fellowship.

After the service, there will be a potluck luncheon. Please leave your dish in the kitchen before the service begins.

**Sept. 20 – 9 and 11 a.m.**

### **Every-Minute Meditation – Rev. Tom Lewis**

In our I-Phone, mobile-phone, multi-tasking world, many of us feel overwhelmed with sensory stimulus. How do we stay grounded and in touch with the deeper meaning of our life? Meditation and prayer are two of the most common teachings but how do we bring these practices into our everyday existence? Rev. Lewis will offer some practical and personal insights and suggestions to live more deeply in the present moment and to touch our deeper true-nature.

Rev. Lewis is a UU community minister. He is currently working as a staff dentist at a Northern Valley Indian Health in Red Bluff, where he lives with his wife, Chris. He was formerly a member of HUUF, serving as president and on various committees from 1982 to 1996. He currently serves on the UU Legislative Ministry Board and as chair of the Health Care Reform Steering Committee. He was ordained in 2004 at HUUF.

**Sept. 27 – 9 and 11 a.m.**

### **Creating a Better World: Living with Integrity, Failure and Compassion -- Jennifer Eichstedt**

Most of us deeply care about the world in which we live – the relationships we have, the environment, the various forms of oppression that shape most people’s access to life’s goodies, the tanking economy, and on and on. We also want to live “good” lives, where we are true in some way to who we think we should be, and to what we believe matters. At the same time, most of us experience failure, and that sense of failure, along with our lack of compassion (often for ourselves) gets in the way of living with integrity and creating change. Let’s come together to think about how these relate to each other and how we might still move forward to create change while dealing with our grief, anger, failures and perceived setbacks.

Jennifer Eichstedt is a sociology professor at Humboldt State and was HSU’s 2008-2009 Professor of the Year. Her areas of expertise are racism and anti-racism activism, social justice and reconciliation, social movements, and popular culture. Her foundation comes from years of teaching about and pursuing social justice activism, her own efforts to act with integrity, a sense of failure, her beloved sister’s death by choice, and her efforts to cultivate loving kindness toward herself and others.