

Sunday Services

November 7: 9 and 11 a.m. North Coast Storytellers

At the 9 a.m. service, Anita Punla will present poems and stories to calm the spirit and Dan O'Gara will also offer his rendition of "Katy's Red Ribbon," a contemporary tale of a young Irish girl's wish and how it came true.

At the 11 a.m. service, Nancy McQuilla will tell us a story titled "Sages Gift," which reveals the origin of stories and their importance. Seabury Gould will then present a wisdom tale of how a young man learned an important lesson from an elder, followed by Ali Freedlund, who will present a modern community story of hope.

The North Coast Storytellers share stories at festivals, libraries, schools or wherever good stories are enjoyed.

November 14: 9 and 11 a.m. The Grandmother Galaxy -- Rev. Shirley Ann Ranck, Ph.D.

Rev. Ranck asks: As we enter the second decade of this new century, this new millennium, what are the theological imperatives that face us as Unitarian Universalists? In response, she points out a keen observation made by Jane Caputi: "When I put my ear to the ground, I hear a constant chant: 'The Grandmothers are returning.'" Old women are the fastest growing segment of our population. The presentation will delve into what theological wisdom they might offer.

Rev. Ranck is the author of a popular feminist theology curriculum titled "Cakes for the Queen of Heaven." She is also been a licensed psychologist in California and an ordained Unitarian Universalist minister.

November 21: 9 and 11 a.m. Creative Aging: Our Pathways to Health – Toni Martin

Toni Martin is a master trainer with the Community Health Alliance's "Our Pathways to Health" program, and she will present an introduction to that program which focuses on skills of self-management in facing chronic conditions, including aging. This program is particularly appropriate in supporting the positive, energizing view of life we all seek.

"Pathways" is a compassionate, empowering six-week-long workshop for adults of all age groups. Toni will present an overview as well as sample experiences from the workshop. Each workshop session is led by volunteers with experience in chronic conditions and/or aging. It is a peer-led program particularly appropriate in addressing loneliness, isolation and a sense of powerlessness which often accompany aging and/or chronic diseases when not supported by other concerned individuals.

Toni is an educator and school psychologist with extensive experience in community organization as well as patient advocacy.

November 28: 11 a.m. – one service only. Life for People in the Land of Zebras, Elephants, and Wildebeests -- James Makau Nzioka

James Makau Nzioka, an energetic young man from Kenya, will talk about the work of his nonprofit organization, The Kinengo Project. The project strives to help Kenyan villagers improve their lives by developing the means to provide water to homes, farms, schools and medical facilities. The goals include constructing dams and building wells on school grounds, thus supplying water not only to the school but to the surrounding community. The project also works to improve educational facilities by providing supplies and involving the village in sustaining the land around the school and establishing a school garden to provide nutrition, especially during times of drought.

Funds are provided by Makau through his Wilderness Zones Safaris, a business he established and runs in Kenya's wildlife parks, and through donations from various charitable groups. Villagers must provide the labor for the projects.