

Sunday Services

Sunday, Oct. 2 – 9 and 11 a.m.

Our Source and Our Values – Rev. Bryan Jessup

We live in an interconnected web of existence where collaboration and mutual cooperation lead to harmony and health. The deep values at the core of all great religious traditions call us to love the web of life, ourselves as part of it and our neighbors as ourselves. These deep, life-enhancing values are often scorned in our hyper-competitive world. Yet, in the end, human survival and the health of our planet depend on them.

Sunday, Oct. 9 – 9 and 11 a.m.

Into the Dark – Berti Welty

The days grow shorter in this part of the cycle of the year. Deciduous trees drop their leaves, turn inward, nourish their roots, and prepare for a new beginning. Like the rest of nature, we, too, are called to turn inward, rest, take a deep breath, and do deep soul searching. Just like we need a healthy amount of sleep to function each day, we are nourished by taking this opportunity in autumn to enter the dark, step back and reflect. During this service we will share various ways to reframe the doldrums of winter so that it is an uplifting and self-affirming period in our lives. What ways have you found to renew your spirit in this season?

Sunday, Oct. 16 – 9 and 11 a.m.

Why Do We Create Religious Congregations? – Rev. Bryan Jessup

As Unitarian Universalists, we often ask ourselves what are our purposes and ends. The role of religion in society today is greatly diminished in comparison to years gone by. Some ways of thinking disparage religion as pious nonsense. Other ways misuse religion to create violent and narrow responses to the complexity of the world around us. Nevertheless, human beings still yearn to find peace in their souls. They yearn for communities of shared values in which they can be known and loved. They yearn for a group of people with whom they can work to bring loving kindness to the world. Can our religion respond in healthy ways to those yearnings?

Sunday, Oct. 23 – 9 and 11 a.m.

This is Your Brain on Climate Change – Pat Carr, M.A.

Climate change not only poses a crisis to our environment but also to our sanity as we struggle to reduce our personal and societal carbon footprints and the risk of disaster in the future. Pat Carr, a marriage and family therapist and a HUUF member, will discuss how we can stay sane on “Greenhouse Earth.” He will bring ideas from psychotherapy and from the wisdom of other cultures to help steady our nerves and build our resolve to face a challenging future.

Sunday, Oct. 30 – 9 and 11 a.m.

Día de los Muertos (Day of the Dead) – Lezley Troxell

When we allow ourselves to feel our place along the continuum of life and death, it moves us deeply. Facing death sharpens our sense of being alive and our connection to one another. The dead help remind us of what is most meaningful and joyous in the world. Ultimately, then, Día de los Muertos celebrates life.

In honor of this day, we will hold a simple ceremony of remembrance, taking time to feel our connection with those no longer with us, but whose lives helped shape ours. Bring Pan de Muerto (Bread of the Dead), calaca (images of skeletons), marigolds and calendulas, candles, photographs and mementos of a loved one who has died to place on the ofrenda (altar). Come willing to honor loss, to remember that we are not alone in our grief, and to renew our knowledge that despite loss, life is worth living and love is worth loving.

Lezley Troxell has been an on-again, off-again active UU member since 1957, when she was named a Unitarian Universalist in Salt Lake City as an infant.