

Humboldt Unitarian Universalist Fellowship



To the Beloved HUUF Community

What prayer does your heart write?

As we look out upon the wide-open canvas of a new season at HUUF, I wonder what themes are present as we watch, listen, and pay attention to what's moving in and around us?

We see stories of transformation, freedom, celebration. A call to reconnect to the natural world and that which is most natural and authentic inside each of us.

A call to uplift and protect the vulnerable.

A call to tell new stories, to ask new questions; to sing new songs and invite new realities into being. (Perhaps that sometimes asks that we pray new prayers, or revive ancient ones.)

Years ago, when we were still in the early throes of the pandemic, meeting exclusively on Zoom and figuring out how to do life in masks and separately from each other, I put together a service on prayer. At the time, I was told this was a rather bold idea for our largely non-theistic, humanist congregation. (Things may have changed a bit since then.) But it was beautiful to invite people into a conversation about the practice of prayer. To ask the questions: *What, to you, is prayer? Do you pray? And if you do, how do you pray? What does it look like?*

The answers that issued forth were beautiful. People spoke about a deep and abiding connection to nature, to silence, to beauty. They talked about communicating with the divine through acts of service and reverence. How they connected with the sublime by digging in their garden, dancing, making music, spending time with those they loved. In the end, those of us UU's assembled that day took this very lofty, high-minded, and See "Prayer," page two

Retreat at HUUF, July 31-August 1

Annual retreat comes home to you

We are thrilled to announce that our annual All-Fellowship Retreat is coming home to our own grounds this

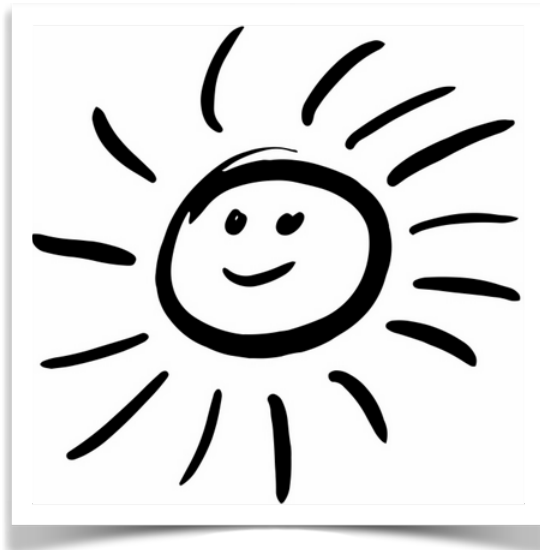
year, scheduled Friday, July 31 through Saturday, August 1. After many years of traveling to the Mattole River, we are making our retreat more inclusive and accessible for everyone

in our commu-

nity. Rising gas prices and mobility challenges can make travel difficult, and we want to ensure that every member, regardless of age, ability, or budget, can join us for this special time of connection.

This year, we are hosting a day-long event at HUUF with an optional sleepover for those who wish to stay late into the night. While we aren't driving hours away, we are keeping all the

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potentially fractious topic of prayer and together we brought it down to earth, embedded in the work, fabric and the lived, embodied experience of the everyday.

Steven Charleston, a Native American elder and author recently said:

“I discovered a path to heaven while mopping my kitchen floor. I uncovered the meaning to my life when I was washing dishes. Wisdom found me in the laundry room folding towels. The sacred is all around us, always. The presence of the sacred is waiting to be found in the daily chores of being alive. In tending the garden, we open windows to eternity.”

It might be said of these times, as an old story is dying and a new one has yet to develop, that we need ways to summon this new world. We need prayers wedded in the here and now that can connect us to a larger vision of what we want to call forth.

And so my question to you all in this season: As you look upon the larger landscape of this world we are co-creating...As you observe the vicissitudes of your own life and the stories and themes emerging right now...As you witness what is transpiring at both the micro and the macro levels...

What prayer is your heart writing today, friends?

For what are you giving thanks?

What challenges do you face for which you seek support, guidance, grace?

Who do you hold in your heart?

And how are you hearing the voice of wisdom speak?

As we move into the fullness of the dawning light, the call to be, to explore and play; may we trust in the journey, embrace the questions as much as the answers, and step boldly forward into the world—a holy, waking construct of divinity, embedded inside the minutiae of this ordinary life.

Yours, in grace and gratitude,

Amy Day, Lay Minister

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elements that make our retreats so magical. Expect the same deep, joyful connection we’ve come to love.

Things like:

Intergenerational time: Sharing stories and laughter across the generations.

Deep connection: Time to simply be, relax, and deepen relationships.

Learning and Creativity: Crafts and learning circles to spark curiosity.

Meaningful Dialogue: Deep-dive discussions on topics that matter to us.

Community Joy: Silly games, campfire songs, s’mores, and a talent-optional show to cap off the day.

Nature and Play: Time to wander in nature and enjoy some fun outdoor water play.

Delicious Food: Plenty of good eats to share together.

We are building this retreat together, and want *you* to be part of it. Whether you have ideas for activities, want to help with food, coordinate games, or just help set up, your voice and hands are welcome. This is a chance to shape an event that truly reflects our diverse and vibrant community.

Want to help plan or execute this delightful, inclusive event? Please contact a member of our planning team below. We can’t wait to create this memory with you!

With warmth and anticipation,

Your Retreat Planning Team,

Dot Campbell (dottesofbluelake@gmail.com)

Rouhollah Aghasaleh (aghasaleh@gmail.com)

Tiffany Hess (connect@huuf.org)

July and August Sunday Services

Sunday, July 5, 11:00 a.m.

Embodying the Heartmind: Yoga as an Art of Sacred Expression

With Dot Campbell and Holli Sinn

Join us for a contemplative service exploring yoga as an art of embodied sacred expression. Worship Leader Dot Campbell will support guest speaker Holli Sinn as she shares yoga as a psychospiritual practice that reconnects body, mind, and spirit, gently mending the inner divides many of us carry.

Drawing from the wisdom of the three bodies and the chakra system, Holli will introduce the *heartmind*—an integrated way of knowing that invites us into deeper presence, compassion, and connection. Yoga also offers a way to meet life's natural cycles—creation and release, living and dying—as part of a greater unfolding, where science and art, body and spirit, are not separate.

The service will include moments of simple breath and meditative movement, accompanied by ethereal piano music from Annette Gurnee Hull, creating a spacious and reflective experience.

Come as you are—curious, weary, open, or searching—and enter a space where nothing is asked of you but your presence. Together, we will listen for the quiet wisdom within and rediscover the subtle, expressive rhythms that connect us to ourselves, to one another, and to something greater.

Sunday, July 12, 11:00 a.m.

A Walk of Self Discovery

With Berti Welty

Berti will lead us on an imaginary walk in the woods. Congregants will be encouraged to write their experiences down, so bringing journals is desired. Paper and writing implements will be provided.

Sunday, July 19, 11:00 a.m.

The Joy of the Spoken Word

With Veronica Galiani

Pat McCutcheon, Colleen Broderick, Rebekah Paez and others will explore the language of poetry and prose. Please bring a short poem or a brief reading of favorite literature to share with us.

Sunday, July 26, 11:00 a.m.

Are UU My Mother?

With Montana Caouette

Mother Earth, Mother Church, Mother Hubbard, Mother Mary, Mother's little helper. Let us celebrate the colorful pallet of what mothering can look like. Like it or not, we've all had one, so let's share our experiences during this Midsummer Mothering Service.

Sunday, August 2, 11:00 a.m.

Heart and Harvest, A Lughnasadh Celebration of the First Harvest

With the Redwood Coast Covenant of UU Pagans

Please join the Grove of Hekate with visiting High Priestesses Akasha and Yansumi as we partake in the Lugh Games and celebrate the harvest with a potluck afterward. This will take place outside, weather permitting, so dress appropriately. Please bring a dish for the potluck, and prepare for a bit of movement.

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Sunday Services, from page three

Sunday, August 9, 11:00 a.m.

Spirit of Life

With Veronica Galiani

Please tell us What, Who, or Where do you turn for strength, comfort or inspiration? Nature, meditation, music, travel, the arts, human kind, or something else? What lifts or has lifted your soul?

Please come and share your experience with us.

Sunday, August 16, 11:00 a.m.

Exploring Expressive Arts

With Berti Welty and Laura Phelan-Shahin

Laura Phelan-Shahin will lead us as we explore the healing properties of engaging in the arts. Science has begun to explain what we've known intuitively for eons—engaging in the arts grounds, connects, and heals us. We'll explore some of the ways the arts are currently being used for healing and engage in an arts-based practice together. Art supports our expression, art helps make meaning, art is our birthright. Let's get curious and make art together.

Sunday, August 23, 11:00 a.m.

Finding Your Sacred Voice: Song, Soul, and Self-Expression

With Liesbet Bickett

Each of us carries a unique voice and a song that belongs to us alone. Yet many of us have learned to doubt, hide, or hold back our expression. This service is a gentle invitation to reconnect with the wisdom, beauty, and power of your voice—not as performance, but as an expression of your authentic self.

Through reflection, listening practices, playful creativity, and simple song, we will explore what it means to hear and honor the voice within. Participants will be invited to discover a short personal mantra or phrase that reflects the wisdom of their heart and, for those who wish, give it voice through simple chanting or melody.

No musical experience is needed. There will be no pressure to perform or share beyond your comfort level. Everything is invitational. Come as you are and join us in celebrating the many ways our souls long to express themselves and connect with one another.

Sunday, August 30, 11:00 a.m.

Sparkling Joy

With Montana Caouette and Amy Day

Join us for this Marie Kondo-inspired service wherein we will invoke her method of decluttering to bring ease, spaciousness, and yes, joy to aspects of our homes and lives. At a time when we are inundated with calls to consume more and more, we will investigate what it means to be intentional, precise, and reverent with what we choose to hold onto, and what we choose to let go.



Climate Action Campaign

Have a drink with CAC and talk about the environment

My apologies for forgetting to write a column on HUUF's Climate Action Campaign for the June issue of the *HUUF Newsletter*. CAC members have remained active in the past few months with several events and projects. Thanks to Ann Kilby for spearheading and facilitating the climate centered Sunday Service on April 28 that featured Elliot Dabill, President of Friends of the Arcata Marsh; to CAC members Ann Kilby, Cena Marino, and Laurel Busse who joined me to staff an informational table on climate related legislation during the "Love at the Center" Sunday Service in May; and to CAC members who collaborated on the "Books to Elementary Schools" project we've done jointly with members of 350 Humboldt.

Regarding the Book Project, we appreciate the support from Ann, Cena, Laurel, and Sylvia Shaw who packaged and delivered sets of climate related books in locally created gift tote bags to the following elementary schools in May: Big Lagoon, Kneeland, Blue Lake, and to the five schools in the Klamath-Trinity Unified School District.

Thanks to our HUUF members and friends for the very good postcard response at the May 24 CAC climate action tabling, with 29 postcards sent from HUUF that day (thank you, Cena, for mailing them). Thanks to those who called their legislators' offices to support the California Plug-In Solar Bill. The bill has been passed by the State Senate and next faces the Assembly Appropriations Committee where it will be considered sometime in August.

Invitation to join CAC members for a climate related outreach party on Monday, July 13, 5:30 p.m. at HumBrews in Arcata

Every month, Friends of the Eel River hosts a gathering with other environmentally active people at HumBrews in Arcata to enjoy each others' company and discuss issues we're trying to impact. A different local group is featured each month, and in July, 350 Humboldt and CAC have been invited to come talk about our work.

Everyone is welcome at our party, so we hope you will consider joining us. HumBrews is a family restaurant, and CAC will have drinks and some food available. Come help us spread the word about our work. We'll have our CAC pamphlets and a legislative action to discuss, and pre-stamped postcards for people to send to a decision maker.

May the summer days warm our spirits regardless of where we might be, staying close to home or traveling across the country or the globe, so that we might continue the work of protecting the Earth, her climate, and all life.

Sue L. Mossman, co-chair

Wednesday evening donation-based vocal coaching

We're thrilled to announce that our new HUUF Choir Director, Kay Raplenovich, is generously volunteering her time this summer to elevate our burgeoning choir. Join Kay for donation-based group singing and vocal training sessions. Come as you are, pay what you can, and drop in whenever you can make it. With decades of vocal performance and coaching experience, Kay offers an incredibly rare opportunity for in-depth training at an accessible price.

Sessions take place Wednesdays from 6:45-8:15 p.m. at the Fellowship. For more information, contact Kay directly at kaysraplenovich@gmail.com.



Humboldt Unitarian Universalist Fellowship

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Broderick

Saturday, August 29

Day of Mindfulness at HUUF

The Ancient Forest Sangha offers a Day of Mindfulness to the community, led by Dharma Teacher Alexa Singer-Telles. It will take place at HUUF on Saturday, August 29, from 10:00 a.m. to 4:00 p.m..

We will spend the day in contemplation of the Brahmaviharas (“The Four Immeasurable Minds”): loving kindness, compassion, equanimity, and empathetic or radiant joy. In the words of Vietnamese Zen teacher Thich Nhat Hanh: “The Brahmaviharas are four elements of true love. They are called Immeasurable, because if you practice them, they will grow every day until they embrace the whole world. You will become happier and those around you will become happier, also.”

Suggested donation for the event will be \$40, with larger donations welcome to cover the cost for those who cannot afford to pay. No one will be turned away for lack of funds. We ask that people bring a sack lunch for themselves. Please let us know if you would like to join us by emailing Valerie Gizinski at polkaqueen@gmail.com.

Our Sangha is a mindfulness meditation group in the Plum Village tradition of Thich Nhat Hanh. We gather weekly for meditation, dharma readings and deep listening to each other. Gatherings are from 7:00–8:15 p.m. in the Sanctuary. To find out more, visit ancientforestsangha.org.

Valerie Gizinski

Classified Ad

Our sweet male cockatiel is seeking a new home. He's a very social guy and needs a cat-free environment with consistent human or bird company. Loves broccoli, head rubs, warm showers, and being around people. Flexible rehoming fee includes cages and accessories.

Maggie McKnight, (510) 684-7676 or maggiemcknight@gmail.com