

## Sunday Services

### **July 7 – 10:30 a.m. Rewarding Reading for the Summer – Valerie Gizinski**

Many of us nurture our souls and spirits through reading. You may find our cold, wet winters conducive to curling up with a wonderful book, or perhaps the leisurely days of summer are when you find the masterpiece that speaks to your heart. Besides the pleasure of reading itself, equally satisfying is sharing our treasures with others. Please come to summarize your latest favorite in three minutes without giving away too much. Valerie Gizinski has been a Fellowship member since 1995. She recently read *War and Peace* on her iPod – proof that modern technology can co-exist with 19<sup>th</sup> century Russian literature.

### **July 14 – 10:30 a.m. Witnessing and Transforming Inside and Out – Claire Blotter**

How do we remain present to see and accept others as they really are? How do we respond ethically and compassionately when confronted with increasingly complex challenges? Marin poet Claire Blotter will examine the perplexing and cascading issues of environmental destruction, injustice and violence and the range of feelings they evoke. Using rhythms, movement, breathing and chanting, she will demonstrate how transforming personal inner chaos and confusion into loving kindness can affect and change the wider community in both small and momentous ways. Claire is a writer, director and teacher who performs poetry and monologues with movement, body percussion and music. She has received several Artist's Grants in Poetry, won the Bay Guardian Poetry Contest and two S.F. Performance Poetry Slams, and placed second in the National Team Competitions in Boston and Chicago.

### **July 21 – 10:30 a.m. Summer memories**

Come sit back and sip lemonade as we recall summer memories. We all have memories of summer to share from childhood and adulthood. Come sit and listen as our shared stories take us to other places and on adventures.

### **July 28 – 10:30 a.m. Recreation as Re-Creating – Berti Welty**

There is the old adage, "All work and no play makes Jack a dull boy." In our performance-driven society we often do not take time to nourish our inner selves. If we continually focus on what must be accomplished, we risk losing our perspective, enthusiasm and direction. We plod along, noses to the grindstone. It is only by stepping away from our everyday lives that we replenish our inner well. In almost every school of thought or religion, the 'learned master' physically goes away for a period of time during which she/he reflects on deep matters, has adventures, and often fights with his/her inner demons. The sojourner returns to the people, refreshed with new insights. We too need to take time in our busy lives to re-create ourselves. We will explore different ways that we have found to replenish ourselves.

# Sunday Services

**August 4 – 10:30 a.m.**

**Peace Pole Sunday – Social Action Committee**

How does the memory of Hiroshima and Nagasaki relate to Humboldt County today? Chip Sharpe will lead a community panel which will address this question. The service will include a gathering around the Peace Pole, where participants will place flowers and join Sandy Lynn in singing. Those attending are asked to bring flowers.

**August 11 – 10:30 a.m.**

Information on this service will be announced later.

**August 18 – 10:30 a.m. Rev. Eric Duff**

Guest speaker will be the Rev. Eric Duff, an Episcopal priest and licensed clinical social worker who has a psychotherapy practice in McKinleyville. He writes a regular "My Word" for the *Times-Standard*.

**August 25 – 10:30 a.m.**

**Tara, the Sacred Feminine – Lama Choyang**

How do we access qualities of unconditioned acceptance, compassion and love? In the Tibetan Buddhist tradition, Tara is an embodiment of wisdom and compassion. We meet our human sense of feeling separate and seeking to be received through cultivating a relationship with Tara. We also deepen into an experience of knowing that Tara is not separate from our own essence nature. Lama Choyang will speak to the universal need to access these sacred qualities and come to know them as our own.

Lama Choyang has practiced Tibetan Buddhism for more than 20 years under the guidance of Chagdud Tulku Rinpoche and then his lineage holder, Lama Drimed Norbu. She completed seven years of retreat and was ordained as a lama by Lama Drimed in 2009. She studied at Harvard, spent several years living in India, and practiced social work before moving to Rigdzin Ling to enter retreat. She currently lives in Arcata.