

Sunday, July 3 – 11 a.m. – Leading into Faith – Lorena Boswell

It's difficult to completely face the unknown with the calm faith that, one way or another, everything will work out. As a Quaker, Lorena Boswell seeks guidance from a sense of Spirit greater than oneself. It is called "a leading." Lorena will speak of listening for the "still, small voice of God" underneath her own loud, panicky voice, and of her journey to recognize and more deeply trust her leadings. With mindfulness we can all breathe in the calm beauty of this mysterious life and trust the path we are being led toward.

Last year Lorena left Humboldt and moved to Berkeley to follow her calling to become a chaplain. She has graduated from Starr King School for the Ministry and will be a chaplain-in-residence at Alta Bates Hospital in Berkeley next year. She grew up a UU and is now a member of the Humboldt Friends Meeting and a sojourning member of the Strawberry Creek Meeting in Berkeley.

Sunday, July 10 – 11 a.m. – The Sufi Practice of Being on Retreat in the Midst of Chaos – Jamila Tharp

The Sufi spiritual practice of Khalvat Dar Anjuman means to be on retreat in the midst of chaos. Unlike an outward retreat, where the seeker, far from people, sits alone in their vision quest until they come into contact with the spiritual world, Khalvat Dar Anjuman is a hidden retreat. Here the seeker, outwardly surrounded by people, inwardly seeks to be at peace with the consciousness of the Reality of Unity of the One.

Jamila graduated from Starr King seminary and is a worship leader in the Sufi Muslim tradition. She is a candidate for Unitarian Universalist ministry, on track to be ordained as a UU minister next year. She, her wife, and their three children are members of HUUF.

Sunday, July 17 – 11 a.m. – Don't Worry, Be Happy: Musical Offerings to Lift our Spirits

When the world presses in and we can't stop our minds from dwelling on our problems and all that's wrong with the world, it's time to turn on the tunes. Jazz, opera, rock or chant, bring a favorite selection to share. They can be on CDs, iTunes, or live performances. Help expand the repertoire of songs we can turn to in trying times. Bonnie MacGregor will orchestrate.

Sunday, July 24 11 a.m. – Poetry of Place – Wendy Rowan

Trillium Falls

Sunlight slants through redwoods,
beckons me to leave my stony unforgiving,
to hike this winding path. . .

This Sunday bring a poem to share that has led you to a centered place. Bring a poem about a place that cultivates mindfulness in you. For example, you might bring a poem by a favorite poet, like Mary Oliver, or you might share a poem about your travels this summer.

Sunday, July 31 – 11 a.m. – Once Upon a Pilgrimage – Roy Tamashiro

For his sabbatical from teaching at Webster University in St. Louis, MO., Roy Tamashiro answered a calling to embark on a peace pilgrimage to mark the 70th year since the atomic bombing of Hiroshima and Nagasaki. There was no set itinerary or destination. His journey began in Humboldt County last July, and unfolded with stops in five countries across Asia, six in Europe, and 20 cities in the U.S.

Roy will share stories of bearing witness, healing through listening, and awakening to expanded consciousness. He describes how these glimpses into mindfulness can flow into living an enlightened presence in day-to-day life.