

# Sunday Services

## **September 4 – 10 a.m. A Resilient Life -- Marianne Pennekamp**

Marianne Pennekamp will continue the discussion from her August presentation about her early life, and share how the experience of resilience contributes to her work for children, families and communities. Her stories about the power of resiliency and her lessons learned are valuable examples for the challenges of our current time. Come to understand her calling and have the opportunity to reflect upon your own.

## **September 11 – 10 a.m. Gathering of the Waters**

As summer melds into autumn, members of the Fellowship reunite after what has been a season of travel and adventure for many. It is our tradition to bring a sampling of water from the places we have visited, with some bringing “virtual water.” One by one, each small container of water is poured into a communal bowl as the stories of travel and insight are shared with the Fellowship. After the service, there will be a potluck luncheon. Please leave your dish in the kitchen before the service begins.

## **September 18 – 10:30 a.m. only Sufism and the Mystic Poets of Persia – Scott Sattler**

Great confusion surrounds the word “mysticism.” Frequently words that try to clarify this confusion only add to it, reports our speaker, Scott Sattler. But in the Middle East, among the Persian-speakers of the 12<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup> centuries, a cluster of dervish poets captured the essence of the universal spiritual attunement and condensed its beauty and resonant truth onto the written page. Throughout much of the world today, the names Sana'i, Attar, Rumi, Saadi and Hafiz are known for their ability to shepherd the hearts and souls of humanity. “These were the Sufi mystic poets and they beg to be shared. We will dip our toes into this ocean.”

## **September 25 – 10:30 a.m. only The Gift of Anger – Pam Gehrke**

Anger: What is it good for? Labeled as a basic emotion, and also as one of the Seven Deadly Sins, anger is a legacy of natural selection that enabled our distant ancestors to act for survival in life-threatening situations. Nowadays, however, it often stresses our bodies and leads us to regrettable deeds. Pam will discuss what wisdom can be found when we channel our anger toward productive and compassionate engagement with loved ones, friends and our communities. She will also explore myths about angry heroes and the spiritual resources for dealing with feelings in healthy ways.

Pam is a Unitarian Universalist ministerial candidate and a graduate of Starr King School of the Ministry. Before attending seminary, she taught writing, literature and mythology for many years.