



*We welcome the full range of human diversity, that is, age, race, gender, ability, sexual orientation, and ethnicity.*

### The Theme for September is Spiritual Practice.

A spiritual practice is any activity or attitude in which you can regularly and intentionally engage, and which significantly deepens the quality of your relationship with the miracle of life both within and beyond you. Join us for our September programs as we explore a variety of spiritual practices. We'll learn what constitutes a spiritual practice, the benefits of a practice, and how to begin the practice that's best for you.

### September 1: Michelle Bennett "Water Ceremony"

Our Fellowship, like many Unitarian Universalist congregations around the country, observe an annual tradition in early September called "The Water Ceremony." This ceremony has become a ritual in our Fellowship to mark the end of summer and the beginning of the church year. Water, the universal symbol of the spirit, reminds us of its importance and fragile nature in sustaining life. Please feel free to bring water (authentic or symbolic) from your travels or experiences during the summer to add to a common bowl of water which symbolizes our shared faith that comes from many different sources. Michelle has lived in the area all her life and recently retired from UTMB after 28 years of service. She has been a member of UU for around two years (traveling a long and convoluted path of spiritual seeking). \*Comp Offering - Communities in Schools\*

**Greeter: Bets Anderson** **BMOD: TBA**  
**Facilitator: Cheryl Henry** **Music: Tony DiNuzzio**

### September 8: Cheryl Sanders Henry "Friendship as a Spiritual Practice".

Many years ago, the Buddha and his attendant Ananda were walking quietly together. Out of the silence, the Ananda spoke, "Teacher, to have companions and comrades on the great way is so amazing! I have come to realize that friendship is fully half of an authentic spiritual life. They continued along quietly for a while longer. And, then, out of the silence, the Holy One responded, "No, dear one. Without companions and comrades, no one can live into the deep, finding the true harmonies of life, to achieve authentic wisdom. To say it simply, friendship is the whole of spiritual life." Please join us for this program on Sunday, September 8th, to learn how to engage in friendship as a spiritual practice. Cheryl retired from a career in corporate training and organizational development. She is now happily engaged in all those things she never had time to do. A member of the UU Fellowship since 2007, Cheryl has served as president of the Fellowship and now participates on the Membership Team and facilitates the Fellowship's Chalice Circles.

**Greeter: Lisa Windsor** **BMOD: TBA**  
**Facilitator: Cheryl Henry** **Music: Margaret Canavan**

### September 15: Kathleen Di Natale "Spiritual Practice as Self Care: Protecting the Essential Self"

Spiritual texts and practices have evolved from those concepts that deny & vilify the physical body to practices that honor the temple of the body, mind and spirit as essential and inseparable. Kathleen DiNatale has taught yoga, somatic practices and meditation in Galveston since 1998. She is the owner/director of The Yoga Haven.

**Greeter: Judy Glaister** **BMOD: TBA**  
**Facilitator: Madeleine Baker** **Music: Bruce Mauzy**

### September 22: Rev. Dr. Randy Partain "Mapping Power"

Some spiritual practices help us do better at connecting our values and our actions. One of the things that can get in the way of having integrity between our actions and our beliefs is the way we think about power. A spiritual practice of mapping power can help us understand where power comes from in our lives and how we can use our power with integrity, even in moments where we may feel a bit powerless. Rev. Partain describes himself as passionate about meaningful, authentic community, and he encourages people to think about what they believe and to live out their beliefs meaningfully.

**Greeter: Martha Terrill** **BMOD: TBA**  
**Facilitator: Mary Case** **Music: Tony DiNuzzio**

### September 29: Terry Conrad MA, CVCA "What is Spiritual Practice?"

Are we born with the urge to be happy? Is it innate to our very being? Consider the possibility that everything we need to be happy is already within us. The ability to be happy doesn't have to be bought or created, just cultivated. Is this true? Everyone we know will admit to having a good heart, the desire for love, friendship, happiness. What holds us back? How do we get in the way of our own happiness? Terry is the owner of CERESSET® Galveston, a revolutionary brain-balancing technology that facilitates wellness and well-being at his office on Post Office Street, in downtown Galveston. He's had a life-long interest in the roles of art, science, spiritual practice, and technology in realizing the fullest potential for human growth, health, and spiritual realiza-

# SEPT 2019 — UU Galveston

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> <u>Compassionate Offering</u> <b>9am</b> Adult Forum 10:30a Michelle Bennett "Water Ceremony" <b>10:30a</b> Children's Religious Educ.	<b>2</b> <b>LABOR DAY</b>	<b>3</b>	<b>4</b> 5pm Bowlers 8p AA Phoenix	<b>5</b>	<b>6</b> 1p Handcraft Group	<b>7</b>
<b>8</b> <b>9am</b> Adult Forum 10:30a Cheryl Sanders Henry "Friendship as a Spiritual Practice". 10:30a Children's Religious Educ. 8p AA Phoenix	<b>9</b>	<b>10</b> 1:30p Chalice Circle 6pm Chalice Circle  Must be pre-enrolled to attend Chalice Circle, thanks!	<b>11</b> 5pm Bowlers 7p Book Club: <u>Unfinished Woman by Lillian Hellman</u> 8p AA Phoenix	<b>12</b>	<b>13</b> 9a Admin/ A-Team Mtg 1p Handcraft Group	<b>14</b>
<b>15</b> <b>9am</b> Adult Forum <b>10:30a</b> Kathleen Di Natale "Spiritual Practice as Self Care: Protecting the Essential Self" <b>10:30a</b> Children's Religious Educ.	<b>16</b>	<b>17</b>	<b>18</b> 5pm Bowlers 8p AA Phoenix	<b>19</b> 5:30p Board Meeting	<b>20</b> 1p Handcraft Group 7pm Banned Book Reading	<b>21</b> 8:45am— <b>Adopt a Beach Fall Clean up</b> at Menard Park at 27th & Seawall Blvd.
<b>22</b> <b>9am</b> Adult Forum <b>10:30a</b> Rev. Dr. Randy Partain, "Mapping Power" <b>10:30a</b> Children's Religious Educ. <b>6:30p</b> Spirituality of Poker 8p AA Phoenix	<b>23</b>  <i>Please send OCT info &amp; announcements to the admin <a href="mailto:uugalveston@gmail.com">uugalveston@gmail.com</a></i>	<b>24</b> 1:30p Chalice Circle 6pm Chalice Circle  Must be pre-enrolled to attend Chalice Circle, thanks!	<b>25</b> 5pm Bowlers 8p AA Phoenix	<b>26</b>	<b>27</b> 1p Handcraft Group	<b>28</b>
<b>29</b> <u>Potluck Lunch</u> <b>9am</b> Adult Forum <b>10:30a</b> Terry Conrad MA, CVCA "What is Spiritual Practice?" <b>10:30a</b> Children's Religious Educ. <b>6:30p</b> Game Night	<b>30</b>	 <div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: fit-content;"> <p style="text-align: center;"><b>OUR AFFIRMATION:</b>            Love is the spirit of this church, and service is its gift.            This is our great covenant: To dwell together in peace,</p> </div>				