



## Spiritual Vespers Services Fall Schedule

Unitarian Universalist Society

*All are Welcome to attend: Free & Open to the Public*

**September 7<sup>th</sup>, 2011 5:30-6:30 (was postponed to October 5<sup>th</sup>)**

**October 5<sup>th</sup>, 5:30**

**"Happiness is a Choice"- Spiritual Vespers**

Spiritual Vespers is a quiet, self-reflective, healing and centering service held on the first Wednesday of every month at 5:30. Diana Friedell, Spiritual Intuitive, hosts the service and often brings in a guest who will add an insightful, spiritual perspective to our topic of the day. There is a guided meditation with time for you to tune into your own inner guidance, a time to light candles for our individual joys and concerns- and to send healing light out to the world.

This month's vespers will be held on September 7<sup>th</sup> in the sanctuary from 5:30-6:30, and Diana welcomes Rev. Craig Schwalenberg, Minister at UUSO, as they delve into the topic "Happiness is a Choice"- examining our beliefs about what makes us happy as we shape our directions and goals for the fall and "the new school year".

**November 2<sup>nd</sup>, 5:30**

**"Fear is the Mind Killer"**

Emily VanLaeys, Celebrant & Diana Friedell

On Halloween, we love to be scared! Releasing fear to re-gain control in the midst of fearful situations.

**December 7<sup>th</sup>, 5:30**

**"Giving and Receiving"**

Sometimes when we give, whether it be volunteer work or money to a charitable cause, we feel that we have lost something- and resentment grows. What if we could fully commit to each gift this season, so that all gifts become powerful agents for change.

**January 4<sup>th</sup>, 5:30**

**"Meditation for a New Year"**

Diana Friedell, Spiritual Intuitive,

Start the New Year off by visioning new possibilities for a better life

**February 1<sup>st</sup>, 5:30**

**"Evolving Spirituality"**

Many of us are on our own spiritual path and have had new spiritual openings, resulting in shedding old beliefs. The old beliefs are like ill-fitting clothes, that you put in a box to get rid of, and they keep showing back up, in your closet, because of the societal pressure to fit in to other people's expectations.