

The Gathering at Northern Hills, A Unitarian Universalist Community

The Harbinger

***The Gathering at Northern Hills
is a congregation
of free people***

***As such, we celebrate
diversity and welcome to our
services all persons,
irrespective of race, ethnicity,
disability, sexual orientation,
or faith.***

***We invite and welcome to our
membership those in agree-
ment with our purposes and
principles.***

Website:

<http://www.gnhuu.org>

**Join GNH Sunday
Morning Services
at 10:45**

or Join GNH on Zoom

<https://zoom.us/j/91833287637>

**Please email
gnhuu460@gmail.com
to receive additional
Church information**



October is an awareness month for several causes, most notably Breast Cancer Awareness Month and Domestic Violence Awareness Month, but also including ADHD Awareness Month, National Down Syndrome Awareness Month, LGBTQ+ History Month, and Health Literacy Month, among many others. These various awareness months serve to educate the public, reduce stigma, and promote support for individuals affected by these issues.

Sanctuary Services

Office Hours: Tuesday and Thursday
11:am - 4:00 PM

Join GNH Zoom Sunday Morning Service Meeting

<https://zoom.us/j/91833287637>

GNH currently offers hybrid services.

You may attend in our sanctuary or online via our Zoom Link:

All past service videos can be found on the church webpage: gnhuu.org

Click where it says "**View the latest service videos here**" and the most recent service video will appear. At the top right of the video you will see a three line icon, click this to access other service videos.

Masks Consideration

COVIDACTNOW.org states that our area is at a **MEDIUM** level of community risk for COVID, Please consider your personal situation and make the choice that is right for you.

SUNDAY MORNING SERVICES **Month of October**

This Sunday, October 12, 2025, The Unitarian Universalist Tradition of Water Communion. Member Leader **Khoa Lewis**..

Don' forget to bring your sample in a small container for Sunday morning!

The Gathering at Northern Hills celebrates the annual **Water Communion** this Sunday, October 12, 2025. This is a very special time for the church members and friends of GNH. Join your beloved community by bringing a sample of water from your summer travels back to combine with the samples of other members. It can come from as far away as an ocean on the other side of the world, or from your backyard, your kitchen (or even the church kitchen, if it comes to that)

Next Sunday, October 19, 2025, "Igniting Peace through Nonviolence."

Guest speaker **Samantha Searls**, Program Director of Ignite Peace.

Ignite Peace embraces nonviolent action as the pathway and strategy to systemic and societal change. Nonviolence is a way of life, a set of principles, a collection of practices for navigating conflict, and a toolbox for making change. Nonviolence is courageous and requires taking action in the face of injustice. Come hear what Ignite Peace is doing to promote nonviolence and anti-racism while addressing the issues of criminal justice and immigration justice in our region and beyond.

Sunday, October 26, 2025, "Neurotheology: Is the Brain Hard-Wired for Spirituality?". Member Speaker **Tom Lottman**.

"Science without spirituality is incomplete; spirituality without science is blind." (adapted from Einstein). Neural networks such as the default mode network are consistently active when people describe spiritual experiences. This presentation will explore the intersection of Neuroscience, Theology, and Quantum Physics to suggest consciousness connections as a spiritual path. Jump with Tom down the rabbit hole of scientific thresholds, and come back with new, simple practices to inform your spiritual journey.

Konsious Konsense (Issue 2)

Hello again fellow members and friends of GNH.

Let's talk about the power of names. I was blessed to raise my godson, Ryan, from age 2 to 10, stepping fully into the role of father. When we reconnected just after his 19 birthday, I told him I now called myself "Khoa", the spiritual name given to me by my shaman teachers, indicating that he may still choose to call me "Poppa Joseph". He replied "oh no, Poppa, you told me that names are important...if you go by Khoa I will call you Poppa Khoa". In that moment I had the feeling that I had been the father I wanted to be--that I had an influence worthy of my aspirations in my son's life.

That feeling also demonstrated, in a concrete and personal way, what power resides in a name. People cite the admonition not to name a fear out loud lest you manifest it; complementarily, we also are told to speak our intentions because naming them helps us to walk a path on which they will manifest. That my son knew this and honored me by using it was a profound use of the power of naming. I have always fantasized about a culture that includes a self-naming ritual at some mid-life point when a member knows who they mean to become and chooses a name for themselves. Indeed, I chose to rename myself by first sharing that intention here in my spiritual home at GNH. Mahalo!

Another naming recently got some discussion after a couple of my messages in which I used "the Divine" where most use the word "God" or perhaps would simply not conceive of things in that way. I did some reflecting on this and I came to the following thoughts. I had used the phrase "the divine creative principle that is the source of everything" in those messages and grounded those words in ideas like "agape" and "gargantuan geode of god". The relevant definition of '*principle*' would be a fundamental proposition or truth that serves as the foundation for everything that follows from it. Since the essential aspect of this source is that it creates--it is the creator of everything--we necessarily include that qualifier '*creative*'. It would technically suffice to call it a --or *the* creative principle. Common usage by people writing about their journey of understanding it, typically, has that additional first word '*divine*', which to me only scratches the surface of what an understanding of it feels like. I concur with that pattern of usage: just 'creative principle' carries insufficient significance.

The "divine creative principle of the universe that is the source of all" definitely is a mouthful to repeat throughout every conversation that pertains to the idea. We naturally settle into a short-form way of naming it. To adherents of traditions older than Western philosophy--rooted in other languages and cultures--there are many names that identify the divine creative principle.

Konsious Konscience (Issue 2)

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They are bound in those languages to direct personal experiences of it. For a native of those traditions, thinking about what we may call the divine creative principle maps in their minds directly from the experience to the name. Great Spirit does this for many Native Americans. Taoism (a system of understanding that places "the way things are"--the patterns in the unfolding process of becoming--as the central source of reality) uses for that name "the Tao" (the way). Emerson used "the Over-soul".

The most commonly used term in the Western world, 'God', in its strong association with Christianity, poses a challenge for many. Much of the perception of that family of religions stems from the sociopolitical roles and constructs that have fallen to its leaders. The deeper ecstatic experience of their name for the divine creative principle remains hidden behind a veil. When that direct experience transcends the hierarchical obfuscation, mystics of those faiths--like the poet Rumi describes in the perceptions of God in his faith--know that same deep, innate mapping of the words *'God*' and 'Yaweh' to this source principle behind all. In seeking a short, simple term to capture the awesome and loving quality of this principle, finding a word can be challenging if you do not come from--or have left firmly behind in your spiritual evolution--those traditions that have such a mapping as a name provides. Or it may be that one identifies with the meaning as captured in multiple faiths and seeks a word to respect this plurality.

I personally went through an extended period where I leaned into my training as a scientist, seeing the spiritual through roughly humanist eyes. During that time I felt a need to eschew the associations with the word 'God' that had developed as a youth raised in a conservative and charismatic Christian tradition. Eventually the scars of those associations healed and my rejection of religious formalisms softened. I explored Buddhism and Taoism and Wicca, among others, ultimately being led to research on holotropic states of consciousness. Many similar descriptions of source had incubated in my mind, which I found in strong agreement with the way such research described **the divine creative principle that is the source of all**. One way to shorten that to a *name* simply is to say, *source* or *the Divine*. I like the contrast with my scientific disposition that 'divine' has over 'source'. So I call it **the Divine** for short; and I capitalize it because ... it's a big deal.

In the water communion service on October 12 we will bless our intentions moving into the next period of our lives with our community gathered waters, giving name to that of which we let go and calling to ourselves by name that which we intend. Your mission, should you choose to accept it, is to decide on those names. For next time, I'd like to hear your thoughts on the meaning of this column's title **Konscious Konscience**; and as always, any ideas you have for services.

khoalewis@proton.me

Donations Requested for VICRC Holiday Sharing Program

GNH is again participating in VICRC's
(Valley Interfaith Community Resource Center)
Holiday Sharing program and has been asked to donate
\$25 gift cards for either Walmart or Target by Sunday, December 7th.
VICRC is also accepting unwrapped children's gifts.
Donations can be given to Betsy Anderson.

CONGRADULATIONS TO JACK BRENNAN "Football Sissy"

The release of his book was on September 9, 2025.
It is in book stores and Amazon



TUESDAY DISCUSSION GROUP

**Every Second Tuesday
Discussion via Zoom**

**The next meeting will be on The Second Tuesday,
October 14, 2025
from 3:00 to 4:00 pm via Zoom.**

For the Second Tuesday discussion this month, participants are asked to recall a poem, song, quotation, or aphorism that they were required to memorize or chose to learn as a child. It may be something you liked or hated.

We will share the selections with the group
(you may look up your piece if you have forgotten part of it)
and think about how we feel about it now.

This is an informal meeting of a casual group of GNH members and friends.

ALL are welcome and encouraged to join this session.

If you are not already on the mailing list to receive the Zoom link and preparation email, contact Susanne Bjorner susanne.bjorner@gmail.com
or Sue Cline scline0149@gmail.com.

Lighthouse Shelter for Youth

**October 20, 2025,
Third Monday of the Month, at 12:00 PM.**

**All drop off food is welcome.
Cook and/or Serve Lunch for homeless youth**

***We arrive at the Lighthouse at 11:30 and serve at noon.
Contact Cheryl if anyone wants to donate food.***

Book Club

Will Meet on the 1st Friday each month

November 7, 2025

GNH Quimby Room at 1:00 PM

November 7, 2025 The Other Einstein

by Marie Benedict



December 5, 2025 James by Percival Everett

January 2, 2026 Belgravia by Julian Fellowes

February 6, 2026 Becoming Madame Secretary

by Stephanie Dray

March 6, 2026 Why Fish Don't Exist by Lulu Miller

April 3, 2026 Life And Art by Richard Russo

May 1, 2026 Football Sissy by Jack Brennan

June 5, 2026 The God of The Woods by Liz Moore

GNH BOOK CLUB

GNH Community Garden

GNH COMMUNITY GARDEN ... Calling all Gardeners!

Fall is here and we will be closing
our garden down soon!!



GNH CARE TEAM

For Emergency Contact Information

We would like to keep basic emergency contact information for any member who lives alone or anyone who feels they would like the Care Team to have the information. This would include a family member or friend who could be contacted if there is some concern when someone has not been seen at services & has had no contact with anyone for a while. Participation is purely voluntary. If you are interested please contact your Care Team members through our designated email (gnhcareteam@gmail.com) or speak to one of us at services.

Anita, Becky, Betsy, Linda, Marti, Sue Woodruff, Susanne Bjorner, Ruth

CARE TEAM BIRTH DATES REQUEST

The Care Team would like to get birthdates for as many members as we can who would like to receive greetings on their birthday. We ask that you email the Care Team with your birth date. Including the year would be optional. "The Care Team would like to celebrate you on your birthday.

Please send your birth date (year is optional) in an email to the Care Team at gnhcareteam@gmail.com if you would like to receive birthday greetings. If you have a birthday list you are willing to share we would surely appreciate it. "Please contact Ruth Kraus at ruth.kraus@yahoo.com if you have any questions.



There is a basket at the back of the sanctuary for anyone who would like to donate cards for the Care Team's use. All donations will be appreciated.

THOUGHTS AND PRAYERS

GNH Member, Bob Freer passed Wednesday, September 17, 2025.

The family is planning a memorial service for Bob here at GNH on
Saturday morning, November 22, 2025.

Let us keep his family and friends in our thoughts and prayers.

Please contact Adrienne at ghnuu460@gmail.com

If you know of any member or friend with care needs.

Ways to give to GNH

GNH is grateful for all those who have kept up with their pledges during the pandemic and days of virtual services.

As you know, there are several ways to give of your financial resources to GNH:

- Mail a check to GNH.
- Ask your bank or credit union to mail a monthly check automatically. Many banks do not charge fees for this service. Check with your bank.
- Set up monthly or quarterly automatic payments from your investment accounts. Talk to your financial adviser.
- ◊ Use our online giving app, Givelify. Set up your personal confidential account at <https://giv.li/phv85g>. Download the Givelify app to your smartphone using the Apple Store or Google Play. Once you have the app, donating to GNH is as easy as Tap. Give. Done. (Note that Givelify charges GNH a transaction fee of 2.9% on each transaction, so you may want to increase your online donation by a small percentage to compensate.)

NEWSLETTER POLICY (September 2008)

All items that appear in the Harbinger should be of general interest to the members and friends of GNH and be consistent with GNH's mission, purposes, and policies.

Newsletter submission should be as brief as possible, with a 500 word maximum. The editor has the right and responsibility to edit as needed to ensure conciseness and readability. The editor also has the right to delay publishing non-time-critical articles as available space may require.

The newsletter editor may refuse publication if a submission is considered inappropriate.

The editor shall consult with the minister and the Trustee who holds the communication portfolio for guidance in what shall be published.

Members of GNH shall have the choice to receive the Harbinger electronically or via paper mail. The newsletter shall be posted on the website. Do not submit names or contact information without the consent of other persons.

The Harbinger mailing list shall not be used for business purposes or for any type of mailings

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OFFICE HOURS



NEXT Harbinger

**Our Next Harbinger will be
Tuesday, October 21, 2025**

**Please have all articles to the
office by
10 a.m. by the deadline, Monday,
October 20, 2025 before the
Harbinger is published.
Space can be
reserved on the rare occasion an
article needs to be late.**