

## Sunday Services

**Sunday, Jan. 3 – 9 and 11 a.m.**

**Arriving with Presence and Joy in the New Year – Lama Choyang**

Proust said that the voyage of discovery lies not in seeking new vistas but in having new eyes. We can be nourished and enriched by seeing our familiar place with a fresh quality of attention and care. A sacred pause offers the opportunity to breathe and connect with ourselves and our world. On this first Sunday of the New Year, Lama Choyang will share reflections, readings, and a meditation on presence and joy.

Previously known as Allison Rader, Lama Choyang has been studying and practicing Buddhism for 25 years. She did several years of retreat and was ordained as a teacher in the Tibetan Buddhist tradition in 2009. She is currently living in Arcata, working as a chaplain with Hospice of Humboldt, in addition to teaching and leading meditation retreats.

**Sunday, Jan. 10 – 9 and 11 a.m.**

**A New Year: A New Understanding of Our Community – Rev. Bryan Jessup**

In this service we will look at why people come to religious congregations and how we might support them and one another.

**Sunday, Jan. 17 – 9 and 11 a.m.**

**Martin Luther King Jr. Sunday: Black Lives Matter – Rev. Bryan Jessup**

The “Black Lives Matter” movement has stirred up a great deal of controversy in this country. Why might this movement even need to say “Black Lives Matter?”

**Sunday, Jan. 24 – 9 and 11 a.m.**

**Living on the Ancestral Lands of the Wiyot – Thomas Torma Ph. D.**

Dr. Thomas Torma is the Cultural Director for the Wiyot tribe. In this service he will talk about the history of the Wiyot people and about some of the challenges they face now. He will talk about how different people who are now living on land that was the Wiyot’s home might do so with mindfulness and care.

**Sunday, Jan. 31 – 9 and 11 a.m.**

**Original Complexity: Living in a Complicated World – Rev. Bryan Jessup**

In Unitarian Universalism, we try mightily to work for the good, but the “good” is often clearer in theory than in practice. We ourselves are mixtures of shadow and light and are caught in systems full of shadow and light as well.