

# Sunday Services

**Sunday Feb. 5 – 9 and 11 a.m.**

**We Are Who We Are – And This Is the World As We Know It – Rev. Bryan Jessup**

We Unitarian Universalists are known far and wide as idealists. Paradoxically, we are also known as realists. Yet accepting the world as it is, and accepting ourselves and one another as we are, even as we keep working to grow and change, is not easy. In this service we will explore life in the paradox.

**Sunday Feb. 12 – 9 and 11 a.m.**

**What Does It Mean to Be a Community of Healing? – Jamila Tharp**

Our spiritual work in Unitarian Universalism is not to change another's views but to bond on a human level. Unitarian Universalism draws upon the wisdom and teachings from the world's religions, which inspire us in our ethical and spiritual life. To come to know the other who is different is a Qur'anic injunction. Tragically, few of us can follow this simple prescription because it is so difficult to grow out of our conditioning and tribalism. Yet, what if this is exactly what is necessary to be a community of healing?

Jamila is a worship leader and a spiritual guide in the Sufi Muslim tradition. She will be ordained as a UU minister at HUUF this fall. Jamila teaches classes on Unitarian Universalism, Islam, Healing and Peace of Mind Parenting.

**Sunday, Feb. 19 – 9 and 11 a.m.**

**Black Lives Still Matter – Rev. Bryan Jessup**

At the General Assembly of the Unitarian Universalist Association last year, the delegates reaffirmed their commitment to advocating for racial justice. Since the election last November and the beginning of the new alt-right-influenced government in January, the need for that advocacy has only increased. In this service, we will explore where our country is now, vis-à-vis racial justice, and what we need to do now to make sure our country continues to grow in justice for all.

**Sunday, Feb. 26 – 9 and 11 a.m.**

**Self-Acceptance – Rev. Muata Rasuli**

Rev. Muata Rasuli has been the minister of the San Francisco Center for Spiritual Living for 25 years. He offers messages and continuing thoughts about forgiveness and the long-term advantages of letting go of one's issues. His message is marked by his experience as a member of the armed forces, as a person with various disabilities, as a black man, and as a searcher for spiritual truths.

Rev. Rasuli will also hold a workshop on forgiveness on Saturday, Jan. 25, for those who would like to explore more and do work on forgiveness and related topics.