

# Sunday Services

**Sunday, November 6 – 9 and 11 a.m.**

**Radical Inclusivity Requires a Lot from Us – Rev. Bryan Jessup**

We are all born into “tribes” and cultures. When we are young, we often confuse our tribe and culture with what is “right.” Sometimes this confusion continues into our adult years. The culture of white, male, Protestant, heterosexual supremacy is a case in point. Becoming radically inclusive requires deep thought from us. It requires us seeing and accepting ourselves as we are even as we come to understand our particular way of being is just one among many. It then requires that we stand up for others so they can become who they need to be.

**Sunday, November 13 – 9 and 11 a.m.**

**This is the World that Is: Finding Our Way in Radically Uncertain Times – Lama Choyang**

(Allison Rader)

The elections are over. Fears and outrage stirred up in the polarizing drama linger. Here we are now. How do we find our way forward neither feeding the hostilities nor hiding from the painful realities? How do we return to a centered place so we can stay true to ourselves, compassionate toward others, and welcome what comes?

Lama Choyang has practiced Tibetan Buddhism for more than 25 years. She completed seven years of retreat and was ordained as a lama by Lama Drimed in 2009. She is a Harvard graduate who spent several years living in India, and she practiced social work before entering retreat. She is currently working as a chaplain with Hospice of Humboldt.

**Sunday, November 20 – 9 and 11 a.m.**

**Making Amends and Giving Thanks – Rev. Jessup**

Thanksgiving Day is a poignant time for many. It is a time when we slow down a bit, connect with family and take time to notice the many blessings of our lives. This is a worthy tradition. It was founded by the Puritans and religious free-thinkers who came to this continent from Europe. Yet, wonderful as it seems to many of us, Thanksgiving is not without its shadow side. For Native Americans, European immigration to this continent brought about their near annihilation. The kindness that the Native Americans bestowed upon struggling European immigrants was repaid by treachery and genocide. While we give thanks this Thanksgiving, it is important that we consider this aspect of our history, and begin to take steps to make amends.

**Sunday, November 27 – 9 and 11 a.m.**

**What is Spirituality – Berti Welty**

Spirituality is a broad concept with room for many perspectives. In general, it includes a sense of connection to something bigger than ourselves, and it typically involves a search for meaning in life. As Unitarian Universalists, we have a broad range of ideas on this, as on all topics. This service will be a chance to delve deeply into what moves us. This is a participatory service, and all are free to simply listen or to discuss questions like: Where do you personally find meaning? What is the difference between spirituality and religion? Have you personally had what you would call a spiritual experience? If so, what was it that made it spiritual for you? Feel free to bring short readings, quotes or poems on spirituality.