

January 23 - February 6

January 26, Sunday, 10:30a

Seeing with Newborn Eyes: Rediscovering

In our current age of strife and chaos, it's easy to be angry or afraid... which is usually based on old habits of seeking safety, as well as how we have become used to perceiving the world around us. And yet, a new beginning is available to us in every moment. Rediscover your presence – and that of others – through inspiration, meditation, and exercises. –Jonathan Bender, Guest Speaker

We hold **Children & Youth Religious Exploration** (CYRE) classes at the same time.



True Tales Memoir-Writing 1/24 & 1/31, Friday, 2-4p



Game Night 1/25, Saturday, 6-9p



Co-Op Watercolor 1/29 & 2/5, Wednesday, 1p-3p



Building & Grounds Workday





Chalice Circle 2/4, Tuesday, 10-11:30a



Retired UU Men's Lunch

2/6, Thursday, 12-1:30p

February 2, Sunday, 10:30a

How to Get the Love You Want

We all want love... but sometimes we don't get the kind of love we want. What if there were a way to find the hidden forces in our psyche that help determine whether we will create the life of love we long for or sabotage that possibility? This morning, we'll look at the psychology of love and how to have more of it! Join us all February for practical sermons all about LOVE! –Rev. Fa Jun, Minister

Join us for the first of our monthly Study-Action Groups. We'll practice the "Three S's": Study, Strategy, and (mutual) Support. We'll be taking on the topic of environmental justice, and there will be a time for learning together, planning social action strategies, and offering or receiving support. free and open to all.

February 9, Sunday, 12:15p

Study-Action Group

Send announcements to admin@uuflq.org by Tuesday of that week's issue. Announcements are edited for brevity, clarity, and style.

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