

HUUF SUNDAY SERVICES

January 3 – 11 a.m. (one service only)

Release the Old to Make Way for the New – Beverly Allen and Berti Welty

The wheel of the year has turned. Past is a year which brought both joys and tribulations. We have all done some things well -- AND other things we wish we could redo. During today's service we will reflect on the year past, own that which we wish to keep, and ceremoniously release the rest to make room for new beginnings. The New Year, with all its promise and potential, is upon us. Let us greet this stranger and invite him/her into our lives. What do *you* want to manifest in this gift of one more year?

January 10 – 9 and 11 a.m.

Building Community - Baba Jamal Koram

Master storyteller Baba Jamal Koram returns to HUUF, offering us his special artistry that brings the history, humor, music and lore of African and African-American cultures alive. Blending contemporary and traditional storytelling techniques with drumming, call and response, wit and wisdom, his stories encourage youth to make intelligent choices and to improve their character. Baba Jamal's inspiring programs include folklore and mythology as well as lighthearted children's stories. The recipient of the Circle of Excellence Award, he has been featured at the National Storytelling Festival, Kennedy Center, Smithsonian museums, National Black Storytelling Festival, regional festivals and at schools nationwide.

January 17 – 9 and 11 a.m.

Welcoming and integration

The Board of Directors will lead services that explore increasing membership in the fellowship. The board will lead a discussion on how to better welcome visitors to our Sunday services and put them on the path to membership, and how we can better integrate new members into the congregation. All members are encouraged to take part, and the public is invited to join in as well. The Choir will sing.

January 24 – 9 and 11 a.m.

This service by the Social Action Committee is still in the planning stages. Subject and details will come as soon as possible.

January 31 – 9 and 11 a.m.

Secret Wisdom and Dreams - Ana Lora

Ana Lora Garrard will talk about the secret wisdom we all possess that gently nudges us in the direction of growth and healing. Though this wisdom reveals itself to us through a number of different channels, including our dreams, bodies, and everyday life experiences, many of us don't realize it's there. Ana Lora will explain why we're often oblivious to our own inner knowledge and how we can use tools like dream exploration to actively get in touch with this vital resource we carry within. The author of *An Invitation to Dream*, Ana Lora began presenting lectures and workshops on dreams more than 25 years ago. She teaches a local dream class and provides private "dream exploration sessions" designed to help individuals discover what's going on below the surface of their dreams and waking life experiences.