

# Unitarian Universalist Sunday Forum

First Unitarian Universalist Society of San Francisco  
1187 Franklin Street at Geary, Thomas Starr King Room

**Sunday, January 25 – 9:00 am**

- 9:00 In Person at UUSF: coffee, light breakfast available for nominal fee, socializing
- 9:30 Program begins and Zoom online as listed below
- 10:15 Questions, Discussion
- 10:50 Adjourn for the 11:00 UU Worship Service (in the Sanctuary)



**Frances Aubrey:**

*From Trauma to Thriving:  
A Grandmother's Wisdom*

As we heal, we learn to:

- Listen to ourselves and our truths and accept that we were always doing the best we could, at every moment, and realize that it was not our fault if we had a painful or traumatic Childhood, and believe that there is nothing wrong with us – that every part of our body, mind and spirit is beautiful and miraculous
- Accept that every feeling we have ever felt was normal, power ourselves by choosing positive thoughts and beliefs, and share our true self with one or more people we trust deeply, mourn all our losses, feel all our feelings, learn from them and let them go, and be patient and gentle with ourselves, as we would with a child we loved, and realize that we are no longer alone in our pain, anger and fear, and be grateful for everything we have and are, and feel emotionally, physically and spiritually safe, and accept that our life works better if we choose to believe in a god of our understanding

**Frances Aubrey**, survivor of her mother's suicide when she was 15, has been healing since she was 23, through four marriages, 30 years of attending Al Anon meetings and 50 years of talk therapy. Before she began writing and presenting on the subject of healing, she spoke on self-esteem, communication skills and climate change. [frances@nanaskickassbook.com](mailto:frances@nanaskickassbook.com)

Join Zoom: <https://zoom.us/j/95251025792?pwd=a4z8HAQbyZU3Pk9M4yV3StKopHmQEk.1>

Meeting ID: 952 5102 5792 Passcode: 250362

Email contact: [forum@uusf.org](mailto:forum@uusf.org) and [humanrights@uusf.org](mailto:humanrights@uusf.org)

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