#### Personal Growth

\*\*Meetings occur September thru May\*\*

# **Book Discussion Group**

Self-led group

3rd Sunday of the month 7:00-8:30pm\*

- Group alternates between fiction & non-fiction
- Meeting via Zoom

# Men's Group

3<sup>rd</sup> Thursday of the month 7:00-8:30pm on Zoom

All men are invited to explore what's working and what you would like to change in your life. This group is for anyone who identifies as male, trans, gender non-binary, or queer. Drop-ins are always welcome.

# Women's Group

Meet in small groups for casual conversation & socializing at member's houses. Karen Skubik for more details.

# **Grief Group**

On hold currently. Please contact Gail Woosley with questions.

# **Racial Justice Team**

Meeting bi-monthly to identify opportunities for action and education in our community. All are welcome!

#### **Social Action**

Meeting as needed on Zoom. All are welcome! Contact Bert Bishop with questions.

# Watch your Emails...

For opportunities from the Leadership Development Team and the Membership Committee. Ways to connect and grow.

# Exercise Your Mind and Body, Feed Your Soul

- Early 2022 -

- Pandemic & Construction Edition -



If you have questions about who should attend, contact the UUFWC office instead of individual instructors.



# Come join our Adult Learning Opportunities

We have options for a one-time event, a series, a monthly gathering and more. Check them out! And when you have questions, want more information, or would like to volunteer to share something YOU know, contact Jo Harper, RE Committee Chair at johannahharper@gmail.com

# Spiritual Practice

\*\*All are welcome; new people check with facilitators\*\*

# **Zen Meditation** [led by Steve Berg]

Occasional retreats with meditation, chanting and rest breaks. You can attend the whole retreat or stop by for a couple hours. For location contact Steve Berg: <a href="mailto:ohioberg@gmail.com">ohioberg@gmail.com</a>

# **Circle Sing** [led by Sharon Delgadillo]

On hold due to COVID.

# **Drumming Circle** [led by Martin Lubell]

Watch emails for updates on event – mostly outside.

#### **Humanism** [led by Janice Baxstrom & Sherri Gochnauer]

 $1^{st}\,\&\,3^{rd}$  Sundays of the month 11:00-12:30pm

Currently on Zoom

A discussion of current topics and trends. Focus for the year is "Assault on Democracy".

>> New! A Humanist book study group. The group will meet via Zoom on the first Monday of each month from 7:00-8:00pm. First up: *How to Avoid a Climate Disaster* by Bill Gates

# Earth-Centered [led by Doris Cannon & Lindsay Walker]

On hold due to COVID.

# Racial Justice on the Square [Ruth Sewell]

Join us the fourth Sunday of the month on the square to stand up for Racial Justice from noon – 1:00pm.

# Classes \*\*Registration Required\*\* SIGN UP if you are interested at all – worry about if you can attend later.

~ coming soon ~

Electronic signup is on mail chimp.

What knowledge or skill would you like to share with others? What would you like to learn about?

Please contact Rev. Walter or the Religious Education committee about any adult learning opportunities you would like to see.