



# Adult Religious Exploration, October-December 2018

\*Image: Soul Matters, <https://www.soulmatterssharingcircle.com/themes.html>

**Please sign up at least one week prior to all programs so leaders may plan and in case there is pre-event information for participants. [re@uudavis.org](mailto:re@uudavis.org) Childcare is available, please request at least one week in advance.**

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## **Tasty Theology for the Curious**

Led by Rev. Beth Banks

Tuesdays, Oct. 9, 23; Nov. 6 & 20  
Gathering, 6:45; Session, 7–8:30pm, Cottage

Each week we'll sample a surprising pairing of theology and tastes, from savory to sweet, spicy to tart. Sessions are designed for those new to Unitarian Universalism and those who have been active UUs for many years. We'll unpack one piece of theology and explore how it applies it to our lives now.

There will be a brief Centering Worship and a short presentation on theology. Participants will then write and reflect, but the theology comes alive when we discuss it together. Come social justice activists and those who love inward reflection: this is an excellent way to expand the circle of people you know. *Pre-meeting information will be shared.*

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## **Creating a Personal Sanctuary**

Led by Rev. Morgan McLean

Wed., Oct. 17; 10:30am-12pm, Library

How do you step out of stress and to-do lists to make space for personal rest and rejuvenation? How do you welcome others into a place of calm and caring? We look at practices for creating time and space for yourself and others.

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## **The Good Place & Us**

Led by Alex Haider-Winnett

Wed, Oct. 24, 31; Nov. 7, 21, 28; Dec. 5; 6-7:30pm, Library

NBC's *The Good Place* is arguably the best show on network TV about theology, spirituality and ethics. What can this sitcom about people in heaven teach us about church and our spiritual lives? Together we'll explore themes like Afterlife in Unitarianism and Universalism, Good and Evil, Kindness and Justice, Identity and Belonging.

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## **Planning to be Remembered**

Led by Rev. Morgan McLean

Thurs., Nov. 15; noon-1:30pm, Library

When the time comes, your family will have many decisions to make including planning your Celebration of Life service. Perhaps you've already done your planning or you're ready to start thinking about it. Come to this session to think about options and plans to communicate your wishes with your family and the church. A light lunch is provided.

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## **Riddle and Mystery**

Led by Rev. Morgan McLean

Tues., Dec. 4, 7-8:30pm, Library

We sing these questions "Where do we come from? What are we? Where are we going?" We come together in our own search for truth and meaning, and often find more questions than answers on journeys. Together we'll consider if we can ever solve life's mysteries and how we might articulate what we believe. Sign up in advance to begin personal reflection on life's big questions - no answers needed.

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**Ongoing Spirituality Groups:** From a UU perspective, these meetings focus on the true nature of being and reality. All are "open" meetings, and there is no need to enroll or register. Everyone is welcome.

**Awakening Community,** 1<sup>st</sup> and 3<sup>rd</sup> Thursdays, 7pm, in the Library. Led by Gerry Hair: *Explore spiritual practices based on a mix of traditions, including Christian mysticism, Buddhism, Sufism, and Taoism. This is an intermediate group.*

**Davis Insight Group** Buddhist Meditation, Every Wednesday, 7-8:30pm, Sanctuary, Facilitated by Jo Crescent.

**On-the-Path,** 4<sup>th</sup> Tuesdays, 7pm, Library. Facilitators Rich Bradley & Jack Whitsett. *Spirituality from a UU perspective.*

**Satsang,** 2<sup>nd</sup> Thursdays, 7pm, Library. Led by Larry Melton: *Teachings of Adyashanti, an American-born spiritual teacher.*