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# Adult Religious Exploration, May-June 2018

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)

## **Tasty Theology for the Curious** (Continued . . .)

Led by Rev. Beth Banks

Tuesdays, May 8 & 22 and June 12 & 26; Gathering 6:45pm; Program 7-8:30pm, Cottage

All four sessions are designed for those new to Unitarian Universalism *and* those who have been active UUs for years. Each week, we make a surprising pairing of theology and food: from savory to sweet, spicy to tart. We'll unpack one piece of theology apply it to our lives, perhaps guide our future choices.

We'll have a brief Centering Worship, a short presentation on theology, time to write and reflect, and discussion. Social justice activists and those who love caring for the heart and soul, welcome.

*Attending all sessions isn't required. Please sign-up for important communication before and between sessions.*

## **Crafting Prayer**

Wednesday, May 16, 10-11:30am, Library

Led by Dani Lindstrom

Spiritual practices come in many shapes and sizes: meditation, song, gardening, and everything between. We'll look at the practice of prayer and everyone will be invited to create their own set of prayer beads. Once our beads are created, we'll share our personal prayer structure and how our beads might encourage us to be intentional about our lives.

## **Speedfaithing**

Sunday, May 27, 11:45am-1:15pm, Social Hall

Led by Rev. Beth Banks & Dani Lindstrom

Are you interested in learning more about what people at UUCD believe? Are you ready to engage in short conversations about your own beliefs, while having an amazing time learning about others'? In today's fast-paced society, it can be difficult to find time to connect with people on a theological level. Speed Faithing is short conversations with multiple people to learn about each other's spiritual and theological beliefs. Appetizers served. Great conversation!

## **Understanding Addiction**

Wednesday, May 30, 7-8:30pm, Library

Led by Rev. Morgan R. McLean

There are many people preserving one day at a time through addiction. This session introduces attendees to several kinds of addiction, explores recovery programs, and looks at how addiction can affect both the addict and their loved ones. Using a UU lens—with the help of our guest panel—we will consider how both as individuals, and as groups, we might be more mindful of addiction.

## **Taking Care**

Monday, June 4, 10-11:30am, Library

Led by Rev. Morgan McLean

Many times, we find ourselves in the caregiver role, and we can be completely focused on that role. Sometimes the stress of caregiving leads to what is now known as Compassion Fatigue. How can we care for ourselves while caring for others? We'll explore tips and resources, make space for reflection and conversation, and recognize the blessing of being a healthy caregiver.

**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.*