**Personal Growth**

**Meetings occur September thru May**

**Book Discussion Group**
Two self-led groups
- 3rd Sunday of the month 7:00-8:30pm
  - Group alternates between fiction & non-fiction
- 2nd Thursday of the month 2:00-3:30pm
  - Book is chosen the previous month

**Adult Children of Alcoholics**
Every Wednesday 7:00-8:30pm

**Men’s Group**
1st & 3rd Thursday of the month 7:00-8:30pm
All men are invited to explore what’s working and what you would like to change in your life. This safe space offers tools for self-awareness. This group is for anyone who identifies as male, trans, gender non-binary, or queer. Drop-ins are always welcome.

**Women’s Group**
- 2nd Tuesday of the month 11:30am-12:30pm: Karen Skubik
- 3rd Monday of the month 11:30am-12:30pm: Marti Livingstone

Meet for casual conversation & socializing at the downtown Buehlers.

**Grief Group**
Every Wednesday 5:00-6:00pm. 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!

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**Exercise Your Mind and Body, Feed Your Soul**

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

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UNITARIAN UNIVERSALIST FELLOWSHIP OF WAYNE COUNTY
3186 Burbank Road, Wooster, OH 44691
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**

**Inner Peace Yoga** [led by Dae Evans]
Monday evenings 6:00-7:30pm
This is a soft and healing practice by a trained UU facilitator.

**Zen Meditation** [led by Greg Ginther & Steve Berg]
Monday evenings 7:00-8:30pm (new people come at 6:30)
Sitting and waiting meditation, chanting and a Dharma talk.

**Circle Sing** [led by Sharon Delgadillo]
3rd Wednesday of the month 6:30-8:00pm
Come join this harmonious and inspiring circle.

**Sound Healing** [led by Steve Power]
Thursday evenings 6:00-7:00pm; $5 at the door
Experience a deep relaxation unlike anything you’ve known before.

**Drumming Circle** [led by David Paul & James Griffith]
Second Friday of the month 7:00-8:30pm. No experience necessary.

**Humanism** [led by Lowell Steinbrenner & Skip Nault]
1st & 3rd Sundays of the month 11:00-12:30pm
A discussion of current topics and trends.

**Earth-Centered** [led by Doris Cannon & Lindsay Walker]
2nd & 4th Sundays of the month 12:15-2:00pm
A discussion of practices, history, and experience from the Taoist, Wiccan, and Native American traditions.

Classes **Registration Required**
SIGN UP if you are interested at all – worry about if you can attend later.
Paper signups are in the lobby; electronic signup is on mail chimp.

~ coming soon ~

**Humor & Spirituality** [led by Justine Sherwood]
Monthly sessions in January, TBD.

**Developing your UU Theology**
[led by Rev. Jennie Barrington]
Coming in the spring!

**Baseball as a Road to God** [led by Joe Churpek]
Coming in the spring!
Based around the book by John Sexton.

**Reiki Healing**
Please advise of your interest to RE Committee contacts.

What knowledge or skill would you like to share with others?
What would you like to learn about?
Please contact Reverend Barrington or the Religious Education committee about any adult learning opportunities you would like to see.