

# Fall 2025 Programs at First U

Find your way into community this fall at church!

Registration forms are linked in this guide, which you can find online at:

<https://firstuniversalistchurch.org/spiritual-growth>

(or use your phone's camera to scan the code at right).



## FULL COMMUNITY CONNECTION POINTS

### Community Dinners

**Wednesday, Sept. 10, Oct. 8, Nov. 12, Dec. 10; Dinner 6-6:45; Breakout Groups 7-8:15 p.m. [RSVP REQUESTED](#)**

Swing by church for a delicious home-cooked meal at 6 p.m. in the Social Hall. After dinner, choose a drop-in breakout group to connect with others and learn about opportunities to get involved at church this season. All are welcome and there is no charge. Childcare will be available for younger kids (ages 6 months-Grade 3), and breakout groups will be available for older kids, teens, and adults. Menu available on our website, a week in advance. We always offer vegan, vegetarian, gluten free, nut free and kid-friendly options. All church events are alcohol-free.

### Circle Suppers

**Saturday, Dec. 6 varied times and locations [RSVP to Host before Nov. 7](#)**

Circle Suppers are casual, potluck dinners held in people's homes and apartments. We welcome all in the First Universalist community and encourage invitations to newcomers and guests. It's a great way to get to know each other better in a relaxed setting, and make new connections and deepen old friendships over great food, drink, and conversation. *Sign ups for meals will be available in The Liberal starting Nov. 16.*

## VISITORS AND NEWCOMERS/NEW-ISH

### A Place to Start

**1st and 3rd Sundays, Immediately after worship services, meets at the front of the sanctuary**

Are you new or new-ish to First Universalist and wondering where to begin? Here's "A Place to Start!" Whether you're simply curious or are considering making this your spiritual home, in this casual, 45-minute class, you'll learn some of the basics of Unitarian Universalism, as well as how to get connected to what you're seeking here at church. Meet at the front of the sanctuary immediately after the service on a first or third Sunday. No RSVP necessary. *Facilitated by First U members.*

### Newcomers Circle

**Wednesdays, Oct. 1, 15, 22 - 6-8 p.m., light dinner at 6**

**Oct. 8 - come at 6 for Community Dinner, Newcomers Circle 7-8:30 p.m. | *Registration closed/Group full***

Newcomers Circles create a rich, supportive environment in which to share and engage our emerging UU values, theology, identity, and sense of belonging. This 4-session gathering is a caring and structured group to dig deeper into Unitarian Universalism and further connection at church. This Circle is intended for members and non-members alike who are discerning if and/or how they will commit to and continue their spiritual journey at First U as Unitarian Universalists. Please plan to attend at least three of the four sessions. The first session is required for group cohesion and trust building. *Facilitated by Jeanne Guignon and Jeff Snyder.*

### Membership Class

**Dates to be determined [Join the interest list](#)**

We ask that congregants who are interested in becoming members take the Membership Class. In two sessions, participants have an opportunity to get clear on what they personally are committing to as church members and what a mutual, reciprocal church community commits to them in return. In community, participants explore the practical and spiritual sides of what relevant, sustainable church membership means to them. Even if you're a lifelong UU interested in membership, we ask that you take the membership class at First Universalist as it helps orient folks to this congregation and helps build community.

## FAITHFUL ACTION

### Responding to the Anti-Trans Movement

Tuesdays, Sept 30, Oct 7, Oct 14, 6-8pm

[RSVP Here to attend in person at First U](#)

[RSVP Here to watch via Zoom from home](#)

This three-session course offers an introduction to gender diversity and trans identity and equips you to respond to the current political attack on trans people. Content includes trans 101, vital information to counter rampant anti-trans propaganda, and concrete actions that are needed for congregations and community groups to be spaces of safety and belonging to trans people and our families in this moment. We'll also be discussing what you can do to support trans refugee work in Minnesota. We start each session with a 25- to 35-minute video provided by the Transforming Hearts Collective. It will be followed by a discussion on the content and time for questions, facilitated by Dallas Rising (she/they), MUUSJA's Senior Movement Organizer and First U Member. This is an excellent opportunity to connect with other UUs in MUUSJA's network as well as community groups as we work together to respond to the anti-trans movement in impactful and compassionate ways. *In-person gathering facilitated by Allison Wonchoba (MUUSJA Congregational Connector) and Zelia Gonzales (First U Young Adult Group)*

### Intergenerational Gender Expansive Sharing

October 5th and November 16, 1-2:30pm [RSVP Here](#)

You are invited to hear gender expansive stories from 20 to 70 year olds. We welcome your questions and curiosity. *Facilitated by Forrest Mainville.*

### First Universalist Community Dinner: Plant Based Potluck Offerings

October 22nd, 5:30-6:30pm [RSVP Here](#)

All are welcome to come explore a plethora of plant based foods. Paul Hawkin's Drawdown ranks "eating a plant rich diet" fourth in the most effective ways to limit greenhouse gases. It's all about limiting our consumption of animal protein. Recipes and food preparation tips will be shared. *Facilitated by Todd Pierson and Velma Wagner.*

### First U EJ Screening: Buy Now! The Shopping Conspiracy

October 22nd, 6:30-8pm [RSVP Here](#)

This stylized documentary explores how capitalism, in the era of immediate gratification, has created a frightening world overwhelmed with planned obsolescence and waste. It will challenge you to reconsider how you make the purchases you make. *Facilitated by Todd Pierson and Bob Friedman.*

### Moving Towards Zero Waste

Wednesday, November 5, 7-8pm [RSVP Here](#)

Learn steps your household can take towards creating zero waste. We'll cover the classic 3Rs - reduce, reuse, recycle - plus repair. Also, discover ways to compost, whether you live in an apartment, condo or house. *Facilitated by Kira Berglund.*

### Zero Waste/Closing the HERC

Wednesday, December 8th, 7-8pm

Virtual via zoom [RSVP Here](#)

Do you know where your trash goes when you throw it "away"? It's likely that it goes to the Hennepin Energy Recovery Center (aka the HERC). That is the trash incinerator that is located in North Minneapolis near the Target Center. The Hennepin County Commissioners passed a resolution in October 2023 to create a comprehensive plan to close the HERC permanently and implement a "zero waste" plan for Hennepin county residents. This is possible, and we can all be part of it. Come and learn about the timeline for the HERC closure and what you can do to help promote a zero waste future after the HERC is shut down. *Facilitated by Emily Wallace and Todd Pierson.*

## PASTORAL & COMMUNITY CARE

### Grief Group (on zoom)

**First Sundays, 4:00-5:30 pm: Oct 5, Nov 2, Dec 7**

[Register to receive Zoom link](#)

The Grief Group meets first and third Sundays on Zoom. It is a gathering for those who are grappling with the web of feelings associated with the loss of a loved one. A group of souls who share, listen and care. A community interested in exploring new life invitations. Come as you are, when you feel moved to attend. (This is a drop-in group). We will be here for you. *Facilitated by lay leaders.*

### Caregivers Support Group (on zoom)

**Second Sundays: 1:00-2:30 pm: Sept 14, Oct 12, Nov 9, Dec 14**

[Register to receive Zoom link](#)

Caring for a family member who needs special care is a demanding and often unseen or unacknowledged role. Whether you're caring for an aging parent, or a loved one with a chronic health condition, join the Caregivers group for mutual support, connection, and community building. When we gather, we'll light a chalice, have time for introductions, and share a reading, then move into deeper sharing, support, and reflection. *Facilitated by Rev. Laura Smidzik.*

### Trans, Non-binary and Gender Expansive Community and Support Group

**Will meet once/month based on participant availability. Contact Kaden Colton for information.**

A source of emotional, physical, and spiritual support for trans, non-binary and gender expansive adults who are members and friends of First Universalist or folks moving to the Twin Cities area. The group will facilitate support, resources, and community building. *Facilitated by Kaden Colton, a member of First Universalist and a seminarian pursuing chaplaincy. Contact Kaden at [kaden.e.colton@gmail.com](mailto:kaden.e.colton@gmail.com) to express interest and for more information.*

### Grief is Political: Expressions and Strategies

**The last Sundays of the month- Oct 26, Nov 30, Dec 28, 1:00-2:00pm (feel free to bring a lunch or snack)**

[RSVP Here](#)

This is a challenging time for so many of us—we are experiencing grief about so many things including climate change, rising fascism, militarization of our streets, school violence, elimination of vaccines, immigration policies and ICE.

We find ourselves, angry, rageful, hopeless, sad and invigorated. All of these feelings are welcome in this space.

We will also attempt to develop practical interventions that can help us endure, survive and even thrive. We will dive deeply into our shared values and extract the wisdom we need to build the world we need right here right now.

*Facilitated by Rev. Karen Hutt.*

### Caregivers of Spouses

[RSVP Here](#)

**Time to be determined by participants. Register by Sept 30th.**

Caregiving for a spouse/partner has its own nuances and realities for the care provider. This group is an opportunity to share confidentially, learn from one another, and to receive support. *Led by Rev Laura Smidzik.*

# ARTS & SPIRITUAL PRACTICE GATHERINGS

## Labyrinth on the Full Moon

Monthly (dates below), 5-7 p.m. in the Social Hall

No RSVP Necessary | [Join the Labyrinth Interest List](#)

First U has a long history of labyrinth walking, please join us for this relaxing and contemplative open walk each month. You don't need to come every time, and you don't need any experience. Bring a friend!

Corn Moon: September 7, 2025

Harvest Moon: October 6, 2025

Beaver Moon: November 5, 2025

Cold Moon: December 4, 2025

Wolf Moon: January 13, 2026

Snow Moon: February 12, 2026

Worm Moon: March 14, 2026

Pink Moon: April 12, 2026

Flower Moon: May 12, 2026

## Instrumental Music

**November 16 & 23, December 7, 2-4pm** [RSVP Here](#)

Calling musicians! We are gathering again this fall to play some holiday music together. We have a set of carols at a very gentle difficulty level that can be played by band and orchestra instruments. We welcome you no matter how much dust has collected on your instrument, and the music will be approachable by youth musicians as well. We will gather a few times this fall to make music together, and music will be shared well in advance for us to practice ahead of time.

*Facilitated by Elaina Buzzell.*

## Crafting Group

**October 5 & 26, November 2 & 16, December 28, 1-3pm** [RSVP if you'd like](#), but please come even if you haven't!

Are you creative/crafty/artistic (or would like to be!) and like to create in the presence of others? Let's meet up and be creative in community! Imagine: a drop-in space where you come with a project or use materials from our pop-up free table (i.e., a spot we can bring craft items we no longer want or need, to pass to someone else, or to find a new project or hobby). Joy is an act of resistance and connecting with creative folks can be inspiring! This is truly a drop-in group, so come when you can. *Facilitated by Chris Chiros.*

## Qigong for Liberation

**Tuesdays, September 23, 30, October 7, 14, 21, 28, Nov. 4, 11, 18, 25, Dec. 2, 9, 16, (No practice Dec. 23) Dec. 30, 4:30-5:15pm (zoom and in person)** [RSVP Here](#)

We gather in person, and on Zoom in the snowy months, to practice the beautiful and healing moving meditation of Spring Forest Qigong created by Master Chunyi Lin, who notes, "by harmonizing Qi, the body's vital energy, Qigong supports physical vitality, emotional balance, and spiritual growth." Spring Forest Qigong is liberating because it shows a way to return to who we have always been - energy beings, who, when given the space and time to heal, can bring more unconditional love, forgiveness, and kindness to ourselves, each other, and a hurting world. Movements are gentle and accessible and can be done standing, sitting, or lying down. *Facilitated by Denise Konen.*

## Under Northern Skies Women's Ritual Group

**Sun, Sept 7 Full Moon in Pisces • Sun, Sept 21 New Moon in Virgo • Mon, Oct 6 Full Moon in Aries • Tue, Oct 21 New Moon in Libra, 7:30-8:30pm [RSVP Here](#)**

Under Northern Skies rituals are open to all women (cis and trans) and non-binary people who find their homes in women-centric spaces. Our group is restricted to people 18 years of age and older, women with many different life experiences, backgrounds, and belief systems come together to change, grow, and celebrate the Divine in each other through earth centered ritual. The gathering dates are every new and full moon using the We'Moon calendar. One does not have to espouse any religion or philosophy or believe in any particular deity or deities to participate in the group and derive meaning from its activities. All one needs is a desire to live in a way that acknowledges the cycles of life and nature, and to grow spiritually and personally alongside a mutually supportive group. There is not a permanent group leader. Volunteers take turns to design, guide, and direct the new and full moon rituals. The date's astrological aspects may guide the topics and themes rituals explore. Rituals also draw inspiration and meaning found in many other earth centered practices and beliefs. Wed, Nov 5 Full Moon in Taurus is the commitment ceremony. The group will then close to new members until next fall. This allows for building a beloved ritual community. *Facilitated by Jane Jordan and Hannah Mitchel.*

## CHILDREN, YOUTH & FAMILIES

**Our programs for Children, Youth, and Families run from September through May**

All families — new and returning, with babies through high schoolers—must register each church year.

[Register your family today.](#) Please email Allison ([allison \[at\] firstuniv.org](mailto:allison[at]firstuniv.org)) with any questions or for more information.

*Together, we seek to expand our hearts and minds, make a difference in the world, mark important milestones, and explore big questions. We are a supportive, anti-racist, anti-oppressive, multigenerational, radically welcoming religious community.*

Visit the [Families section on our website](#) for detailed information about this Fall's programming, and to view the most current calendar of events.

## Saturday Sprouts

**Saturdays once per month, 10 a.m. to noon: September 27, October 25, November 22**

*No RSVP necessary*

Saturday Sprouts is a monthly opportunity for families to socialize, worship, play, and offer and receive peer support. We start with snacks and time to get to know each other before moving into family worship, followed by playtime for kids and a peer sharing group for parents and caregivers. We close by sharing gratitudes and singing together. Saturday Sprouts is open to all families, with programming geared towards young children (6 months - 5th grade) along with their siblings and parents/caregivers.

## Fall Family Overnight

**Join us for our Fall Family Overnight Friday, Sept. 26 - Saturday, Sept. 27! [Please RSVP here](#) by Sunday, Sept. 21.**

*This overnight is for families with children in grades K-5 along with siblings.*

We will play games, share a meal or two (and snacks!), walk the labyrinth, and even have a talent show! Check-in is at 5:30 p.m. on Friday. On Saturday morning, our overnight programming will end around 9:30 a.m. All overnights are encouraged to stay for our first Saturday Sprouts of the year from 10 a.m.-noon on Saturday, Sept. 27. We will share the full schedule and packing list with registered families in advance of the overnight. Please contact Hirut Hedge at [hirut@firstuniv.org](mailto:hirut@firstuniv.org) with any questions, concerns, or for more information. We can't wait for the overnight!

## Middle School and High School Youth Groups

**Youth in 6th-8th grades are invited to join our Middle School Youth Group**, which meets twice a month from 7-8:15 p.m. on most second and fourth Wednesdays (the second Wednesday is immediately following Community Dinners).

**Youth in 9th-12th grades are invited to join our High School Youth Group.** This youth group meets on Sunday mornings when Religious Education is offered during the 11 a.m. service only. This group also meets on Wednesday evenings twice a month from 7-8:15 p.m. on most second and fourth Wednesdays (the second Wednesday is immediately following Community Dinners).

These gatherings are led by trained adults and include time for checking in, playing games, learning new skills, service projects, fun activities, and exploring the big questions of life, all while deepening relationships with peers. There is no membership requirement or Sunday morning attendance requirement. Bring a friend or a neighbor—all are welcome!

## High School Youth Group Retreat

**Friday, Sept. 26 at 5 p.m.-Sunday, Sept. 28 at noon, at Camp Friendship** [RSVP Here](#)

All high school youth (9th-12th grades) are encouraged to join our Fall retreat! The retreat includes fun and meaningful activities like teambuilding, games, campfires, and more. More information on schedule and a packing list will be emailed to participants in advance.

## Common Ground Sundays

About once a month over holiday weekends and/or school breaks, we will host a program for *all grade levels* (kindergarten through high school) called **Common Ground Sundays**. These Sundays are intended to gather and ground our children and youth in a shared project of liberation, resistance, and care for our congregation and our wider community.

Each Common Ground Sunday will include a mix of:

- brief opening ritual
- multiple relevant hands-on projects options (with multiple learning styles and development ranges reflected)
- representation from a First Universalist committee, ministry, or justice team
- resources from local community organizations
- connections to our monthly worship theme

We hope these Common Ground Sundays will be meaningful opportunities for our children, youth, and adults to forge relationships across age and generational divides, to identify and generate leadership opportunities for our children and youth within the life of the congregation, and to continue cultivating shared experience, wisdom, and compassion within our church community at large.

This program will be in lieu of our regular RE programs, and will follow each of our two regular service times—like all other Sundays at 9:00 am and 11:00 am.

Common Ground Sundays for the 2025-26 church year:

- October 19th (MEA Weekend)
- November 30th (Sunday after Thanksgiving)
- December 21st (Sunday before Christmas)
- January 18th (Sunday before MLK Day)
- February 15th (Sunday before Presidents' Day)
- **NO** March Date
- April 5th (Easter Sunday/Spring Break)
- May 10th (Mother's Day)



## Upper Midwest Youth Con

**Saturday, Nov. 15 at 10 a.m.-Sunday Nov. 16 at 8 a.m., at church** [Please RSVP Here](#) by November 1.

Youth Cons are time-honored traditions of Unitarian Universalist youth and bring together youth from multiple congregations in one place. This November, high school youth from Unitarian Universalist congregations across the Upper Midwest will be hosted for a Youth Con at First Universalist Church of Minneapolis.

The Youth Con will include time for play, worship, youth leadership, yummy food, games, and connection. This Con is for high school youth in 9th-12th grades.

## Family Holiday Potluck

**Wednesday, Dec. 17, 6:30 p.m. at church** [RSVP Here](#)

Half holiday dinner, half Friendsgiving, you are invited to bring a favorite holiday or potluck dish to share if you are able, or just bring yourself and your family. This is always a delightfully kid-friendly potluck with great community energy. All parents, caregivers, children, youth, and chosen family are warmly welcome. Come, build community and share a meal with us.

## Child Dedications

**Sundays: November 23, 2025, and April 12, 2026**

Child Dedications take place twice each year during a Sunday morning worship service.

Child Dedication is a beloved ritual of our congregation and many UU congregations. In Child Dedication, our congregation pledges itself to partner with parents and families in the religious upbringing of their children. We promise to support the family as their child grows. Child Dedication is a community event, honoring an intentional and ongoing relationship between families and our religious community. Children of members and those on the path to membership may be dedicated at First Universalist.

*If you have questions or would like more information about Child Dedications, please reach out to Allison Connelly-Vetter, Director of Children, Youth, & Family Ministries, at [allison \[at\] firstuniv.org](mailto:allison@firstuniv.org).*

## Single and Solo Parents Group

**Tuesdays, Sept. 30, Oct. 14, Oct. 28, Nov. 11, Nov. 25, and Dec. 9, 7-8 p.m. via Zoom** [RSVP Here](#)

All single and solo parents and caregivers are invited to join this group for community, connection, and solidarity with people who really get it. This will be a space for connecting with others who have shared experience, taking time for a spiritual practice or reflection, and receiving care, tenderness, and grace from one another. Rev. Laura and Allison will co-hold this space. We encourage you to attend as many of these gatherings as you can to support trust-building and community. *Reach out to Allison or Rev. Laura with questions or for more information.*

## Christmas Pageant

**Dec. 20, 4 p.m. followed by cookies and hot cocoa—you are invited to bring cookies to share!**

A beloved tradition here at First Universalist, come bear witness to our children and youth re-introducing us to the story of Christmas. *Registration for children and youth who wish to participate in the Christmas Pageant will open in late Fall.*

## YOUNG ADULTS (20s and 30s)

*Young Adults at First U are folks who are 18 years old - 39 years old (No High School Students Please 😊)*

### ***Young Adults Only Programs:***

## Sunday Evening Weekly Media Screening - YA Lead: Amelia Marquez

**Virtual: Zoom | Text Amelia to get the Zoom login: 406-860-5420**

Young Adults gather together virtually on Zoom nearly every Sunday evening to watch various media together. Since June, Young Adults started watching Avatar the Last Airbender together. The group is nearly done with the first season "Water" and will move on to the next season in September.

## Second Sunday Brunch

**Location: TBD**

For time immemorial, the Young Adults went to brunch after the later service on the second Sunday of the month. Due to the previously frequented venue having anti-worker and union busting ownership, the Young Adults will change their venue this fall. Location is still being discussed and further announcements will come out in the Liberal and at church.

## Rocky Horror Picture Show Shadow Cast - YA Lead: CT - Parkway Theater

**Saturday, Oct 25**

"It's just a jump to the left..." What is Halloween without a little Rocky Horror action? Young Adults plan to gather together to view the Rocky Horror Picture Show. Tickets are generally \$10 when bought in advance plus a \$5 fee to get the props for audience participation. Contact CT for updates, where to get tickets, and where Young Adults plan to meet at beforehand.

## Spooky Cookie Decorating - YA Lead: Cameron Smither and Zoey Lazere

**Sunday, Oct 26, after the 11 a.m. worship service, at church | Contact Cameron or Zoey to join**

Following the 11AM service on the 26th, Cameron and Zoey plan to host a Spooky Cookie Decorating party for all Young Adults. Bring your spookiest self and enjoy some seasonal treats!

## Friendsgiving- YA Lead: CT

**Saturday, Nov 15 5pm-ish, location TBD**

You've got friends and you've got food. Can't get more descriptive than that! CT plans to host a Friendsgiving potluck for the Young Adults crew. Contact CT for location details and to get the potluck signup spreadsheet.

## Winter Lights 2025 at the Minnesota Landscape Arboretum - YA Lead: RaeRae

**Saturday, Dec 20 - 4pm | Contact RaeRae to save a seat for the carpool and to get a headcount!**

Get in the holiday spirit with your fellow young adult beloveds and join us as we explore the winter lights displays at the Minnesota Landscape Arboretum. Young Adults will gather at the church to organize carpooling out to the Minnesota Landscape Arboretum and return to the church in time for the Winter Solstice service. Tickets go on sale in October.

## Young Adult Spring Planning Meeting - Senior High Lounge at Church

**Sunday, Jan 18, 2026 - After Church | Contact Amelia Marquez at 406-860-5420 for more details**

You know your Young Adult beloveds are on top of things when they have their next program planning meeting already on the books! Have an idea of a fun activity, volunteer service, book club, or something else fun and engaging? Join the Young Adults to come up with the logistics and add it to the Spring Program Guide!

## *Young Adult Focused but Open to Everyone Regardless of Age:*

*Minors must have an parent/legal guardian accompany them to these events.*

## Pine Tree Apple Orchard in White Bear - YA Lead: RaeRae

**Saturday, Sept 13, 2025 | Please contact Young Adult Member RaeRae for timing and more details**

Join your Young Adult church beloveds as they travel to White Bear to enjoy the nature and festivities of the Pine Tree Apple Orchard.

## Feed My Starving Children - Volunteer to Pack Meals (Eagan Location) YA Lead: RaeRae

**Monday, Nov 17, 2025 at 7pm | Contact RaeRae for more details. Open to all church goers.**

The Young Adults are leading the efforts to volunteer for a shift at Feed My Starving Children, a nonprofit organization empowering volunteers to pack meals for the malnourished in nearly 70 countries. Max capacity - 50 people.



## Young Adult Crafting - YA Lead: Maria

**Monday, Jan 26, 2026 | Contact Maria for more information.**

Interested in a time to hang out with the Young Adults of church that doesn't require a lot of commitment? Young Adult member Maria is hosting an evening for you to bring down an art project of your choosing (or the idea of an art project) to work on it with your Young Adult beloveds.

## SMALL GROUPS, BOOK GROUPS & CLASSES FOR ADULTS

### Kate Tucker Sermons Discussion Circle (Sundays)

**Oct. 5 and 19, Nov. 2 and 16, Dec. 7, 7:00pm to 8:45pm (on zoom)**

[RSVP Here](#)

You are invited to five sessions of diving deeply into five Kate Tucker sermons, meeting every other week. Registration is open to all ages from twenty-somethings to seniors, whether or not you have personally experienced our beloved minister emerita's extraordinary sermons before. Kate's sermons have aged very well, because they delve into timeless yearnings and wisdom. Please join us in a commitment to personal and communal spiritual growth. *Facilitated by Ray Dillon and Margaret Manderfeld.*

### Kate Tucker Sermons Discussion Circle (Thursdays)

**Oct. 9 and 23, Nov. 6 and 20, Dec. 4, 7-8:45pm (on zoom)**

[RSVP Here](#)

You are invited to five sessions of diving deeply into five Kate Tucker sermons, meeting every other week. Registration is open to all ages from twenty-somethings to seniors, whether or not you have personally experienced our beloved minister emerita's extraordinary sermons before. Kate's sermons have aged very well, because they delve into timeless yearnings and wisdom. Please join us in a commitment to personal and communal spiritual growth. *Facilitated by Ray Dillon and Kim Kammeier.*

### Get to know the Intercultural Development Continuum

**October 5, October 12, October 26, November 2nd, November 16th, 1-2:30pm**

[RSVP Here](#)

For members who are interested in learning more about the culture and its connection to creating a beloved community. Participants need to have completed the IDI (Intercultural Development Inventory). This group will use the UU Institute's "Co-Creating Diversity, Inclusion, and Equity in Our Congregations" course to dig deeper into understanding how we interact across differences in a way that promotes diversity, inclusion and equity in our congregation that builds deep relationships and an inviting congregational culture. Over five sessions, we'll explore the Intercultural Development Continuum and reflect on our congregational culture and experience. *Facilitated by Martha Moriary.*

### Beyond Donating: What does sharing look like?

**Oct 28 - info session, 7-8:45 pm. If you like it, you can then commit to the next 5 sessions: November 4, 11, 18, Dec 9, 16 7-8:45pm**

[RSVP Here](#)

This is a group for folks who have more financial resources than they need and want to wrestle with that with other folks in a similar position. Using story, spiritual practice, embodiment practice, we will explore (with honesty and open hearts) what it means to have more than we need; what's wrong with donation culture?; are there other models of giving? And What is my sharing compass? One session will be devoted to church stewardship. *Facilitated by Drew Rosielle and Karen Heegard.*

## Let's Talk About Sex, Baby! (for the Salt and Peppa!)

**7 Mondays starting Monday, October 6-Monday November 17, 6-8pm (they are also open to Tuesdays)**

[RSVP Here](#)

Have you ever wondered what the youth are learning in OWL (Our Whole Lives)? Has your child asked you a question or said something that you couldn't quite answer or know how to respond to? Fear not! Kirk Cozine and Jane Jordan are here to share information, demystify and destigmatize language for all adults who have wondered! Note, you do NOT have to have kids currently in the OWL program to attend. This group is open to anyone 18+. *Facilitated by Jane Jordan and Kirk Cozine.*

## Asking Important Questions as We Move Through Our 60s

**Every other Wednesday starting October 22 from 10:30am-12:00pm (Oct 22, Nov 5 & 19, Dec 3 & 17)**

[RSVP Here](#)

The 60-70 year decade raises all sorts of questions about our lives up until now, transitions that lie ahead, and often includes a sorting through of priorities and ways we use our energy. We will work with the book *The Five Invitations: Discovering what Death Can Teach Us About Living Fully*. *Facilitated by Rev. Laura Smidzik.*

## SENIORS

### Daytime Connections

*Organized and hosted by the Daytime Connections Planning Team*

**9:45 a.m. coffee, 10-noon program, Noon lunch, in person in the Social Hall and on Zoom**

Daytime Connections empowers older adults to live intentional, joyful, purposeful and spiritually fulfilled lives, by building a vibrant community and providing engaging programming that promotes conscious aging and fosters personal and spiritual growth.

**Registration Requested** by the Monday prior. (Suggested donation for provided lunch is \$0-20 as you are able. Attendees are also welcome to bring their own lunch.)

**September 18: Reconnecting and Welcoming New Folks [no Zoom component in September]**

**October 16: Getting Acquainted with Rev. Laura Smidzik**

[RSVP for October](#)

Learn about the newest member of our ministerial staff. Rev. Laura will tell us about her history, calling and hopes for the future at First Universalist Church. There will be ample time for questions and discussion.

**November 20: An Amazing Memoir from Our Own Kathy Coskran**

[RSVP for November](#)

**December 18: Life in an American Concentration Camp: The Japanese American Experience During World War II**

[RSVP for December](#)

### Improv for Elders - Fall 2025

**Wednesdays, beginning September 24, 10:00-11:30, ongoing, (no meeting August 6, 13, & 20) in person at church**

[RSVP Here](#) *(Past participants: please re-register so that the facilitator has a complete roster)*

Improvisation is not only a fun activity, with lots of laughter and joy and connection with others. It is also a resilience-building activity, and a spiritual practice. Participants say that the class makes them more aware of the ways they can open to more joy and spontaneity outside of class as well as within. This class is not about performing or public practice of improv. It is a nonjudgmental, supportive environment for group activities. New members are always welcome to come by and try it! Facilitated by Rev. Meg Riley.