

WELCOME!

One of the major reasons we seek out a spiritual community is the opportunity to make meaningful, lasting friendships. And the best way to do this is to participate in the whole life of a congregation-- not only its worship services. An important facet of this life at UUOCC is our socially oriented topic groups described below.

Book Discussion by Brenda Taylor We're a lively and spirited bunch, and we're crazy for books! We discuss a wide variety of them, many by award winning authors. Books are provided by the Ocean County Library. It's rumored that you don't even have to have read the book to participate, though it helps! Please bring a bag lunch.

Community Garden by Bonney Parker Our newest enterprise is the founding of our Wrangle Brook Community Garden for the local area residents. They will have the opportunity to cultivate their own vegetables and flowers. There will be a common area to grow produce to be donated to local food banks. All are welcome to join in this endeavor.

Cookshops by Maureen Price We specialize in holistic cooking -- and good eating! A variety of simple dishes emphasizing vegetables in season are prepared. You will taste a sample of each and receive recipes, nutritional values, and shopping and preparing tips. Registration required as space is limited.

Dream Circles by Bonney Parker Using a method developed by Rev. Jeremy Taylor, author of *The Wisdom of Dreams*, you'll come to 'own' your insights into the meaning of another person's dream. Then you'll share your insights with the dreamer for the benefit of all. You need no special training, only a serious desire to understand the deeper meanings of dreams. You'll gain greater insight and understanding of your own dreams.

Guided Meditation by Barb Newman Meeting twice a month via zoom and/or in person, Guided Meditation is an opportunity to relax, get centered and grounded, experience healing for yourself and share healing with the world. The facilitator, Barbara Newman is a certified National Guild Hypnotist with over 20 years' experience in facilitating meditations, hypnosis, and Reiki healing. The session usually lasts about 45 minutes followed by a brief sharing by the participants. No previous experience is required.

Meditation/Buddhist Study by Linda Kay This congenial, free-spirited group is intentional about meditation. We sit in silence, with a focus on the breath, for about 40 minutes. Even folks who have trouble meditating alone find the group helps to ground them in the present moment. After a tea and snack break, we read from and discuss a modern book on Buddhism, for a totally satisfying evening. No experience is needed, drop-ins are welcome.

YES Sustainable Living Circle By Bonney Parker Our fast-paced, ever changing world seems more and more alienated from what is most meaningful. Our group meets to exchange ideas for living in better alignment with nature. Who would have thought that such a serious topic could lead to the hilarity and energy we produce! Exchange ideas and get opportunities for practical applications for living in sync with the environment.