

Directions:

From NORTH & SOUTH: Take the Garden State Parkway to Exit 82/82A, and exit onto Route 37 West. Take Route 37 West 1.7 miles to Holiday Mall/Aldi shopping center. Right turn into the shopping center at Squan Furniture.

From WEST: East on Route 70 to Route 37 East. Drive 5 miles to U-turn at Oak Ridge Parkway (Rt. 527). Take Route 37 West 1/10th mile to Holiday Mall/Aldi shopping center. Right turn into the shopping center at Squan Furniture.

From EAST: West on Route 37, then 1.7 miles from the Garden State Parkway interchange to the Holiday Mall/Aldi shopping center. Right turn into the shopping center at Squan Furniture.

Sunday services begin at 10:30 am; doors open at 10:00 am and Religious Education and childcare are available. After service, Hospitality Hour is an opportunity to meet and connect with each other while enjoying a cup of coffee and a bite to eat.



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Unitarian Universalist Ocean County Congregation

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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

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

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

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

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.

Meditation/Buddhist Study

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.

Religious Education

During the service, we have a Religious Education program for the children. Each week a story is read and then a project is completed based upon the story. Each lesson helps to promote one of UUOCC's seven principles.

Spiritual Deepening Circle

A gathering of eight to ten members on the second and fourth Wednesday of the month to discuss a spiritual reading. All have an opportunity to share their experiences and feelings if desired. The Circle fosters a safe, warm and intimate relationship between and among the members and increases the overall connection within the congregation while deepening our connection with our spiritual side.

YES Sustainable Living Circle

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.

For more information about these groups, please call 732-244-3455 or email a query to UUOCC at info@uuocc.org.

Please note that this is a companion brochure to "New to UUOCC?" and "Joining UUOCC." Also check out our website at www.uuocc.org.



*Embrace the Soul
Embolden the Spirit
Enrich the Community*