

Unitarian Universalist Principles

- ✚ The inherent worth and dignity of every person
- ✚ Justice, equity and compassion in human relations
- ✚ Acceptance of one another and encouragement to spiritual growth in our congregations
- ✚ A free and responsible search for truth and meaning
- ✚ The right of conscience and the use of the democratic process within our congregations and in society at large
- ✚ The goal of world community with peace, liberty and justice for all
- ✚ Respect for the interdependent web of all existence of which we are a part
- ✚ Journeying toward spiritual wholeness by building a diverse, multicultural Beloved Community, by our actions, that accountably dismantle racism and other oppressions in ourselves and our institutions

Unitarian Universalist Sources

- ✚ The sense of wonder we all share
- ✚ People from long ago and today, whose lives remind us to be kind and fair
- ✚ The ethical and spiritual wisdom of the world's religions
- ✚ Jewish and Christian teachings which tell us to love all others as we love ourselves
- ✚ The use of reason and the results of science
- ✚ The harmony of nature and the sacred circle of life



GET SOCIAL WITH US!

@uuocc on all platforms



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12/2023



Unitarian Universalist Ocean County Congregation

Join us for Sunday Service at 10:30 am

Meeting at Murray Grove Retreat and
Renewal Center
431 N. Main St. (Route 9)
Lanoka Harbor, NJ 08734
732-639-1674
uuocc.org

WELCOME!

The Unitarian Universalist Ocean County Congregation (UUOCC) is a religious and spiritual community where all are welcome. We embrace diversity, affirm the self-worth and value of every person and aspire to love universally. UUOCC is a Welcoming Congregation for LGBTQ+.

WORSHIP



Rev. Julie Newhall leads services with informational and inspirational reflections twice a month from September through June. She is both an ordained Interfaith and an ordained UU minister. She says, "Come join us in this caring congregation and see what happens to your heart and mind."

Other Sunday services are presented by members or guests. See the Calendar at uuocc.org for speakers and topics. And plan to join us for hospitality afterwards, when we connect over light refreshments.

CONGREGATIONAL LIFE

To make meaningful, lasting friendships in our community, you'll want to participate in the whole life of our congregation, not just Sunday mornings. Here are some choices to consider:

Book Discussion

We're a lively bunch and we're crazy for books! We discuss a wide variety of them, many by award winning authors, provided by the Ocean County Library. You don't even have to have read the book to participate (though it helps.)

Chalice Circles

We meet once a month at a member's home. We use our time to get to know one another, and connect and support each other in a spiritual community.

Community Garden

Connect with others while caring for the Earth and our neighbors. Wrangle Brook Community Garden is open to Ocean County residents to cultivate their own vegetables and flowers. In addition, one quarter acre is dedicated for growing vegetables for local food banks.

Dream Circle

Using a method developed by Rev. Jeremy Taylor, in a safe group setting, you'll come to 'own' your insights about other group members' dreams. Then you'll share them 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 into your own dreams.

Drum Circle

Group drumming is a unique feeling of health, well-being, and community bonding, and a way to express yourself without judgment. The purpose is for fun and stress relief, and leaves you with a feeling of social connection.

Guided Meditation

Participants are led through a guided meditation meant to foster relaxation, centering, spiritual connection and personal healing finishing with sending healing out to the world. These hour-long sessions are available on zoom or at Barbara Newman's home. She is a certified NGH hypnotist with over 20 years' experience.

Mindfulness Meditation

We sit in mindful silence, with a focus on the breath, for 40 minutes. Even folks who have trouble meditating alone find the group energy helps. After a break, we read from and discuss a modern book on Buddhism. No experience is needed, and drop-ins are welcome.

Social Justice

We provide assistance to families in need through the Lacey Food Bank, Wranglebrook Community Garden, Interfaith Family Services, and The HOPE Center. We participate in UUFaithAction NJ a statewide organization that promotes equity and justice through legislation.

For more information, please call or email us.