

## 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** The UUOCC Book Club meets every 3rd Saturday of each month. We do take a summer break July and August. Our books are provided by the Ocean County library. They are distributed and returned at each meeting. We choose our own reading list once a year, which includes fiction and non-fiction books. We bring our own light lunch and dessert is served. A small donation is appreciated to support UUOCC in our continuing endeavors at each meeting. We enjoy discussing the various elements of each book as to its subject matter, characters, conflicts and applications to today's world and our own personal experiences. Come try us out, we would love to have you!

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

**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.

**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.

**Social Justice by Peggy Middaugh** Although UUOCC is a small congregation, we take our commitment to social justice seriously. We contribute financially to UU FaithActionNJ, the statewide UU social action organization and participate in

workshops and activities that they sponsor, particularly in the areas of environmental justice and climate change and immigration policy. (For more information visit [www.uufaithaction.org](http://www.uufaithaction.org)) Within Ocean County we collectively and individually support the following:

- Interfaith Hospitality Network - an interfaith ministry providing shelter and assistance to homeless families ([www.ihnoc.net](http://www.ihnoc.net))

- Hope Center - providing resources, services and advocacy for those in current need ([www.houseofhopeocean.org](http://www.houseofhopeocean.org))

- Fullfill - the Foodbank of Monmouth and Ocean Counties

- Wranglebrook Community Garden - a joint project of UUOCC and Berkeley Township (see additional information elsewhere on this page).

UUOCC has been recognized as a UU Welcoming Community and Stands on the Side of Love.