

## 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 4th 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 Circle by Sonya Lewis** Meets the 3<sup>rd</sup> Wednesday at 7:00 pm in a Member's home. The circle features a time of check in and then sharing on a topic. This is a great way to get to know members outside of church. Contact Sonya Lewis at [sonyab1126@gmail.com](mailto:sonyab1126@gmail.com)

**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. If interested in attending contact Bonney at [deanofdreams@gmail.com](mailto:deanofdreams@gmail.com)

**Drum Circle by Roseann DePasquale** usually meets the 4<sup>th</sup> Sunday at 1:00 pm at Cone House. A fun afternoon of drumming, dancing, singing and release. Bring your own percussion instruments or instruments will be provided. No experience necessary. Suggested donation \$5.00. For more information contact Roseann at [waretown@comcast.net](mailto:waretown@comcast.net)

**Guided Meditation by Barb Newman** usually meets on the second and fourth Tuesday evenings at 7:30. Participants are guided through a visualization to a place of peace, ease, and relaxation with suggestions for release and healing followed by a time

of sending healing energy out to the world. The meditation is generally 30 to 45 minutes in length. We currently meet by Zoom. The group is facilitated by Barbara Newman (NGH certified Hypnotist and REIKI practitioner). Contact her at 631-871-1640 or [bbarbnew@gmail.com](mailto:bbarbnew@gmail.com) for information and the zoom link.

**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 afternoon. No experience is needed, drop-ins are welcome. Meets 1<sup>st</sup> and 3<sup>rd</sup> Mondays at 2:00 pm at Cone House.

**Social Justice by Barry Bendar** Although UUOCC is a small congregation, we take our commitment to social justice seriously. We contribute financially to UU Faith Action NJ, 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 a wide variety of charities.

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