

UNITARIAN UNIVERSALIST CHURCH OF FRESNO
ZOOM PROGRAMS
Last Edited September 25th

Spiritual Reflection with Rev. Tim

Take the time to connect and join Rev. Tim for spiritual nourishment and togetherness.

Tuesdays at 7pm and Thursdays at 11am

VIDEO: <https://zoom.us/j/94599824478>

Meeting ID: 945-9982-4478

PHONE: 669-900-6833 (then enter Meeting ID: 945-9982-4478, followed by #,
when prompted for User ID, just hit # again)

Social/Coffee Hour

Join us after the worship service for spirited conversation and connection.

(Bring your own coffee or tea)

Sunday after the Service Ends

VIDEO: <https://zoom.us/j/96785914824>

Meeting ID: 967-8591-4824

PHONE: 669-900-6833 (then enter Meeting ID: 967-8591-4824, followed by #,
when prompted for User ID, just hit # again)

Hatha Yoga with Jenny

Jenny R. leads her famous chair yoga and a reflection.

Mondays at 6pm

VIDEO: <https://zoom.us/j/97768989369>

Meeting ID: 977-6898-9369

PHONE: 669-900-6833 (then enter Meeting ID: 977-6898-9369, followed by #,
when prompted for User ID, just hit # again)

Chair Yoga and Meditation with Jenny

Jenny R. leads her famous chair yoga and a reflection.

Wednesdays at Noon and Fridays at 1pm

VIDEO: <https://zoom.us/j/97768989369>

Meeting ID: 977-6898-9369

PHONE: 669-900-6833 (then enter Meeting ID: 977-6898-9369, followed by #,
when prompted for User ID, just hit # again)

Buddhist Fellowship Meditation

Join our weekly meditation and study group. The Dharma Without Dogma Sangha is an inclusive meditation and study group in which the participants feel an affinity with UU principles and Buddhism.

Wednesday at 3pm

VIDEO: <https://zoom.us/j/94225906754>

PHONE: +16699006833 (then enter Meeting ID: 942-2590-6754, followed by #,
when prompted for User ID, just hit # again)

ADULT CLASSES, WORKSHOPS, AND GROUPS

Introduction to Unitarian Universalism Series

Alternating Sundays at 11:45am

Join Rev. Tim and Patty Bennett for an engaging and informative introduction to UU history and beliefs, and an overview of our church community here in Fresno.

VIDEO: <https://zoom.us/j/92148063924>

Meeting ID: 921-4806-3924

PHONE: 669-900-6833 (then enter Meeting ID: 921-4806-3924, followed by #,
when prompted for User ID, just hit # again)

Introduction to Mantras and Chants

From the Kundalini Yoga Tradition

Wed, September 16 from 7:00-8:15 pm Facilitated by Rev. Tim Kutzmark

Join Rev. Tim for an introduction to powerful mantras, meditations and chants from the Kundalini Yoga Tradition. You'll leave with easy-to-use techniques to deepen your spiritual life. Registration is requested. <https://forms.gle/5CoV6fHfedATDCuz8>

The Power of Forgiveness A Spiritual Exploration for Unitarian Universalists

Tuesday Morning Class: Sept 22, 29 and Oct 6, Oct 13th, 20th from 10am – 11:30 am Thursday

Evening Class: Sept 24, and Oct 1, 8, 15, 22 from 7:00-8:30 pm

Facilitated by Rev. Tim Kutzmark,

Join Rev. Tim to explore the complexity of forgiveness. This five-part workshop will spark spiritual conversation and contemplation. We'll examine the nature of forgiveness (of self and others), come to better understand the journey to forgiveness, consider how we (and others) forgive the unforgivable, and discover how our Unitarian Universalist faith can change our understanding and experience of forgiveness. Tim offered this class in the winter of 2016, and your first time or repeat participation is welcomed.

Registration is required: <https://forms.gle/YgV79usKDNzr5CrC8>

Zoom Link: <https://zoom.us/j/93862148698>

Experiencing Transcendentalism in Modern Life

Oct. 27th, Nov. 3rd, Nov. 10th at 10am or Oct. 29th, Nov. 5th, Nov. 12th at 7pm

Facilitated by Harold Wood

This series of interactive discussions and activities invites a reconnection with Nature and the spirit that lives within us all. Using the American Transcendentalists and comparative texts as our setting, we will engage in self-culture by experimenting with the spiritual practices of the Transcendentalists. Registration Required: <https://forms.gle/YgV79usKDNzr5CrC8>

Zoom Link: <https://zoom.us/j/99841849116>

“Sitting Bull: A Stone in My Heart”

Sunday, October 11 at 6:30 pm

This acclaimed documentary will introduce you the Sitting Bull few people know. The film-maker spent four years of research to develop an oral history, the story of Tatanka-Iyotanka (Sitting Bull) in his own words. We bear witness as one of Native-America's most famous leaders talks about his life on the Northern Plains, the Battle of the Little Big Horn and finally,

his complicated views of Euro- American culture. Except for a few lines of dialogue invented for cohesion, it is Sitting Bull's first-person account of his life and times.

Zoom Link: <https://zoom.us/j/94666801101>

Chalice Circles (Twice Monthly Small Group Connection)

Join with 8-10 others for twice-monthly facilitated spiritual and personal exploration, connection and community. Unlike a drop-in group, you'll come to know a small group of people over time, and they will come to know you. Led by an experienced facilitator, this is perhaps the best way to develop meaningful relationships in our church community. Think of this as our version of bible study, except the scripture we explore is the sacredness and wisdom of our human lives.

Various times throughout the month.

Please contact Dani Livesey, Director of Lifelong Learning, for more information and to register for a group.

Email: growspiritually@uufresno.org

Phone: 559-322-6146 (church office)