

September Adult Religious Exploration Offerings

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>

Introduction to Unitarian Universalism: Spiritual Journey

Sunday September 20 @ 12 P.M. Facilitated by Rev. Tim Kutzmark and Patty Bennett

Each hour-long workshop in this engaging and interactive series stands alone as an introduction to a different aspect of our faith. The workshops are designed for newcomers and the series of four workshops is recommended for those considering membership in the Unitarian Universalist Church of Fresno. In addition, all workshops are open to anyone who is interested in refreshing their understanding of Unitarian Universalism. All workshops are on Sundays at 12 noon. Registration is requested. Email Dani at growspiritually@uufresno.org for registration and information.

Ongoing Offerings

Meditation with Rita

Take some time for centering and spiritual practice with a meditation and reflection from Rita T.

Tuesdays at 10am

VIDEO: <https://zoom.us/j/93671480676> Meeting ID: 936-7148-0676

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>

Drop In Groups

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

Young Adult Check In (Ages 25-40)

In this moment of physical distancing and anxiety (especially for the Gen Xers and Millennials who are uniquely sandwiched into the position of caretaker/technology experts) join us in a weekly ZOOM meeting for Young Adults to check in and decompress with one another. The first Saturday of every month

VIDEO: <https://zoom.us/j/95007679893?pwd=S0N5YXZZRTMzeDhtMUdpdGNTN1Jxdz09>

Meeting ID: 950 0767 9893

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