

UUCL Weekly Update Dec 7

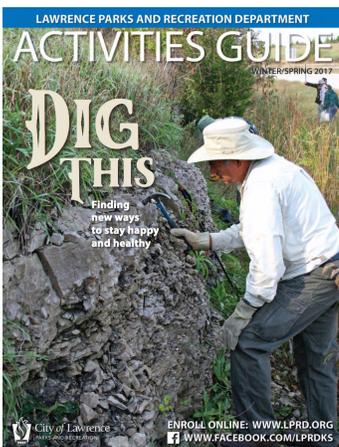


Our Soul Matters theme for November:
What Does It Mean To Be A Community of Presence?

Presence from one perspective is all about awareness and remembering to “live in the moment.” On the other hand, there is the possibility to notice a transcendent Presence that is woven through all moments. The greatest gift of the holidays is noticing the many gifts that have been sitting there all along. What powerful and meaningful presence is waiting for you to be present to it? What gift is waiting and wanting to emerge? What will your awareness bring into being this month?

This Sunday, Dec 11

**9:30 AM Traditional Program: “Recreation: The Swiss Army Knife for a Healthy Lifestyle,”
Gayle Sigurdson, Lifelong Recreation Programmer for Lawrence Parks and Recreation**



The many things we intend to do for physical health, mental health, and relationships can be seen as a chore or as play. We'll take a look at the therapeutic benefits of recreation and how to meet personal goals through avenues that are fun.

10:30 AM Coffee and Art in Founders Hall

Work by photographer Tony Peterson will be up through Dec. 25.

11:00 AM Worship Service: "Being Present," Elizabeth Ide, Ministerial Intern, with Worship Associate Ted Wilson



In the hustle and bustle of the holiday season, so much competes for our attention. How can we make space to show up for what really matters?

Sunday in Lifelong Learning Dec 11 th

9:30 am UU Parenting Circle - Adults

December 11: Talking With Your Children About Economic Inequities.

Whether your family's finances are stable or shaky, kids notice that not everyone has the same resources at their disposal. How best can we communicate honestly with our children about the reality of economic differences and model unselfish service to the world?

9:30 am Spirit Play - 4 yrs to 5th grade

This week Sara and Jennifer share a story called The Wise Woman and Her Secret which illustrates our Green Promise, and tells the tale of a little girl who travels to meet the Wise Woman and discover her wisdom. Will Sara tell the secret? Come listen!

Questions for family reflection...

What gems of wisdom have been passed down to you that you share with your children?

How has your idea of wisdom changed throughout your life?

Do you view yourself as a wise person?

9:30 am Middle Youth - Grades 6 to 8

Middle Youth leaders Michelle Iwig-Harmon and Melissa Kelly will be giving our 6th-8th graders more choices in and control over what they do in their hour together on Sunday mornings. They are welcome to bring an electronic device if they have one or we will have several available. Most weeks they will be guided to explore topics of their choosing and consider how this and/or current world events might be viewed through a UU lens. In addition they will have unscheduled time to hang out with others their age, play board games or spend time outside.