



**Opportunities for  
Exploration and Enrichment**  
at the Unitarian Universalist Church of Kent  
2016 - 2017

**Adult Religious Exploration Classes**

**Creating a Spiritual Practice  
in Your Life**

Sundays, Sept 25 and Oct. 9 at 1 PM, and  
Oct. 16 at 2 PM or  
Tuesdays, Oct. 4, 11, and 18 at 7:00 PM

Facilitator: Intern Minister Dave Clements

The most difficult hurdle to overcome in establishing a spiritual practice is often the hurdle of beginning. I am inviting you to a series of three workshops where we will learn the importance of spending time alone, developing daily rituals, and the importance of physical exercise in your establishment of a spiritual practice. Participants will be invited to step outside of your comfort zone and to expand your scope. The workshops are designed to help decrease stress in your life, calm your mind, deepen your spiritual



**Spiritual Cinema**

Enjoy an evening of film and discussion. Each gathering will be highlighted in detail via the church website and weekly e-nUUs.

Facilitator: Dan Flippo

**Movie: Forrest Gump**

Date: September 25

Time: 6 - 9 PM

connection and increase your overall happiness and health.

At the end of the series I will invite those in the workshop who desire to be a part of a community outreach; where we will take what we have learned about spiritual practices and bring that to a community. The community is that of a Women's Shelter where women, who are struggling with addiction issues are sent in lieu of prison. I reached out to this group last spring and shared with them these workshops. The results were amazing. We have been asked to provide these workshops again this fall in Oct and Nov. Come learn how to establish a Spiritual Practice in your lives and then come and teach others as part of a community outreach.

To request childcare, please contact Religious Education Coordinator Colleen Thoele at [reassitant@kentuu.org](mailto:reassitant@kentuu.org) by Monday, September 19, 2016.

Location: Dan Flippo Home  
2650 Easthaven Dr.  
Hudson, OH 44236

**Movie: Bruce Almighty**

Date: October 14, 2016

Time: 7-10 PM

Location: Dan Flippo Home  
2650 Easthaven Dr.  
Hudson, OH 44236

**Movie: Contact**

Date: November 5, 2016

Time: 7-10 PM

Location: Dan Flippo Home  
2650 Easthaven Dr.  
Hudson, OH 44236

**Movie: Dances with Wolves**

Date: December 10, 2016

Time: 7-10 PM

Location: Dan Flippo Home  
2650 Easthaven Dr.  
Hudson, OH 44236

Please RSVP to Dan  
at [djf13@cornell.edu](mailto:djf13@cornell.edu).



## Meditation Boot Camp

Facilitator: Lisa Thiel

Dates: Saturdays, January 14, 21, 28 and February 4, 2017 1:00 PM

This mini-series will help you get started with a meditation practice. Lisa is an experienced meditation teacher and looks forward to helping you create your own practice.

To request childcare, please contact Religious Education Coordinator Colleen Thoele at [reassitant@kentuu.org](mailto:reassitant@kentuu.org) by Friday, December 30, 2016.

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## Soul Collage

Facilitator: Susan Poole-Wilke

Date: Sunday, January 15, 2017 1:00 PM

January is a traditional time to pause, creating a personal or community vision for the new year. Join us in the practice of Soul Collage® as a vehicle for setting an intention for the year ahead. The workshop will be held on Sunday, January 15 after the services in Fessenden Hall. Susan has received training to be a Soul Collage facilitator.

A light lunch will be provided and donations will be accepted to offset the cost of lunch and supplies. RSVP to the church office to participate in the workshop is due by Monday, January 9, 2017.

To request childcare, please contact Religious Education Coordinator Colleen Thoele at [reassistant@kentuu.org](mailto:reassistant@kentuu.org) by Monday, January 2, 2017.

## Small Group Ministry

### Chalice Groups and Food for Thought Groups

Most of our lives are rushed and fragmented. These small, committed groups share a kind of sacred time together that participants find renewing, transformative, and deeply moving.

Here at the UU Church of Kent, two types of groups are offered: Chalice Groups and Food for Thought Groups. Both groups, which will begin meeting in October, will offer opportunities to share our stories, ideas, and feelings, while building relationships.

#### *Chalice Groups*

The Chalice Group program is a network of small covenant groups consisting of friends and members of the church whose understanding and companionship supports our journey of spiritual growth. Chalice Groups are an opportunity for us to share our stories, find meaning in life, and be with one another, allowing our souls to unfold.

Chalice Groups meet once a month for a structured conversation. When you join a group, you are making a commitment to participate monthly, October - May, to the best of your ability.

### ***Food for Thought Groups***

Like our Chalice Groups, Food for Thought Groups provide an opportunity for us to share our stories, ideas and feelings while building relationships. Unlike our Chalice Groups, though, our Food for Thought Groups will take place in the context of a shared meal.

Most of our lives are so very busy with the many commitments we have to juggle. Food for Thought Groups will provide you with a regular, structured opportunity to slow down, savor good food in good company while having a deeper conversation than small talk allows.

Food for Thought Groups meet monthly to have conversation over a shared meal. The potluck meal is hosted by one group participant with everyone bringing a dish. When you join a group, you are making a commitment to participate monthly, October - May, to the best of your ability.

*Please look for Chalice and Food for Thought Group sign-up sheets at the Ministries Fair on Sunday, September 18 outside the Sanctuary doors. In addition, the brochure and sign-up are attached to this email and available on the Church website:*

*<https://kentuu.org/education/adult-religious-exploration/chalice-groups/>*

***\*\*Sign-up is due by October 5, 2016\*\****

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### **Plant Based Eating Group**

Facilitators: Trish McLoughlin and Rhonda Richardson.

1st Gathering: Friday, October 7, 2016 6:30 PM

This group will meet for a potluck once a month and share resources and recipes. Together we will explore the environmental and health benefits of moving towards a whole food, plant based way of eating. The first gathering will be Friday, October 7 from 6:30 – 8:30 PM in Fessenden Hall. Information on monthly gatherings will be advertised each month in the “Weekly e-nUUs” and “Sunday Thread from the Web” as well as an email notification. Please contact the church office at [churchoffice@kentuu.org](mailto:churchoffice@kentuu.org) or 330.673.4247 to add your name to an email contact list for future gatherings.

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## Outdoor Adventure Affinity Group

We have had several people express interest in a group that would go hiking or biking or canoeing, etc. once per month. However, we need one more convener to make this happen. Speak to Rev. Melissa if you are interested.

## One-Time Enrichment Opportunities



## Staying Grounded in the Winds of Change

Facilitators: Rev. Renee Ruchotzke and Jennifer May

Date: September 17, 2016 2:00 PM

With Reverend Melissa leaving, there are a lot of unknowns about our congregation's future. If we approach the unknown future with wisdom and intentionality, we may not know its details, but we will be able to guide its shape and underlying values.

The **"STAYING GROUNDED IN THE WINDS OF CHANGE"** workshop is a terrific opportunity to understand how you can help move our congregation into our next season of fruitful ministry!

- Learn about how we, as humans, naturally respond to change.
- Learn how we can use times of change to help better ourselves and our communities.
- Discover where you can help serve our congregation during the upcoming

transitions.

The afternoon will begin with the Rev. Renee Ruchotzke and lay leader Jennifer May sharing tips and tools about how to be intentional during times of transition. We will have a break with a Mediterranean Tea, then will convene into small groups to hear about your interests and answer any questions.

**WHEN:** Saturday, September 17, 2016

**WHERE:** Fessenden Hall, Kent Unitarian Universalist Church

**TIME:** 2:00p - 5:00p

**Mediterranean Tea:** 3:30pm

**Registration is closed. If you would like to attend this workshop, please contact Rev. Ruchotzke at [rruchotzke@uua.org](mailto:rruchotzke@uua.org)**



## Do You Have an Advanced Directive?

Led by Jeff Marsh and sponsored by the Care Team

**Date: Sunday, October 16, 2016 1:00 PM**

If you do not already have an Advanced Directive or aren't sure what they are, this workshop is for you. Come learn how an Advanced Directive can be helpful to you and your loved ones. You will have the opportunity to privately complete your own Advanced Directive while Jeff Marsh guides you through the process. Jeff is a hospice physician who is deeply experienced with the benefits of Advanced Directives.

This workshop will be held on Sunday, October 16 from 1:00 - 2:00 PM in Fessenden Hall. You are welcome to bring your lunch to complement the light refreshments that will be provided.

To request childcare, please contact Religious Education Coordinator Colleen Thoele at [reassistant@kentuu.org](mailto:reassistant@kentuu.org) by Saturday, October 1, 2016.

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## Moving Forward: Post-Election Bridge Building

Led by Commissioned Lay Minister Rev. Christie Anderson with  
Rev. Melissa Carvill Ziemer and Intern Minister Dave Clements

Date: Wednesday, November 9 at 7pm in the sanctuary

No matter the outcome of the presidential election, people will be grieving. Depending on your own preferences, that may include you and it may also include some of your family, friends, neighbors and co-workers. Come share your feelings about the outcome of the election and join us in a conversation about values and next steps.

To request childcare, please contact Religious Education Coordinator Colleen Thoele at [reassistant@kentuu.org](mailto:reassistant@kentuu.org) by Wednesday, October 26, 2016.



## Film and Discussion

### “Defying the Nazis: The Sharps’ War”

Date: October 25, 2016 at 7 PM in Fessenden Hall

[\*Defying the Nazis: The Sharps’ War\*](#), a new documentary directed by Ken Burns and Artemis Joukowsky that tells the story of [\*Martha and Waitstill Sharp, two of Unitarian\*](#)

[Universalist Service Committee's founders.](#)

The film will explore the lives and work of the Sharps, a young Unitarian minister and his wife, as they undertook vital missions in Nazi-occupied Europe to rescue Jews, dissidents, and refugee children at great personal sacrifice. As the film's website describes:

*"Drawing from the couple's journals & letters, with Tom Hanks providing the voice of Waitstill Sharp, along with compelling commentary from people they saved as well as holocaust scholars, the film is a suspenseful and intimate look into the lives of a husband & wife willing to risk their lives to save others."*

For more information, visit: <http://www.uscc.org/defying-the-nazis-the-sharps-war/>

To request childcare, please contact Religious Education Coordinator Colleen Thoele at [reassistant@kentuu.org](mailto:reassistant@kentuu.org) by Monday, October 10, 2016.



## **Social Justice Film and Discussion**

### **“Prisons for Profit”**

Date: Friday, October 28, 2016 7:00 PM

Special screening and discussion of the documentary film “Prisons for Profit,” 7 p.m., Friday, Oct. 28, led by social work intern Avery Martens from Case Western Reserve University. The film, produced by the American Civil Liberties Union (ACLU) of Ohio, features Lake Erie Correctional Institution in Conneaut, which was the first state-owned prison in the US to be sold to a private company. “For-profit prisons make more money as their populations grow. People should never be treated like dollar signs, and Ohio needs to stop feeding this system,” filmmakers say.

This film screening kicks off a year of racial justice activities sponsored by “A Year of Racial Justice and Beyond” social justice subcommittee.

To request childcare, please contact Religious Education Coordinator Colleen Thoele at [reassistant@kentuu.org](mailto:reassistant@kentuu.org) by Thursday, October 13, 2016.





## Bringing General Assembly Home

Date: Sunday, November 6, 2016 1:00 PM

We had over a dozen people, both members and staff, participate in General Assembly and the associated professional association gatherings this past June. We returned home full of inspiration and ideas and we want to share some of the highlights with you. Please join us on Sunday, November 6, 2016 in the Sanctuary from 1:00 – 2:30 PM. Childcare will be available with two weeks advance notice to Religious Education Coordinator Colleen Thoele at [reassistant@kentuu.org](mailto:reassistant@kentuu.org).

To request childcare, please contact Religious Education Coordinator Colleen Thoele at [reassistant@kentuu.org](mailto:reassistant@kentuu.org) by Monday, October 24, 2016.

## Dates to Keep on Your Radar

**Ministry Fair** – September 18, 2016 *The Ministries Fair will be open following both services.*

**Walden** – Sept 23 – 25, 2016 Salt Fork Primitive Camp

**Cuyahoga River Concert Series: Tim Thompson** - October 1, 2015

**Homecoming Sunday -- Ground Breaking and All Church Potluck** – Oct. 2, 2016

**Patricia Pownall UU Book Group** - October 13, 2016

**Cuyahoga River Concert Series: Four Shillings Short** - October 22, 2016

**Halloween Party / Haunted House** – TBD / End of October or early November

**New to UU Classes** - November 6 and 13, 2016

**UU've Got Talent** – November 12, 2016

**Thanks-4-Giving Auction** - December 3, 2016

**150<sup>th</sup> Anniversary Event: Theatrical Production** – January 21, 2017

**Kent Hogwarts Winter Session** - February 18 - 20, 2017

**Stewardship Campaign** - March 2017

**Saunis & Friends Concert** – March 4, 2017

**Music Sunday** - Saturday, March 25 at 4:30 PM and Sunday, March 26

**All Church Clean-up Day** - Saturday, April 8

**CER-UUA (OMD) YAC Event** - April 14 - 15, 2017 (hosted at UU Church of Kent)

**Religious Education Sunday** - June 4, 2017

**Annual Service in the Park and Church Picnic** - June 11, 2017

**Kent Hogwarts Summer Session** - June 22 - 25, 2017

## Opportunities to Serve the Wider Community



### Tutoring

Helping grade school students with their homework at the Skeels-Matthews Community Center in Ravenna is a relatively new (three years) service opportunity for us at the UUCK. Very informal, tutors are matched with a student by the center's director, and help them with that evening's homework, which seems to be always reading, spelling, or math. The after-school program is held on Tuesday and Thursday afternoons from 4:00 until 6:00, although their work is often completed by 5:30. Volunteers may commit to just one or two sessions per school year, or as many as you like! Scheduling in advance, however, is very helpful. Please contact Lee Brooker at [lbrooker03@hotmail.com](mailto:lbrooker03@hotmail.com) for more information.



### Trinity Lutheran Lunch

**Our church takes turns throughout the year helping to prepare and serve a Saturday lunch for the hungry** at Trinity Lutheran Church in Kent. This is a family friendly opportunity -- we have had volunteers as young as age 4! Regardless of whether you cook, we can use your help on the Saturdays listed below from 9:30am-12:45pm. If you are interested in volunteering at this wonderful community outreach, or

would like more information, please contact one of our "Trinity Lunch Helpers."

- December 10
- April 1
- June 10
- August 5

Trinity Lunch Helpers: Tanya Kahl [kahltanya@yahoo.com](mailto:kahltanya@yahoo.com)

Elaine Bowen [eybowen@yahoo.com](mailto:eybowen@yahoo.com)

Bonnie Harper [harper1721@yahoo.com](mailto:harper1721@yahoo.com)



## Kent, Ohio CROP Hunger Walk

Date: October 9, 2016

Where: Brady Lake UMC 1995 Brady Lake Rd., Kent, OH 44240

Registration: 1:30 PM or

Register online at: <https://www.crophungerwalk.org/kentoh>

Walk Starts: 2:00 PM

Contact Becky Brown for more information: [beckydave74@neo.rr.com](mailto:beckydave74@neo.rr.com)



## Unitarian Universalist Church of Kent

Web: <https://kentuu.org>

Phone: 330.673.4247

Email: [churchoffice@kentuu.org](mailto:churchoffice@kentuu.org)

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