

## 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 Patty at [msc@uufresno.org](mailto:msc@uufresno.org) for registration and information.

## Ongoing Offerings

### **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 Sunday of every month after service.

**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