UNITARIAN UNIVERSALIST CHURCH OF FRESNO

ZOOM PROGRAMS

Last Edited Feb. 24th

ADULT CLASSES, WORKSHOPS, AND GROUPS

Love & Death & The Meaning of Life (in the Midst of a Pandemic) A Spiritual Exploration
Rev. Tim Kutzmark, Facilitator
Tuesday Feb. 16 and 23, Mar. 2, 9, and 16 at 10 am
or Thursday, Feb. 18 and 25, Mar. 4, 11, and 18 at 7 pm
What does it mean to live, and love, and die? How can Unitarian Universalism provide guidance, comfort, and strength in this time of Covid-19? Tim offered an earlier version of this exploration half-a-decade ago, and invites you to discover anew in the light of the altered world we face in 2021 and beyond. Required text: the short and quite powerful Love & Death: My Journey Through the Valley of the Shadow by Forrest Church ($15 for paperback), available through the UUA bookstore (https://www.uuabookstore.org/Love-and-Death-P17058.aspx) and Amazon.com. Please note: The first session reading assignment will be chapters 1 – 4. Please come to the first class having read this short section of the book. Please also bring a notebook and pen with you.

https://docs.google.com/forms/d/e/1FAIpQLSfLyAOVR9FSM8erO831vwxlEngPqr3ik4owrdMi7fThE EraUQ/viewform?usp=sf_link
Zoom Link: https://zoom.us/j/94324379172

Looking Back: a Year of Pandemic
March 12th at 7pm
Join Rev. Tim, Dani, Patty, and Lorenzo for conversation and reflection of the past year in Pandemic times. Mark with us the Anniversary of the Church transitioning into online worship, as we look back at how we’ve grieved, changed, grown, and continued to live into our faith together. Zoom Link: https://zoom.us/j/91211521334

Faith in Film: “Underwater Dreams”
Facilitated by Rev. Tim Kutzmark, Sunday, March 14 at 6:30 pm
This documentary follows a group of high school students who are all sons of undocumented Mexican immigrants as they participate in an underwater robotics contest against fierce competition. Due to scarce resources, the team had to use their ingenuity to finish the project with low-cost materials. We see the challenges and disadvantages they have to wrestle with and how their hard work and discipline pay off. Underwater Dreams offers powerful lessons about curiosity, perseverance, and teamwork and shows kids what you can achieve if you never stop dreaming. Registration Requested at:

https://docs.google.com/forms/d/e/1FAIpQLSfLyAOVR9FSM8erO831vwxlEngPqr3ik4owrdMi7fThE EraUQ/viewform?usp=sf_link
Zoom Link: https://zoom.us/j/94666801101

Spirit In Practice Mind Practices
Facilitated by Dani Livesey, Wednesday March 17th at 7pm or Sunday March 21st at 1pm
We can sometimes get the impression that "spiritual" and "intellectual" are mutually exclusive characteristics, or that we need to "get out of our heads" to experience spiritual growth. Yet throughout time and across cultures, it has long been recognized that reason and rationality are among many paths to the discovery of deep truth.

While it may indeed be true that many people can get "stuck in their heads" and miss out on what Margot Adler calls "the juice and the mystery," it is by no means a direct correlation that the use of the intellect requires one to be blinded to the miraculous. Consider Albert Einstein, who said that he knew his special theory of relativity was correct not because all of the equations added up but because it was so "beautiful," and who opined that "the most beautiful thing we can experience is the mysterious." Many of the world's most rational thinkers find that the more they learn, the more their appreciation for the majesty and magnificent mystery of life grows as well

Registration is Required at:
https://docs.google.com/forms/d/e/1FAIpQLSfLyAOVR9FSM8erO831vwwxIEngPqr3ik4owrdMi7fThE EraUQ/viewform?usp=sf_link

Zoom Link https://zoom.us/j/92329060381

Ongoing Activities

**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](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 Sunday morning at 9:45am or 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](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)

**Kid’s Social Hour** 5 minutes after service on Sunday Morning with Dani for check in, community sharing, a little lesson, and a lot of fun! [https://zoom.us/j/94693279104](https://zoom.us/j/94693279104)

**Hatha Yoga with Jenny**
Jenny R. leads her famous chair yoga and a reflection.
**Mondays at 6pm**
**VIDEO:** [https://zoom.us/j/97768989369](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](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.

*Wednesdays at 3pm*

**VIDEO:**  [https://zoom.us/j/94225906754](https://zoom.us/j/94225906754)

**PHONE:** +1 6699006833  (then enter Meeting ID: 942-2590-6754, followed by #,
when prompted for User ID, just hit # again)

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)