

## Adult Religious Exploration in November

Join us for a six-week workshop, Meditation & Metamorphosis, starting November 12th, 2023, after the Second Sunday Potluck gathering (1:15-2:30 p.m.). This workshop will use the book *Everyday Spiritual Practice: Simple Pathways for Enriching Your Life* as a launching point and structure for contemplation and exploration. We'll lean into reflective essays by Unitarian Universalist clergy, leaders, and lay people. Topics will include, but are not limited to, mindfulness, movement, connection, faithful activism, the arts, etc. We'll also utilize various exercises, prompts, and meditations by individuals who are celebrated and heralded for their pioneering and healing work. The spirit of the workshop is to explore in grace while nurturing an ever-expanding space that holds all emotions that may arise—wholeheartedness, glee, anger, sadness, frustration, and aversion, to name a few. All the elements that may be a part of our growth and metamorphosis. All materials will be provided for this workshop.

### **Please note:**

- 1) November 19th's session will be from 3:15- 4:30 pm so that folk can attend the Coalition of Natives and Allies (CNA) Panel and Film event at 1 pm.
- 2) Before the Thanksgiving weekend, a special exploration booklet will be gifted for use during that holiday weekend (no physical gathering).

If you're interested in participating in this workshop, please email Shaie, the Intern Minister, at [intern@uumtairy.org](mailto:intern@uumtairy.org)  
We look forward to seeing you on November 12!