

LFD NEWSLETTER

SPIRITUAL PRACTICE

A spiritual practice/discipline (often including spiritual exercises) is the regular or full-time performance of actions and activities undertaken for the purpose of inducing spiritual experiences and cultivating spiritual development. Last year we talked about spiritual practice. In our discussions we learned that there are many ways in which to be involved in a spiritual practice. Some of these ideas are in our Contemplation Room. As I mentioned last year, this room will be a continuous work in progress as seasons and needs change.

It is a place where you are encouraged to engage in quiet reflection or meditation. Various Spiritual Practices have been introduced and available including: Alter Building, Mandala Coloring, Finger Labyrinths, Fiber Handwork, Spiritual Reading and more.

This month we will be introducing a table loom. Before it enters our Contemplation Room you are invited to create a **Tapestry of Hope** — for the month on January in the Narthex next to the LFD counter, you will find a small table with a loom, fabric sticks, and fabric markers. You are invited to write a message of hope for the New Year 2017, and weave it in and out of the strings of the loom.



Next month we will talk about using prayer beads as a spiritual practice.

Child Dedication Ceremony

Are you committed to UUCSV and do you feel like UUCSV is committed to you and your family? Would you like your child to be dedicated at UUCSV? In our Unitarian Universalist dedication ceremonies, our congregation pledges to support you and your child(ren) throughout your lives and to help you grow in mind, body and spirit both as individuals and as a family. This special child dedication ceremony will take place during the worship service in the near future. Please contact Rev. Russ or Cory to have your child(ren) included.

Covenant Group News



Our spiritual theme for the month of January is **Security, Serenity, Peace of Mind.**

Security is the feeling of being safe and in control — it's a nice feeling. Take it away and we feel stressed. **Serenity** on the other hand is a state of mind rather than a matter of safety. When we experience serenity we feel calm and peaceful. While "**peace of mind**" allows for both contentment and activism. Peace of mind comes from living a real life and making peace with its conflicts. Our Spiritual theme this month suggests we focus on Peace of Mind, unlike security, which is impossible and serenity which can lead us astray.

Our spiritual theme shares stories of characteristics of people from the book "Listening Hearts" by Robinson and Hawkins, who have attained a greater degree of peace of mind which will be read by participants followed by discussion. I wonder what characteristics people possess who have "peace of mind." Do you have "peace of mind?" What might you need to experience "peace of mind?"

"Set peace of mind as your highest goal. Organize your life around this goal." - Brain Tracy

"It is impossible to experience peace of mind even when chaos is going on all around me or in my body." - Gerald G. Jamposky

Adult Education Offerings

Book Club

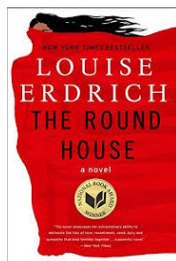
JANUARY - Round House by Louise Erdrich

This novel describes the problem that Native people on reservations have faced regarding legal jurisdiction over non-native perpetrators of violence.

It transports readers to the Ojibwe reservation in North Dakota. It is an exquisitely told story of a boy on the cusp of manhood who seeks justice and understanding in the wake of a terrible crime that upends and forever transforms his family.

Facilitator: Linda Gold

Date: Wednesday, January 25th @ 10:15 a.m.



Elder Meeting

Facilitators: Charlotte Detwiler & Katie Mack

Dates: 4th Monday of Each Month

Time: 1:30 – 3:30 p.m.

Location: UUCSV Library

Adult OWL

Facilitator: Bob Haskins

Dates: Ongoing

Location: UUCSV Library

Talk to Bob Haskins for more information.

Coming Soon!

Weaving the Fabric of Diversity - An Anti-Bias Program For Adults

Soul Collage - An Intuitive Collage Process for Self-Discovery & Community

Racial Justice Reading Group 201

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**What do you  
want to learn?**

**Talk to Cory, and we will  
discuss your idea(s).**



## Children & Youth RE Library Update

Did you know that we have a Children & Youth Religious Education Library filled with over 700 books thanks to generous donations from you and from the Doug Adams Endowment Fund. We have books about Parenting, Unitarian Universalism, Faith, Nature & Science, Arts & Crafts, Games & Sports, History, Holidays, Death & Grieving and many, many, picture books based on our UU Principles.

All members are welcome to sign out a book(s.) Sign out procedures are located in the Children & Youth RE Hall on one of the bookcases.

If you have a book or book(s) that you would like to add to our collection from one of the categories listed above, please contact Cory so that your donation can be noted. Thank you.

### KIDSPIRIT Great magazine for UU Kids!

*kidspiritonline.com*

KidSpirit Online is a unique non-profit magazine and community for 11- to 15- year-olds. Kid Spirit is a “coed magazine for deep thinkers with big ideas.

It is a unique forum for kids who are curious about the meaning of life and age old questions that affect us all. They help young people of the world show their colors and share each other’s belief systems, cultures, art, traditions, ideas and values. Their goal is to share many perspectives and encourage each other to think about what is important in our lives and in our world.



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