

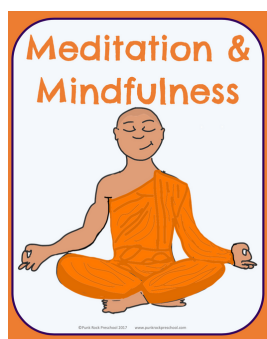
Welcome, 2021! It's hard to believe that we are already here, looking forward to another year. I know that so many of us, especially our children and teens, are feeling the "Zoom burnout" after spending over nine months staring into screens. While Facebook, Twitter, Instagram, etc. can provide much needed social connection, it can also reshape our reality. People exist in screens nowadays, and it is vital that we begin to reconnect to ourselves even as we strive to build and maintain connection to our community.

This semester we will explore **mindfulness** in age-oriented, distance learning. We have selected materials that are self-directed and take minimal preparation and instruction from parents. Our younger folks will be spending their LFD time as screen-free as possible, and older learners are encouraged to explore ways to put down the devices and reconnect to what makes us all tick. And trust me - I'm not an expert! Even as I plan this semester, I am realizing how much of a dichotomy I am creating with a virtual mindfulness semester... but I believe that we can do it, and I look forward to living this challenge with all of you.

**Materials and program links will be sent to those registered for the 2020-2021 LFD Season.** This will be accomplished via parent email addresses. If you would like to check your registration, request printed materials, or have other questions, feel free to reach out. We will have periodic check-ins for which we are recruiting volunteer facilitators, too, so if you'd like to serve in that virtual role, please reach out!

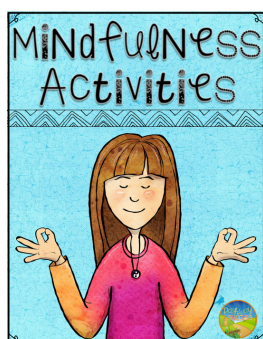
*Jessie McKeon*  
**Jessie McKeon, DLFD**  
jmckeon@uuroanoke.org  
540-358-1588 (text friendly)

*Bonnie Evans*  
**Bonnie Evans, LFD Coordinator**  
bevans@uuroanoke.org



## **PRESCHOOL TO 2ND GRADE**

This no-prep family-oriented program guides littles through grounding, meditation, and mindfulness in digestible chunks thanks to Punk Rock Preschool!



## **3RD GRADE TO 5TH GRADE**

Wander through physical and written activities with Pathway 2 Success. This non-linear collection has a pre- and post-assessment, too, so that learners can track their awareness!



## **MIDDLE SCHOOL YOUTH GROUP**

Our Middle Schoolers are in for a treat! We have a wonderful curriculum from Devon Donahue-Reid that explores the full spectrum of wellness and activity. We will use Nearpod for weekly check-ins.



## **YOUNG RELIGIOUS UUS (HIGH SCHOOL)**

Guided journaling is a personal practice that we will be exploring with our YRUU group this semester. Creativity is encouraged - journals don't have to look like anything specific!



## YOUNG ADULT & CAMPUS MINISTRY

This NEW option for folks roughly ages 18-35 (post high school) will be self-directed with input from the LFD team at launch. We will be offering "Hearspace Happy Hour" twice during the week specifically for Young Adult & Campus age groups (YAC? Help us name the group!). Each HHH will consist of a 30-45 minute discussion around a specific self-meditation mantra introduced at the start of each meeting. Every meeting is different, so come to any or come to all!

Meetings begin January 26!

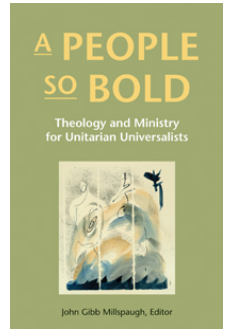
8:00pm on Tuesdays and 11:00am on Fridays via [Zoom](#)  
(meeting ID: 899 4085 7190)

## LIVING THE QUESTIONS

Adults of all ages are invited to join a wildly popular exploration in progressive, liberal religion. This semester begins with a study of **A People So Bold** edited by John Millspaugh. "Twenty-two prominent ministers, lay leaders and theologians discuss the future of Unitarian Universalist social justice work. Their thoughts and hopes for the future are captured in this inspiring collection of essays." (Skinner House Books, 2021)

Sundays at 9:30am via [Zoom](#)

(meeting code: 879 7132 5415 | passcode: 847989)



## LEND YOUR VOICE!

As part of our focus on mindfulness this semester, we are striving to create a collection of recorded, guided meditation for all ages! If you enjoy leading meditations, reading aloud, or even simply telling stories or providing gentle or tonal music, you are invited to lend your work to this library.

### HOW IT WORKS:

- Before April 1, 2021, visit [uuroanoke.org/gmlib](http://uuroanoke.org/gmlib) to express your interest in the project
- Fill out the form to express your interest and preferred type of contribution
- Start writing or planning, keeping in mind that **all submissions must be original work due to copyright laws.**
- When contacted, submit your contribution via the instructions given - different media types will be funneled in different directions

This semester-long project (February 1 to May 31) can use every voice in the congregation.

## STAY CONNECTED, KEEP IN TOUCH

We use the secure system "Remind" for LFD notifications. Sign up by:

- texting your class code to **81010**,
- visiting [remind.com/join](http://remind.com/join) and entering the class code & preferred contact method, or
- entering the class code in the Remind app.

You'll then receive notifications for any/all classes that you choose!



Preschool: @uucrpre

K-2nd: @uucr2

3rd - 5th: @uucr35

MSYG: @uucrmysg

YRUU: @uucryruu

YA/Campus: @uucryac

Adult: @uucrad

# OTHER CLASSES & EVENTS



## ...AND BE ON THE LOOKOUT FOR:

Scavenger Hunts | Remote Discos | Discussion groups | Community service  
Spirit builders | Random mailers | All sorts of ways to stay involved

## WHAT DO YOU SEEK?

The following regular church activities are on hold due to the in-person nature of the programs:

- **Non-Theists** - A discussion group for agnostics and skeptics that meets once per month
- **Parent Peer Share** - A space for parents of children in the LFD program to share experiences, laughter, support, and sometimes snacks
- **Earth Friendly Fridays** - A monthly meeting with invited speakers and social time around the topic of environmental stewardship and activism

Not finding it? Get in touch with Jessie to make a suggestion or offer a program to the congregation. We will have a formal call for submissions for the summer LFD season, but ideas are welcome any time!

**MISSION:** We respect and honor one another as we work for social, racial, economic, and environmental justice.

**VISION:** UUCR is a beacon of hope and a harbor for all who value wisdom found in every faith tradition and every person's spiritual truth.

We do our best to accommodate and celebrate all learning styles and cognitive abilities. If you or your learners find yourself in need of additional materials or assistance, please email [jmckeon@uuroanoke.org](mailto:jmckeon@uuroanoke.org) or call/text 540-358-1588.

