



Final Summer 2021 Services at FCU!

There are just two more online-only summer services left. The link is still <http://tinyurl.com/FCUsummer>, which takes you to the Zoom meeting. The services start at **10:00 a.m.**

See you Sunday!

Peace,
Lara

Rev. Lara



8/29 “The 8th Principle” by Paula Cole Jones, facilitated by Cindy Heiland (RJAC)

9/5 “Meditation with Rev. Lara”

Traditionally, we take off the Sunday before Labor Day. This year, if you wish, join us for meditation. Lara will start off by teaching a simple meditation technique, and we will meditate together for about 15 to 20 minutes, followed by a brief “check out” to talk about participant successes and challenges during the meditation. If you have any questions in advance, [email Lara](mailto:lara@fcu.org).

FCU Arts Playshop - Saturday, Sept. 18 from 11am-1pm

The FCU Arts Playshop will be starting again on Zoom. We will meet once a month and you can come when you can, but you need to register with me to be put on the email list for notes and instructions. Right now, there are about a dozen participants.

Others in the group will be facilitating some of the sessions. Our focus is on creative process in which we do real time experiments with show-and-tell. Please let me know before September 12 if you would like to join us. Niela Miller (nielam@comcast.net).



Caring for Our Aging Parents (COAP) - Monday, Sept. 7 from 7-9pm

This has grown into a close, supportive group for those of us dealing with issues related to caring for aging loved ones. Newcomers are warmly welcomed. We meet on the first Monday of each month. Keep in mind that this is truly a support group with no agenda or goals. For more info contact: COAP@fculittle.org

Please join us on Zoom: <https://us02web.zoom.us/j/86821535108?pwd=eUIISFI1d1ZuS3RzTGdsZVc4WXNpUT09>

