

**UUCM Religious Exploration Calendar for 2019-2020**  
**Focus: Mindfulness and YoUU—DRAFT**

**September**

- 8**     **Kickoff**
- 15     RE—Intro, mesmerizing jars
- 22     RE— Mandalas (coloring)
- 29     RE— Mandalas (dot stones)

**October**

- 6**     **9:30 REC meeting**  
RE—Sitting Meditation (guided)
- 13     RE—Sitting Meditation (guided)
- 20**    **RE lunch for congregation (community service)**
- 27**    **Intergen. Serv. with Rev. Tom**

**November**

- 2**     **Halloween Congregation Dance (6 pm – 11pm)**
- 3**     **9:30 REC meeting**  
RE—Mindful Eating
- 10**    **No RE (Veteran’s Day)**
- 16**    **Bridge to Hope (community service)**
- 24     RE—Mindful Eating

**December**

- 1**     **9:30 REC Meeting**  
**RE tree trimming in room 3 during service**
- 8     RE—Music Meditation (chime, bowl, listening)
- 15**    **Pageant (details TBD)**
- 22**    **No RE (Winter Break)**
- 29**    **No RE (Winter Break)**

**January**

- 5**     **9:30 REC Meeting**  
RE—Yoga
- 12     RE—Yoga
- 19**    **No RE (Martin Luther King Jr.)**
- 26     RE—Walking Meditation/Labyrinth (gratitude)

**February**

- 2**     **9:30 REC Meeting**  
RE—Walking Meditation/Labyrinth
- 9     RE— Walking Meditation/Labyrinth
- 16**    **No RE (President’s Day)**
- 23**    **Intergen. Serv.**

**March**

- 1**     **9:30 REC Meeting**  
RE—Music Meditation (drumming)
- 7**     **Congregational Bonfire Cookout/Potluck**  
**7 pm – 9 pm**
- 8     RE—Music Meditation (making, listen)
- 15**    **UUCM community service day**
- 22**    **No RE (Spring Break)**
- 29**    **No RE (Spring Break)**

**April**

- 5**     **9:30 REC Meeting**  
RE—Music Meditation (making, listen)
- 12**    **Easter Pancake Breakfast (community service)**
- 19     RE—Mindful Eating/Cookbook/Editing Video
- 26     RE—Mindful Eating/Cookbook/ Editing Video

**May**

- 3**     **9:30 REC Meeting**  
RE—Mindful Eating/Cookbook/ Editing Video
- 10**    **No RE (Mother’s Day)**
- 17     RE—Service & Reflection  
(can finish up topic/projects if needed)
- 24**    **No RE (Memorial Day)**
- 31**    **RE Teacher Appreciation**