

# UUFSD SPYGLASS

The Unitarian Universalist Fellowship of San Dieguito is a safe haven and community of inspiration creatively meeting the spiritual, social, educational and emotional needs of members and their families in ways consistent with our UU principles. Through this mutual support, we are empowered to transform the world, one person at a time.

WEEKLY NEWS, EVENTS & ACTIVITIES

Jan 9-15, 2012

## IMAGINE A RELIGION WHERE INSPIRATION COMES FROM NOT ONE BUT MANY SPIRITUAL SOURCES UNITARIAN UNIVERSALIST FELLOWSHIP OF SAN DIEGUITO

### WEEKLY EVENTS & ACTIVITIES– JANUARY 9-15, 2012

Founders Hall (FH) Palmer Library (PL) Core Area (CA)

Monday & Wednesdays January 9 & 11: 8-9 a.m. - Senior Exercise (FH)  
Judith Barney at: [SeniorExercise@uufsd.org](mailto:SeniorExercise@uufsd.org)

Monday, January 9: 7 p.m. - UUFSD Bookclub (PL)  
Sharilyn Parr: [BookClub@uufsd.org](mailto:BookClub@uufsd.org)

Tuesday, January 10: 9:15-10:30 a.m. - Mindfulness Meditation (FH)  
Livia Walsh at: [mindfulnessmeditation@uufsd.org](mailto:mindfulnessmeditation@uufsd.org)

Tuesday, January 10: 10-11:30 a.m.- Pursuing Wisdom (PL)  
Robin Mitchell: [PursuingWisdomGroup@uufsd.org](mailto:PursuingWisdomGroup@uufsd.org)

Tuesday, January 10: 6:30-8:00 p.m. - SMART Recovery Program (FH)  
Paul Pearah at: [SmartRecovery@uufsd.org](mailto:SmartRecovery@uufsd.org)

Wednesday, January 11: 7-9 p.m. - Finance Committee Meeting (PL)  
Steve Rosen: [FinanceCommittee@uufsd.org](mailto:FinanceCommittee@uufsd.org)

Thursday, January 12: 6-7:15 p.m. - Thursday Buddhist Meditation (PL)  
Contact: Christie Turner: [ThursdayMeditationGroup@uufsd.org](mailto:ThursdayMeditationGroup@uufsd.org)

Thursday, January 12: 7-9 p.m. - Choir Rehearsal (FH)  
Gianna Drogheo: [gianna@uufsd.org](mailto:gianna@uufsd.org)

Friday, January 13: 10-12 a.m. - Friday Buddhist Meditation (PL)  
Robin Mitchell: [FridayMeditationGroup@uufsd.org](mailto:FridayMeditationGroup@uufsd.org)

Friday, January 13: 7-9p.m. - Young Adults (PL)  
Rev. David Miller: [revd@uufsd.org](mailto:revd@uufsd.org)

Saturday, January 14: 8:30 a.m. - 1 p.m. - Dreamcatchers Vision Meeting (FH)  
Lisa Shaffer: [Lisashaffer@roadrunner.com](mailto:Lisashaffer@roadrunner.com)

Saturday, January 14: 2-4 p.m. - Building the World We Believe (FH)  
Brynn Caffrey: [socialaction@uufsd.org](mailto:socialaction@uufsd.org)

Sunday, January 15: 8:45-9:45 a.m. - Sunday Discussion Group (CA)  
Michael Parr: [SundayDiscussionGroup@uufsd.org](mailto:SundayDiscussionGroup@uufsd.org)

## WEEK AT A GLANCE

### ACTIVITIES AND EVENTS

Senior Exercise	Jan 9 & 11	8-9 a.m.	Founders Hall
UUFSD Book Club	Jan 9	7 p.m.	Palmer Library
Mindfulness Meditation Group	Jan 10	9:15-10:30 a.m.	Palmer Library
Pursuing Wisdom	Jan 10	10-11:30 a.m.	Palmer Library
SMART Recovery Program	Jan 10	6:30- 8:00 p.m.	Founders Hall
Finance Committee Meeting	Jan 11	7-9 p.m.	Palmer Library
Thursday Meditation Group	Jan 12	6-7:15 p.m.	Palmer Library
Choir Rehearsal	Jan 12	7-9:00 p.m.	Founders Hall
Friday Meditation Group	Jan 13	10-12 a.m.	Palmer Library
Young Adults	Jan 13	7-9 p.m.	Palmer Library
Dreamcatchers Vision Planning	Jan 14	8:30a.m.-1 p.m.	Founders Hall
Building the World We Believe	Jan 14	2-4 p.m.	Founders Hall
Sunday Discussion Group	Jan 15	8:45-9:45 a.m.	Core Area

### IMPORTANT E-MAIL ADDRESSES

Rev. David Miller	<a href="mailto:revd@uufsd.org">revd@uufsd.org</a>
Alison Crotty	<a href="mailto:alison@uufsd.org">alison@uufsd.org</a>
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