



First Unitarian Universalist CONGREGATION OF ANN ARBOR



Sunday Morning Service **Sunday, April 12, 2020 | 11:30am**

This week's Sunday Worship can be viewed using this link: www.uuaa.org/service

Sunday Social Time

Sunday, April 12, Immediately following the Service

Join fellow congregants for a virtual Social Time via Zoom. Participants will be broken into small chat rooms. So grab a cup of coffee and use this link: www.uuaa.org/socialhour.

NOTE: The links above will activate close to the event time.

To view or listen to past Sunday Services, [click here](#).



An Opportunity for Co-Creative Participation! **From Rev. Manish:**

As we approach one month of intensive social distancing in the state of Michigan, what are the spiritual, emotional, ethical, and/or meaning-related questions that you have been personally wrestling with? I invite you not to abstract or generalize to others - but, specifically for you, as one human being who matters immensely to our community, what are the active, personally relevant questions that have been resting with you?

This is an opportunity to shape future Sunday reflections, so your

input is both valued and appreciated. You can email your personal questions to manish@uuaa.org. (When you email, please include your full name, as I am still learning names/faces in our community. Thank you!)



Meditation with Rev. Manish **Wednesdays, April 15, 22, & 29 | 4:00pm-5:00pm**

Join fellow congregants and Rev. Manish for a Wednesday meditation session. Use this link: www.uuaa.org/meditation.

Are you interested in learning more about meditation?

- Watch Introduction to Meditation produced by Rev. Manish on our UUAA YouTube Channel. [Use this link](#). (Posted 4/9)
- Learn about the practice of Tonglen with instructions given by Pema Chodron. [Use this link](#). (Posted 4/9)
- Watch this brief instructional video on basic meditation techniques, grounded in the Shambhala Tibetan Buddhist tradition using this link: <https://www.youtube.com/watch?v=4RZy-ulTowY>. (Posted 4/7)
- Jon Kabat-Zinn, of the Cambridge Zen Center, explains the benefits of mindfulness in this YouTube video. Use [this link](#) (Posted 3/31)
- To read Frequent Questions About Meditation - ANSWERED! (from the Tibetan Shambhala Perspective) [click here](#). (Posted 3/31)



Pastoral Care Call
Monday, April 13, 11:00am-12:00pm
Wednesday, April 15, 6:00pm-7:00pm

This is an opportunity to listen and share with other UUAA members and friends. Contact Pastoral Care Coordinator

Quiana Perkins at quiana@uuaa.org to obtain the Zoom link.



**Black Congregants at UU + POC Gathering Zoom Meet up
Thursdays April 16 & 30 at 6:30pm**

We are creating community space to be heard, heal, and help each other.

This inclusive BIPOC event will include a chalice lighting, reading, space to dialogue.

Families are encouraged to attend!

You must request the zoom link by email quiana@uuaa.org.



**Zoom Newcomer Chalice Circle
Saturday, April 18 (1:00pm-3:00pm)**

If you are new to UUAA in the past year and would like to delve more deeply into the UU Principles and experience a small group spiritual discussion, join the April 18 Newcomer Chalice Circle.

Sign up [using this link](#) by April 14 or email Hannah Hotchkiss at hannah@uuaa.org. You will receive a Zoom link once you have

registered.

This group is limited to 6 participants. Hannah will contact you if you are put on the wait list.



UUAA Covid Mask Project

Donate Masks: If you like to sew and are able to make masks, we would love your donations for congregants in need. We will place a blue cooler by the front entrance of UUAA where you can drop off your mask donations. Please place mask(s) into a sealed plastic bag to protect them from the elements. For CDC guidelines and patterns for homemade masks, [use this link](#).

Receive Masks: If you are in need of a mask, please feel free to take from the blue cooler located outside the main doors to UUAA. Please note that **all masks should be washed and dried thoroughly before wearing.**

If you are not able to pick up a mask from UUAA and are in need of one, contact Welcome Ministries Coordinator Hannah Hotchkiss at hannah@uuaa.org. Also, if you are a healthcare worker in need of a clear plastic face shield, let Hannah know. We have a congregant at the ready to produce them.



Annual Reports Deadline

Friday, May 1, 2020


During this unusual time when we're concerned with the health and safety of our beloved community, we as a congregation are also looking forward to our future. We could not have predicted the length of this health crisis, and we are heartfully and mindfully trying to be as flexible as possible. We do, however, need to honor our bylaw that requires recognized congregational groups to prepare an annual report in advance of the annual meeting. Please send your group's annual report to annualreport@uuaa.org by Friday, May 1.

[Read more...](#)



Mental Health Wellness Tips for Quarantine

Use this [link](#) for tips on mental health wellness to cope with the current Stay-At-Home order.



Quick Links:

[UUAA Website](#) | [Social Justice at UUAA](#) | [Find us on Facebook](#)
[Make Your Pledge](#) | [UUAA Events Calendar](#)

Other Links:

[UUA.org](#) | [MidAmericaUUA.org](#)
[Side With Love](#) (formerly Standing on the Side of Love)

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STAY CONNECTED:

