

Northwoods Unitarian Universalist Church

february 2025



SUN

MON

TUE

WED

THU

FRI

SAT

							10am: Men's Book Club	1
Women's Choir collection for the Women's Center Adult Forum OWL 12-1pm	6pm: Mother's Discussion Group	Blue Mountain Meditation (Every Tuesday at 4pm) Folk Choir Practice (Every Tuesday at 7pm)	6:30pm: Yarn, Thread, and Fabric Makers Meetup 					8 7:30pm: Millbend Coffeehouse Concert
12pm: RE Meeting OWL 12-1pm	6:30pm: Poetry Group  7pm: Coed Book Club		7pm: DUUDES Men's Group Meeting			7pm: Full Moon Drum Circle 		15 10am: Reproductive Freedom Lunch and Learn 10am: Women's Book Group
Noon: Finance Meeting Noon: Building a Caring Community Through Mental Health Awareness	6pm: Mom's Support Circle		7pm: Board of Trustees Meeting			5pm: Taco Meet-Up at Xalisko		22
	6:30pm: Poetry Group							

Saturdays at 10am: Empathy Circle

February at Northwoods

Women's Choir collection for the Women's Center

Bring in new and gently used clothing and household items for the residents of the Women's Center and Something Special resale store on Sunday, Feb. 2.

Reproductive Freedom Lunch and Learn

Join Northwoods' Reproductive Freedom Team and Shan Schaffer, of Texas Freedom Network for a workshop to learn about becoming a Reproductive Freedom Congregation on Saturday, Feb 15 (10am - 1pm). Lunch will be provided. RSVP to Mary Branson at mbranson57@gmail.com.

Open Sign Up Events!

- **Grammy Watch Party.** Sunday, Feb. 2 at 6pm.
- **Acrylic Painting Workshop** with Terry Meyer. Saturday, Feb. 8 at 12:30.
- **BraVa! Bra Fun, Food, and Philanthropy.** Saturday, Feb. 22 at 7pm.
- **Light, Warmth, and Energy with Friction.** Sunday, Feb. 23 at 2pm.
- **Afternoon Jam Session** Sunday, Feb. 23 at 4:30.

Visit <https://auctria.events/TrueColors> for more information and to sign up!

For more information, visit <https://www.northwoodsuu.org/coming-up-at-northwoods/> or email office@northwoodsuu.org.

Meetings for Support:

- **DUUDES - Men's Support Group** - meets February 12 at 7pm. The group welcomes all those identifying as males. We're still in the formative stage discussing the goals and visions of the group.
- **The Mother's Groups** - Moms meet on the Feb. 3h for a structured discussion, (the topic is Mother's Role in Shaping Kids' Faith) and again on Feb. 17 for an unstructured support-group style meeting. 6-8pm in the Garden Room. Please RSVP for childcare if needed.

New in February:

Empathy Circle: Come As You Are—Leave Feeling Connected

In this online Empathy Circle, Susan Wildin will teach and guide you through the Nonviolent Communication (NVC) process, offering tools to be heard without judgment or advice. First session on Saturday, Feb. 1, 10-11am.

Building a Caring Community Through Mental Health Awareness

We're embarking on a strengthening journey through a book study of *Held: Showing Up for Each Other's Mental Health* by Barbara F. Meyers. By educating ourselves, we can better support one another with compassion and grace. Planning Meeting: Sunday, Feb. 16, noon-1:30.

FIG! Family Interest Group Meetup

Meet up with Kasia Montgomery and family for an family-friendly (5 and up) improv show at ComedySportz downtown on Saturday, February 15 from 8pm to 9:30pm. The cost is \$16 per ticket.

For more info: <https://www.comedysportzhouston.com>.

Please EMAIL Kasia if you are interested, at kasia@lenio.net.

Full Moon Drum Circle

Friday Feb. 14 at 7pm

Northwoods hosts a Full Moon Drum Circle on the Friday closest to the full moon in the Sanctuary with an optional smudging beforehand for those who want to open spiritual space for yourself. Children are expected to participate in drumming as the adults are doing. All levels of experience welcome. Bring a drum if you have one or borrow from the community collection.



Finance Forum

Join Northwoods treasurer Jeremy Northum after church on February 16 to discuss the need for a capital reserve fund and what to do with unused Service Auction Paddle funds.

Food Truck Friday will be on Friday, February 21 at 5pm at Xalisko (1335 Lake Woodlands Drive). Meet up for tacos and good conversation with Northwoods friends!