

Northwoods Unitarian Universalist Church

april 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1 6:30pm: Yarn, Thread, and Fabric Makers Meetup	2 6pm Endowment Meeting	3 6:30pm: Integrating Your Religious Past	4 11:30am to 1:30pm-ish: Coffee Meetup at Ome Calli Cafe	5 10am: Empathy Circle 10am: Men's Book Club
6 10:30am: Young Adults Meet Up Noon: Stewardship and Finance Update	7 6pm: Mother's Discussion Group	8 Blue Mountain Meditation (Every Tuesday at 4pm) Folk Choir Practice (Every Tuesday at 7pm)	9 7pm: Men's Group Meeting	10	11 7pm: Full Moon Drum Circle 	12 1:30pm: Third Harmony Watch Party 7:30pm: Millbend Coffeehouse Concert
13 Dead Table at Noon in the Library 12pm: RE Meeting	14 5pm: UUplift 6:30pm: Poetry Group 7pm: Coed Book Club	15	16 11am: Lifestyle Medicine: Sleep 7pm: Board of Trustees Meeting	17 6:30pm: Integrating Your Religious Past	18	19 10am: Women's Book Group
20 Flower Communion 10:30am Young Adult Meetup	21 6pm: Mom's Support Circle	22 	23	24 6:30pm: Integrating Your Religious Past	25 5pm: Taco Tuesday Meet Up at Rico's Mexican Grill 	26 Brunch to discuss the future of Arts in Action
27 Reproductive Freedom Forum	28 5pm: UUplift 6:30pm: Poetry Group	29	30 7pm on Zoom: Service Auction Meeting			

For more information, visit www.northwoodsuu.org/coming-up-at-northwoods/

April

Open Service Auction Events

'The 2024 Service Auction event was a success, and it's not over!

There are opportunities to participate in open sign up events all year long. Every time you join a Sign Up event, our net income increases – have fun, support Northwoods, and most importantly, spend time with like-minded friends!

Here are the next few open events

- **Sacred Circles and Divine Doodles.** Saturday, April 5, 2025 – 2:00 PM. HOSTED BY: Jamie Moody. \$15
- **Whisky, Art, and Chocolate.** Sunday, April 6, 2025 – 2:00 PM. HOSTED BY: Scotch Aficionado Rusty Rhoad. \$15
- **Fun at the Lake!** Cornhole, Crossnet, & Concert! \$20/person, no more than \$40/family. Saturday, April 12, 2024 – 4-8 PM. HOSTED BY: Zachary Pierce. \$20
- **Fire Pit Party!** Saturday, April 19, 2025 – 7:00 PM. HOSTED BY: Cyndie Mahaney. \$30

To sign up, visit

<https://auctria.events/TrueColors> and search for the event by name.

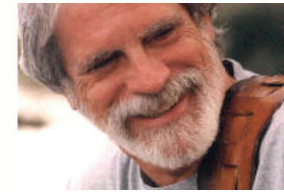
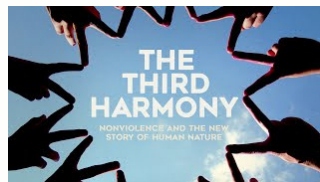
Integrating Your Religious Past

Join Rev. Sarah for a six-session course exploring your spiritual and religious journey. Reflect on how past faith experiences shape your spirituality today—whether uplifting or challenging. Through truth-telling, healing, and growth, we'll discover more together. Attend in person or on Zoom. Thursdays at 6:30 PM: April 3, 17, 24; May 15, 22, 29. Folks can attend in person or on Zoom. Email office@northwoodsuu.org for the registration link.

Saturday, April 12 at 1:30pm

Third Harmony Watch Party

Do you wish for a peaceful way to interact with people who so intensely disagree with you? If so, COME and consider some new ideas about our species. Join the Peace and Justice Network of Montgomery County for a screening of *The Third Harmony*, a film on nonviolence—our greatest untapped resource. A discussion will follow. A two-minute trailer is available at <https://vimeo.com/ondemand/thethirdharmony>.



Saturday, April 12 at 7pm
Millbend Coffeehouse Presents

Jack Williams

Jack Williams is a folk music legend, blending exceptional musicianship with vivid storytelling and deep emotional resonance. His engaging stage presence and 30 years of festival appearances make every performance unforgettable. A more talented folk artist may exist—but we haven't found one. For information and tickets, visit www.millbend.org.

Wednesday, April 16 st 11am

Lifestyle Medicine: Sleep

Lifestyle medicine is a medical specialty that uses evidence-based lifestyle interventions—such as a plant-predominant diet, physical activity, sleep, stress management, avoiding risky substances, and social connections—to prevent, treat, and often reverse chronic conditions like cardiovascular disease, type 2 diabetes, and obesity. Join Kasia Montgomery for a lifestyle medicine presentation on restorative sleep and how it can improve overall health and well being.