

# Small Group Meet Ups at Northwoods

For more information, or to contact group leaders, email  
[office@northwoodsuu.org](mailto:office@northwoodsuu.org).

Group Name	Day of Month	Time	Location	Description
<b>YANG (Young Adult Northwoods Group)</b>	First and Third Sundays	11:30 AM	Library	Informal gathering of young adult members and friends of Northwoods. Check in, community, and conversation—and snacks!
<b>Buddhist Meditation Group</b>	First and Third Sundays	6 pm-7:30 pm	Zoom	Guided meditation, followed by silent meditation. Reading various books on meditation, mindfulness, etc.
<b>Mother's Discussion Group</b>	First Monday	6pm	Garden Room	A space for those who navigate the journey of motherhood to connect, share experiences, and engage in meaningful conversations. Whether you're seeking insight, camaraderie, or just a place to be heard, you're invited to join us.

<b>Yarn, Thread, and Fabric Makers Meetup</b>	First Wednesday	6:30pm	Library	Just what it sounds like—bring a craft, enjoy good company, talk about yarn...you get the idea!
<b>Ome Calli coffee meetup</b>	First Friday	11:30- 1:30ish	Ome Calli coffee	Have coffee with friends! Tasty brew, vegan bites and connection.
<b>Men's Book Club</b>	First Saturday	10am	Garden Room	The Men's Book Club reads a wide variety of both fiction and nonfiction books. We have about 15 members who are mostly retired professionals. We select the books once a year by voting on nominations from the members. Each month a different person leads the discussion of that month's book.
<b>UUplift</b>	Second and Fourth Mondays	5:00 PM	Garden Room	The group is reading and discussing Held: Showing Up for Each Other's Mental Health by Barbara F. Meyers, focused on building community, fostering connection, and supporting those in need. Participants may share personal experiences, with a strong emphasis on breaking isolation and the impact of social connection on well-being.

<b>Poetry Group</b>	Second and Fourth Mondays	6:30pm	Library	<p>Have you ever been drawn to a poem? Maybe you'd like to work on your own, and share and grow in a non-instructional, collaborative and safe group? Join us and try it out!</p>
<b>Courageously Coed Book Club</b>	Second Monday	7pm	Garden Room	<p>The Coed Book Club invites anyone who likes to read and discuss novels to join us. We have in common a love of reading and talking about books—appreciating good writing that offers a glimpse into the lives, worlds and ideas of others. We also appreciate the communal experience of the group and getting to know each other in a different setting at Northwoods.</p>
<b>DUUDES Group (Men's Group)</b>	Second Wednesday	7pm	Garden Room	<p>A welcoming space for masc- and male-identifying folks to connect, share experiences, and support one another in a relaxed, judgment-free environment as well as serve Northwoods and the greater community.. Whether you're looking for community, conversation, or just a place to be yourself, this group is here for you.</p>

<b>Millbend Coffee House (\$)</b>	Second Saturday	7:00 PM	Sanctuary	Millbend Coffeehouse is a non-profit venue hosted at Northwoods on the Saturday of every month, dedicated to bringing the finest in national and local acoustic/folk songwriters and performers to our informal and intimate setting. Suggested donations vary, and after paying our musical guest, all proceeds go to local charities.
<b>YANG (Young Adult Northwoods Group)</b>	Third (and 1 <sup>st</sup> ) Sunday	11:30 AM	Library	Informal gathering of young adult members and friends of Northwoods. Check in, community, and conversation—and snacks!
<b>Buddhist Meditation Group</b>	Third (and 1 <sup>st</sup> ) Sunday	6 pm-7:30 pm	Zoom	Guided meditation, followed by silent meditation. Reading various books on meditation, mindfulness, etc.
<b>Mom's Support Circle</b>	Third Monday	6pm	Garden Room	Offers a supportive, judgment-free space for those in mothering roles to share challenges, celebrate joys, and build community. No matter where you are on your parenting journey, you don't have to do it alone.

<b>Women's Book Club</b>	Third Saturday	10am	Zoom	The Women's Book Club has been meeting monthly since 2001. We select books every 3-4 months based on a democratic voting process. Meetings run approximately 90 minutes.
<b>UUplift</b>	Fourth (and 2 <sup>nd</sup> ) Mondays	5:00 PM	Garden Room	The group is reading and discussing Held: Showing Up for Each Other's Mental Health by Barbara F. Meyers, focused on building community, fostering connection, and supporting those in need. Participants may share personal experiences, with a strong emphasis on breaking isolation and the impact of social connection on well-being.
<b>Poetry Group</b>	Fourth (and 2 <sup>nd</sup> ) Mondays	6:30pm	Library	Have you ever been drawn to a poem? Maybe you'd like to work on your own, and share and grow in a non-instructional, collaborative and safe group? Join us and try it out!

<b>Blue Mountain Meditation Group</b>	Every Tuesday	4pm	Sanctuary	<p>This group practices Passage Meditation as developed by Eknath Easwaran. You can learn more at the website <a href="http://bmcm.org">bmcm.org</a>. All are welcome during this silent meditation time, but please check to see if this a comfortable fit for your spiritual journey.</p>
<b>Empathy Circle</b>	Every Saturday	10am	Zoom	<p>Join us for a transformative online gathering, designed for anyone seeking compassionate listening and meaningful connection.</p>
				<p>Each session begins with a brief introduction to an empathy process rooted in Nonviolent Communication, followed by dedicated practice time.</p>

<b>Drum Circle</b>	Friday closest to the full moon	7pm	Sanctuary	<p>A spiritual practice group for anyone who wants to celebrate community by making some noise together. All experience levels, ages and abilities are welcome. Drumming lasts about an hour, is liberating, and uplifting. We have plenty of drums and shaky things to share or bring your own. If the weather cooperates, we occasionally drum outside. Children who can do what the adults are doing are also very welcome.</p>
<b>Taco Tuesday / Food Truck Friday</b>	Tuesday or Friday, varies	Different each month	Location varies	<p><u><a href="#">Just what it sounds like- meet up, eat food, hang out! Dates and locations vary, but this happens at least once a month, so check your monthly calendar.</a></u></p>













