

# This 'n' That

Date	11am Service	9:45am Adult Forum
August 25	"Faith from Within" Service Leader: Tim VanderVeen <b>Gathering</b> <b>@ Lakenenland Sculpture Park</b>	NO FORUM

**Our UU Principles**  
We covenant to affirm and promote:

The inherent worth and dignity of every being;

Justice, equity, and compassion in human relations;

Acceptance of one another and encouragement to spiritual growth;

A free and responsible search for truth and meaning;

The right of conscience and the use of the democratic process;

The goal of world community with peace, liberty and justice for all;

Respect for the interdependent web of all existence of which we are a part.

**Check us out on the web @ [mqtuu.org](http://mqtuu.org)**



## Congregational Work Day @ the Meeting House

Saturday, August 27 @ 9am

Join us as we work together to improve the aesthetics and function of our Meeting House and Grounds to prepare for the Open House in September!



Sunday, August 28 @ 11am

### Annual Lakenenland Service "Faith from Within"

Service Leader: Tim VanderVeen

Come, enjoy Sunday Service not only in the Great Outdoors but in this most unique setting!



## Happening at MqtUU Meeting House...

Friday, September 16 – Sunday, September 18

### Beloved Community Weekend Retreat

**Gregory Rouillard, Seven Principles Project**

All are welcome! See next page for details.

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## MqtUU Open House

**Wednesday, September 21 @ 5:30pm**

(please note date change)

The attendance of all members is requested! Bring the whole family, a dish to share and share information with our neighbors about UUism and our Faith Community! Committee Chairs & Members are asked to present info on their mission, accomplishments & goals. We will be celebrating 10 years in our building. presenting our new sign, and enjoying food, fun and fellowship! Volunteers for grilling & greeting will be needed. Please contact Heidi [mqtuuadassist@gmail.com](mailto:mqtuuadassist@gmail.com).

# BELOVED COMMUNITY WEEKEND RETREAT

## Gregory Rouillard, Seven Principles Project

We will explore the two main questions that are “alive” in the congregation:

1. Who are we as a congregation, and how do we inspire others in our larger community to join us? 2. How do we create a safe space for people to show up with vulnerability and to be seen and heard deeply?

In support of this exploration, we will learn and practice skills and processes for self-connection, interpersonal relationship and conflict transformation in an environment of safety, trust and respect. Time permitting, we will begin the process of establishing effective, sustainable and life-enriching structures and systems to support the ongoing cultivation of covenantal relationship and Beloved Community.

*Friday, September 16 (6 – 8 PM)*

- Social gathering, such as a potluck dinner, for anyone who would like to attend.
- Games and activities for fun and connection.

*Saturday, September 17 (9 AM – 4 PM)*

- Connection activities to cultivate an environment of safety, trust and respect.
- Embodied Learning activities to build shared understanding and skill in self-connection, interpersonal communication and conflict transformation.
- Opportunity for each participant to share with vulnerability and be seen and heard deeply.

*Sunday, September 18 (1 – 4 PM)*

- Continued opportunity to share with vulnerability and be seen and heard deeply.
- Begin to develop effective, sustainable and life-enriching structures and systems to support the ongoing cultivation of covenantal relationship and Beloved Community.

[www.livingsevenprinciples.com](http://www.livingsevenprinciples.com)



*Our New Sign!!  
Coming Soon!*