

## **Activities Hosted by UU Members**

These include: Course in Miracles, Book Club, CUUPS, Writers' Group and Toastmasters.

Descriptions are below. Committee chairs and phone numbers are on the Committee and More link on the web site.

## **Course in Miracles led by Cliff Jackson meets every Thursday at 4:30 p.m.**

The Course in Miracles is led by Cliff Jackson. The course is more of a different way of looking at the world than a book to read. It is a way of living. Cliff's goal is world peace. As the Buddha said so long ago "the only way to bring peace to the earth is to make our own life peaceful." The course is peppered with Christian terms, God, Son, and Holy Spirit. Cliff started learning from the course 15+ years ago as a New Age Christian. He is a very contented atheist and is currently finding more peace and love through the course's teachings than ever.

The basic teaching of the course is that all decisions are based on either love or fear. So, we have a choice of looking at the world through love- colored glasses or fear-colored glasses.

Most of Cliff's life, he thought there were only fear-colored glasses. In America we grow up thinking we are all separate. We constantly judge others and are being judged. We tend to look for happiness outside of ourselves, the right job, right spouse, car, etc., etc. The bottom line result of this belief in separation is pain, suffering, and fear.

The course introduced Cliff to an option, oneness. Love-colored glasses see us in this experience together. We all want to love and be loved. The trick is that it is inside instead of outside. We all have an unlimited supply of love. We just keep our love faucet turned off most of the time. The weekly meetings are to learn how the fear/love decision is present in every aspect of our life and to share what happens when we try this love option in real life.

## **TOASTMASTERS**

Many people pay high fees for seminars to gain the skill and confidence necessary to face an audience. Toastmasters provides an option that is less expensive and held in high regard in business circles. This organization has been around for more than 80 years and offers a proven – and enjoyable – way to practice and hone communication and leadership skills. You will... • Learn to communicate more effectively • Become a better listener. • Improve your presentation skills • Increase your leadership potential • Become more successful in your career • Build your ability to motivate and persuade • Reach your professional and personal goals • Increase your self confidence. How you do it. . . • Build speaking and leadership skills with time-tested methods • Focus on areas of interest in our self-paced curriculum • Receive suggestions for improvement through constructive evaluations Toastmasters programs are . . . • Inexpensive • Interactive • Convenient • Friendly • Supportive More than four million people have discovered the benefits of this proven learning formula. What are you waiting for? We meet each Tuesday 6:00 - 7:00. Come in and look us over, have some fun.

## **BOOK CLUB**

The UU Book Club is sponsored by the UU Library Committee and everyone is welcome.

Discussion is on the fourth Tuesday of every month.

We meet for a hour and a half in the Sanctuary beginning at 7 pm.

Books to be read are chosen by the people who attend the discussions.

The Book Club resumed in September 2008.

## **CUUPS .**

Sea Dunes Spirits CUUPS

Earth centered worship.

Meets every Thursday evening 6:30 - 8:30pm in Rm 2

## **WRITERS' GROUP**

Meetings are held in the UU library on the second and fourth Wednesday of every month at 10:00 a.m. until approximately 12:00 noon.

Amateur, aspiring, and professional writers and poets are welcome to join.

Work is shared and discussed in a relaxed, light hearted atmosphere.