



## SpiritGroup Roster

~ Winter 2019 ~



SpiritGroup	Group Description	Host	Day & Time	Location
<p><i>Energy Experiments: Book Study of "E Squared"</i> By Pam Grout</p> <p>Energy experiments that prove your thoughts create your reality</p>	<p>Each energy experiment reinforces Unity consciousness: There is an Invisible Force or Field of Infinite Possibilities; You impact the Field and draw from it according to your beliefs and expectations; You, too, are a field of energy; Whatever you focus on expands; Your connection to the Field provides accurate and unlimited guidance and much more.</p>	<p>Linda Chappell</p>	<p>Mondays 2:00 pm</p>	<p>UVC Lounge</p>
<p><i>Mystery of Prayer</i></p> <p>Exploring while prayers may or may not work</p>	<p>Why does prayer work? Why does prayer not work? In this SpiritGroup we will read excerpts from several books on prayer from different traditions; exploring &amp; sharing our own experiences with prayer. We hope you will join us as we explore this great and ancient mystery of talking to God and hoping for some response.</p>	<p>Linda Chubbuck &amp; Stan Slaughter</p>	<p>Mondays 6:30 pm</p>	<p>Home Group Lee's Summit, MO *animals at location</p>
<p><i>This Time I Dance: Book Study of "This Time I Dance"</i> By Tama Kieves</p> <p>Examining how to create a career of passion</p>	<p>In this SpiritGroup we will support each other in creating careers that express our passions, as we work our way through the book "This Time I Dance" by Tama Kieves. I am working on creating a career of passion for myself and would like to provide support for others to do the same.</p>	<p>Keith Wilson</p>	<p>Mondays 6:30 pm</p>	<p>UVC Lounge</p>
<p><i>Happy Class: Playground of the Heart</i></p> <p>Featuring fun activities to un-adult for a while</p>	<p>Creativity, fun, and down-right silliness happen in Happy Class! For a few hours a week, tune-out social media and tune into the joy of the natural child (because The Littles Want To Play!) At Happy Class, we choose joy over judgment, heart over mind, and love over fear.</p>	<p>Linda Chappell</p>	<p>Mondays 6:00 pm</p>	<p>Home Group Lee's Summit, MO</p>



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<p><i>Touching The Stillness</i></p> <p>Bringing mindfulness and stillness to your everyday moments</p>	<p>Using videos from Rev. Paulette Pipe and Mendhi Audlin to demonstrate cultivating one's inner stillness. This series provides practical meditation and mindfulness tips and tools to calm and center a chattering and roving mind, and increase your inner stillness. Enjoy living a more mindful and balanced life.</p>	<p>Alberta Boccaleoni</p>	<p>Tuesdays 7:00 pm</p>	<p>State Farm Office Lee's Summit, MO *animals at location</p>
<p><i>Strength Builders</i></p> <p>Building physical and relationship muscles through prayer and working with weights</p>	<p>In this SpiritGroup we will exercise together to increase our physical strength as we talk, pray and strengthen our relationships with each other. I hope you will join me if you also want to build strength! Some weights are provided, participants are also welcome to bring their own. Please note, a waiver is required to participate.</p>	<p>Patrice Bryant</p>	<p>Thursdays 10:00 am</p>	<p>UVC Art Gallery</p>
<p><i>Vision Board Boot Camp</i></p> <p>Exploring the creative spirit within</p>	<p>Using and increasing our powers of intention, visualization, meditation, and affirmation to set goals and create our interactive vision board and write our own interactive vision book. Exploring the powerful teachings as we craft our Vision tools and have fun creating practices to use them. Bring your scissors, glue, old magazines and your imagination!</p>	<p>Regina Adams</p>	<p>Thursdays 3:00 pm</p>	<p>Unity Arts Ministry (Unity Village Campus)</p>
<p><i>Love and Creation: Book Study of "The Book of Love and Creation" By Paul Selig</i></p> <p>Discussion about being spiritual beings while further growing into confident individuals.</p>	<p>Join us as we share, explore &amp; dissect with Paul Selig's guides, our true Sacred nature. This book simultaneously helps readers develop as spiritual beings within, while growing into increasingly capable, resilient, and confident individuals amid the demands of outer life. Share this Blessed experience as we continue developing as Spiritual Beings we are.</p>	<p>Mary Roseman</p>	<p>Thursdays 6:30 pm</p>	<p>UVC Lounge</p>



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