



SpiritGroup Roster

~ Winter 2020 ~



SpiritGroup	Group Description	Host	Day & Time	Location
<p><i>Lessons In Truth – A Unity Core Classic: Book Study of “Lessons In Truth” by Emilie Cady</i></p> <p>Examining the Classic Unity Text of Practical Christianity</p>	<p>Discover the most widely read text of the Unity Movement exploring the classic 12 lessons in Practical Christianity through book study and video series hosted by Rev. Michael Gott. “Lessons in Truth” is a foundational text for Unity truth seekers and anyone wanting to connect deeper to their spirituality.</p>	Linda Chappell	Mondays 3:30 pm	UVC Meeting Room
<p><i>A Course In Miracles: Book Study of “A Course In Miracles” by Helen Schucman</i></p> <p>Exploring spiritual transformation with this channeled text</p>	<p>A Course in Miracles is an on-going book study SpiritGroup until the book has been covered in its entirety. A Course In Miracles assists its readers in achieving a spiritual roadmap for incredible transformation through text exploration and daily lessons.</p>	Linda Chappell, Anna Griesbach & Ronna Gjesfjeld	Mondays 6:00 pm	UVC Lounge
<p><i>A Course In Weight Loss: Book Study of “A Course In Weight Loss” by Marianne Williamson</i></p> <p>Examining the connection between spirituality and weight loss</p>	<p>This book addresses weight as a holistic paradigm including spiritual, emotional, and psychological elements. Although the book is focused on losing weight, this group is not about numbers on a scale. It is about sharing a very personal health journey with like-minded friends.</p>	Jenny Kelliker	Tuesdays 6:00 pm	UVC Lounge
<p><i>Strength Builders</i></p> <p>Building physical and relationship muscles through prayer and working with weights</p>	<p>Exercise together to increase your physical strength as you 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, and participants are also welcome to bring their own. Please note, a waiver is required to participate.</p>	Patrice Bryant	Thursdays 10:30 am	UVC Art Gallery



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<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! Tune out social media and tune into the Present Moment joy of the natural child inside through music, games, toys, art, books and more! At Happy Class, we choose joy over judgment, heart over mind, and love over fear.</p>	Linda Chappell	Thursdays 6:00 pm	Home Group Lee's Summit, MO
<p><i>Enneagram Enthusiasts</i></p> <p>Understanding more about yourself & improve relationships with others</p>	<p>Utilize this highly recognized spiritual tool to hone into your motivations, fears, desires, strengths and blind spots to better understand yourself and improve your relationships with others. The direction we move will depend on participant's current understanding of the Enneagram. Prior Enneagram experience not required.</p>	Terri Hrudka	Thursdays 6:30 pm	Home Group Lee's Summit, MO
<p><i>The Book of Mastery: Book Study of "The Book of Mastery" by Paul Selig</i></p> <p>Exploring practical ways to heighten your abilities & excellence</p>	<p>The Book of Mastery provides a deeply practical prescription for heightening your abilities, aptitudes, and sense of personal excellence. The Guides' teachings go much further, however, instructing you how to improve life for others and, ultimately, for global humanity.</p>	Mary Roseman	Thursdays 6:30 pm	UVC Lounge
<p><i>Animals Lovers Connect</i></p> <p>Featuring the affirmative power of kindness and love with all beings</p>	<p>Explore "Our Wild Calling: How Connecting with Animals Can Transform Our Lives and Save Theirs" by Richard Louv. Using this book as our foundation, we will explore how we can affirm the power of compassion and loving kindness in creating a more humane world.</p>	Rev. Brandon Nagel & Sara Dade	Saturdays 9:00 am	UVC Lounge