

The Unitarian Universalist tradition encourages the individual search for truth and meaning. We bring a diverse set of beliefs and philosophies that guide our lives at UUCL. Many of our groups meet regularly to explore shared hobbies, beliefs, or spiritual practices. Nearly every group and event is open to both friends and members of UUCL, though leadership is usually reserved for members. And as always, our many church events need helping hands to ensure they are a success! If you would like more information or would like to volunteer with any group or event, please [contact us!](#)

### **Men's Night Out**

is now the second Wednesday of the month. Organized by UUCL male members, the group is open to anyone, not just men or UUs.

### **Bluegrass Zen**

is an invitation to a heartfelt and thorough engagement with life. It is a courageous step into freedom. Through meditation, zen koans and conversation, BlueGrass Zen will help you find your spiritual home in the midst of the life as it is, whatever it is — joyful, sad, mad or glad — right here and now. With BlueGrass Zen, you will explore what it is to be awake. This nonprofit is organized by an outside group, with many UUCL members participating and volunteering.

### **Holley Bookstore**

at UUCL sells mainly Unitarian Universalist books from the UUA Bookstore and Fair Trade products from Equal Exchange. Open for business most Sundays before and after service, the bookstore promotes awareness and availability of UU-related materials and Fair Trade products. Products are priced so that a small profit is returned to the church, and the Bookstore is run entirely by church volunteers. We carry coffee, tea, cocoa, chocolate, and snacks, as well as beautiful handmade greeting cards.

### **Soul Matters Small Groups**

explore our congregation's monthly worship themes in more depth, while building community and connection. These small groups explore a packet of materials and meet for two hours once a month to discuss and share together.

### **UUCL's Arts Initiative**

inspires people of all ages and abilities to explore their creativity through community art projects, gallery installations in the church, learning experiences, and more. This group is led UUCL staff and members, and also organizes our annual Art Explosion fundraiser.

### **Sitting Meditation And Sunday Sangha**

is every Sunday before service. The Vipassana-style meditation is in the tradition of Thich Nhat Hanh, followed by a group-led adult Buddhist discussion hour. Each week a different member presents a topic, reading, teaching and/or practice. The conversation is then opened to the group with an intention to more fully understand and apply its principles to modern life. This group is organized entirely by UUCL members, and all interested paths are welcome.

### **Penny Circle**

meets monthly to get to know and support each other as they discuss a variety of topics. Organized by UUCL female members, the group is open to anyone, not just women or UUs.

### **LexCUUPS**

is the local chapter of The Covenant of Unitarian Universalist Pagans (CUUPS). This group gathers to worship and foster healing relationships with the Earth and all the Earth's children, through classes and seasonal rituals. LexCUUPS meets after service on Sundays, and on Sabbath occasions. This group is organized entirely by UUCL members, and all interested persons are welcome.

### **Danville Group**

is a small group setting organized by UUCL members who live primarily in and around Danville. Through engaging the monthly themes, social time, and service projects, the Danville Group maintains an important connection to UUCL while living some distance away.

### **Nia**

holistic fitness classes are held Tuesday evenings and Saturday mornings. There is typically a fee to attend, paid to the class leader, who is usually a UUCL member. Many UUCL members participate.

**ACTION. LOVE. JUSTICE.**