



Worship
 Yoga
 Writing
 Walking
 Volunteering
 Visiting the Sick
 Vision Quest
 Vigils
 Totems
 Tolerance
 Time
 Thrift
 Therapy
 Singing
 Sleeping
 Social Justice
 Soul Care
 Studying with a Teacher
 Surrender
 Tantra
 Tea Ceremony
 Simplicity
 Smiling
 Solitude
 Speech
 Storytelling
 TaiChi
 Teaching
 Service
 Shopping
 Running
 Sacrifice
 Sculpture
 Recycling
 Relationships
 Rituals
 Renunciation
 Repetition
 Right Livelihood
 Prayer
 Beads
 Chanting
 Poetry
 Positive Thinking
 Reading
 Photography
 Plants
 Pottery
 Money Stewardship

21 Days

30 minutes a day

Individuals, Families, Couples and Groups

SUN MARCH 13 – SUN APRIL 3, 2016

JOIN THE KICK OFF MEETING

SUNDAY MARCH 13th

Bring your ideas and your intention for 21 Days.

Music
 Nature
 Offerings
 Pausing
 Painting
 Patience
 Letting Go
 Lovingkindness
 Martial Arts
 Meditation
 Mindfulness
 Love
 Mandalas
 Marriage and Partnership
 Massage
 Mealtime Graces
 Mentoring
 Mind Training
 Incense
 Kneeling
 Laughter
 Imagery
 Intentions
 Journaling
 Kirtan Chanting
 Knitting
 Labyrinth
 Learning
 Generosity
 Helping
 Humility
 Drumming
 Empathy
 Family
 Friendship
 Gardening
 Eating / Food
 Fasting
 Games
 Conversation
 Creating Sacred Space
 Crochet
 Dancing
 Drawing
 Creativity
 Clothing
 Breath Work
 Candle
 Chores
 Contemplation

Practice is the path we travel on our spiritual journey, so everything we do is practice. Where you bring your attention and discipline is what flourishes in your life: your health, mental clarity, sense of calm, relationships, fitness, creativity... anything. What happens in the place of quiet and sometimes repetition, is finding new space for your mind and spirit to breathe, explore and grow. There is no telling how that space takes shape but with diligent and loving practice, it is most surely guaranteed to deliver something positive.

KICK OFF:

Sunday, March 13th 10:00 am, East Wing

WEEKLY CHECK-IN:

Sunday, March 20th & 27th, 10:00 am, Library

CELEBRATION:

Sunday, April 3rd 12:15 pm, Meeting House

As facilitator, Kathleen Dey Kraemer will guide the group communication, and bring ideas and resources to the kick off meeting. The group will post and support each other daily through the Realm, the UU Westport Facebook page, twitter, email or text (whichever your favorite mode). Facebook is encouraged since it offers a platform for the group to share and can connect smaller groups of similar interest.

Contact Kathleen @ AdultEd@uwestport.org

