

Communication: Reaching for the Inner Light

The Quakers believed in the concept of the Inner Light and that there is “that of God” in every person. That dovetails so well with our Unitarian Universalist 1st Principle: the inherent worth and dignity of every person. True, loving communication requires at least these concepts, along with indispensable empathy.

Have we drifted so far from these ideas as a culture? Has the current international climate, the impersonality of social media, the fast pace of our day-to-day made true communication so perplexing? How can we continue to reach for that inner light in others, while making sure it is shining from within us?

Saturday, October 14, 10am to noon

Facilitator:

Patty O’Shea, M. Ed., LSW

- BA in Philosophy
- M. Ed Community Counseling
- Anam Cara Apprenticeship and Sacred Art of Dying for 7 years
- Have worked as a hospice spiritual care and bereavement counselor for the past 17 years.

Please sign up during coffee hour or contact the office. uuakronoffice@gmail.com

SPANISH CLASS

THURSDAY EVENINGS- 7P.M. STARTING October 7

Join Barbara Kemper for a continuation of her beginning Spanish conversation class. Sign up with the office or contact Barbara. barbarakemper@gmail.com There is a \$50 fee. Scholarships are available.

Celtic Wisdom: An Exploration of the book, *Anam Cara*

Based on the book *Anam Cara*, A Book of Celtic Wisdom by John O’Donohue, this class will explore the insights into friendship, intimacy, nature, the body, and death found in Celtic spirituality. O’Donohue was an Irish poet, philosopher and scholar who grew up in the rugged limestone landscape of western Ireland and who has integrated a soulful spirituality with the human experience. The class will be facilitated by James Helmuth and Patty O’Shea and will be offered Tuesday evenings and Thursday afternoons. **Classes begins on Tuesday October 10 from 7 to 8:30 and continue on Tuesdays every week through Nov. 7th. The same class will be offered on Thursday afternoons from 3 to 4:30 p.m.** In the first class session, a beautiful 55 minute video of John O’Donohue will be shown to introduce you to his soul and life. To register, please call or email the church office (uuakronoffice@gmail.com or [330 836-2206](tel:3308362206)). You can also register on Sunday mornings during Coffee Hour in Hannah Hall.

SELF CARE FOR CAREGIVERS WORKSHOP

Whether you find yourself caring for young children, your parents, an elderly neighbor or a spouse, the act of care giving can bring about unexpected challenges and anxieties. Please join The Behavioral Health Ministry this month as we present “Compassion Fatigue and Beyond: Self-care for Caregivers”. We will welcome Ms. Ericka Shoaff, M.A.Ed., LPC, Doctoral Student, Counselor Education and Supervision, to UUCA as she presents us with an introduction to compassion fatigue and burnout for caregivers and professionals. This special workshop will be held **Thursday, October 26, 2017 from 7-8:30pm** and is free and open to the public.

(Babysitting will be provided, please let the church office know if you will be using the babysitting services so we can plan accordingly.) If you have questions about the workshop or The Behavioral Health Ministry, please email Angie Laakso aslaakso@gmail.com.