



LIAC NEWS

Events for Long Island Area Council Congregations

All UUs are invited to join all events!

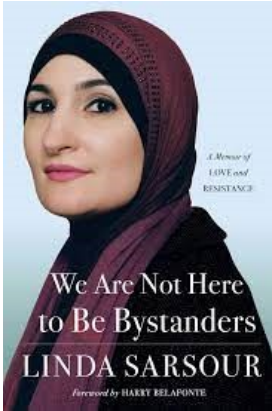
In this issue:

- Book Clubs
- Youth Group
- Labyrinth Walks
- Humanist Discussion
- Meditative Arts
- Anti-Racism Group
- LGBTQ Group
- Caregiver Support
- Tai Chi, Yoga

Anti Racism Discussion Group

Queens - uucq.org

The purpose of the Anti-racism discussion group is to educate ourselves on historical and ongoing racial policies in the United States. Since we are a small group there is no separating into white and BIPOC groups. We have read *Caste*, *All The Real Indian are Not Dead*, *My Grandmother's Hands* among others. We have also watched movies such as *PBS Driving While Black*. Contact Runita Sutton: runitalsutton@gmail.com



Book Club

Garden City - UCCN.org

January 27, 8pm

We Are Not Here to Be Bystanders: A Memoir of Love and Resistance

by Linda Sarsour



**Meditative Arts:
Tai Chi, Yoga,
Essentrics,
Drumming**

Stony Brook - UUFSB.org

For days, times, tuition rates and/or questions, contact Linda Mikell at 631-543-0337 or edlinmik9@gmail.com

Join Zoom Meeting:

[https://us02web.zoom.us/j/86826549564?](https://us02web.zoom.us/j/86826549564?pwd=MDNIRUVSNnUrR29SN0F3NXhYb2JLdz09)
[pwd=MDNIRUVSNnUrR29SN0F3NXhYb2JLdz09](https://us02web.zoom.us/j/86826549564?pwd=MDNIRUVSNnUrR29SN0F3NXhYb2JLdz09)

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(New York)

YOUTH GROUP—IN PERSON

Stony Brook - UUFSB.org

Youth are invited to Youth Group meetings in person, 4-6pm on the 2nd and 4th Sundays of the month, outside. Contact:

deborah.l.little@gmail.com



Freeport - SNUUC.org

- **Meditation** on Saturday mornings at 9am via zoom. Contact Brian Larkin, bolarkin@optonline.net
- **LGBTQ group** meets in person at SNUUC - Tuesdays 11am-1pm
- **Lectio Divina** - 7:15 pm on the 2nd and 4th Wednesdays. This is a contemplative practice in which we listen to a short reading and get in touch with where it resonates in our bodies, our feelings, the images that speak to us and any message or meaning it has for our lives. Contact Rev Linda Anderson, revlin23@gmail.com

Join Zoom Meeting

[https://us02web.zoom.us/j/88962972950?](https://us02web.zoom.us/j/88962972950?pwd=OGE5dWtBODVyRGhWMS9ncU91SFMrUT09)
[pwd=OGE5dWtBODVyRGhWMS9ncU91SFMrUT09](https://us02web.zoom.us/j/88962972950?pwd=OGE5dWtBODVyRGhWMS9ncU91SFMrUT09)

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Events for Long Island Area Council Congregations

LABYRINTH WALKS - in person

Stony Brook - UUFSB.org

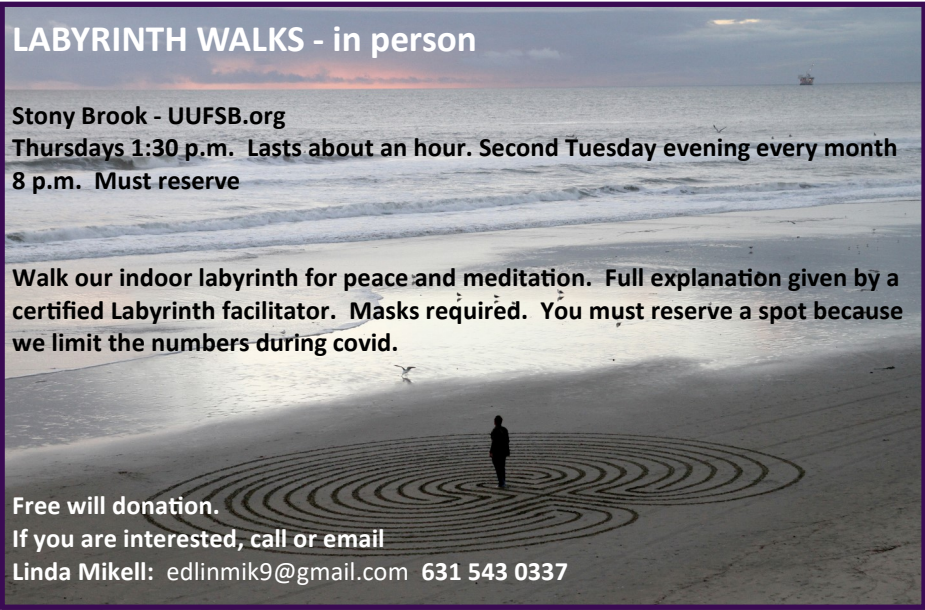
Thursdays 1:30 p.m. Lasts about an hour. Second Tuesday evening every month 8 p.m. Must reserve

Walk our indoor labyrinth for peace and meditation. Full explanation given by a certified Labyrinth facilitator. Masks required. You must reserve a spot because we limit the numbers during covid.

Free will donation.

If you are interested, call or email

Linda Mikell: edlinmik9@gmail.com 631 543 0337



Yoga on Zoom

Monday mornings from 9:30 to 10:45

Please contact :

**Barbara Behrens
behrens.ba@gmail.com**

**for cost, zoom link,
and dates**

Caregiver Support Group

Zoom - 1st and 3rd Thursdays 1-2:30pm

Rev. Linda Anderson

revlin23@gmail.com

for zoom links and further information



MEDITATION - ON ZOOM

Mondays through Fridays 7:30-8am

In the Plum Village Buddhist tradition, Thich Nhat Hanh teacher

revlin23@gmail.com for zoom links and further information

Stony Brook - UUFSB.org

- **Humanist Discussion Group: open to all who wish to come. The group meets on Tuesday evenings. Please contact Gil Hanson for dates and zoom link. gilbert.hanson@gmail.com**
- **Friday night book discussion, first Friday of the month via zoom. Please contact: Harold Kirk. harold.kirk@gmail.com**

