



# UNITY TEMPLE

UNITARIAN UNIVERSALIST CONGREGATION

Published on *Unity Temple Unitarian Universalist Congregation* (<http://unitytemple.org>)

[Home](#) > Moving with Mother Nature

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## Moving with Mother Nature

We hope the UT Community moved, nourished and rested well this summer! We are kicking off the Wellness Program for the fall season “Moving with Mother Nature” and helping her stay clean for all to enjoy. We’ll be hiking in the forest, so dress comfortably and wear your hiking shoes. We’ll meet at Thatcher Woods (in River Forest at Chicago and Thatcher Aves - at the Community House just north of Chicago Ave.) on Saturday, September 20 from 11:00 a.m. to 1:00 p.m. We’ll start with our chalice lighting and mindful reading, and we will then hike through the forest during a silent meditation while we pick up litter to “give back” to the community. We’ll then have a nourishing picnic (please bring a lunch and if you’d like, a treat to share) on the meadow as we Reflect, Revise and Renew Our Wellness goals; holding each other accountable. We’re excited to see everyone there! For more information contact [wellness@unitytemple.org](mailto:wellness@unitytemple.org) <sup>[1]</sup>.

**Location:**

Thatcher Woods

**Date:**

Saturday, September 20, 2014 -11:00am to1:00pm

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**Source URL (retrieved on 04/23/2018 - 8:49am):** <http://unitytemple.org/calendar/moving-mother-nature>

**Links:**

[1] <mailto:wellness@unitytemple.org>