

V-Day Owensboro Presents @ UUCO

The Vagina Monologues Feb 12-14 @ 8pm

The award-winning play is based on V-Day Founder/playwright Eve Ensler's interviews with more than 200 women. With humor and grace the piece celebrates women's sexuality and strength. Through this play and the liberation of this one word, countless women throughout the world have taken control of their bodies and their lives. For more than sixteen years, The Vagina Monologues has given voice to experiences and feelings not previously exposed in public. (From vday.org)

A Memory, A Monologue, A Rant, and a Prayer Feb. 26-28 @ 8pm

This program is a groundbreaking collection of monologues by world-renowned authors and playwrights, edited by Eve Ensler and Mollie Doyle. These diverse voices rise up in a collective roar to break open, expose, and examine the insidiousness of violence at all levels: brutality, neglect, a punch, even a put-down. (From vday.org)

Details for Both Programs

- Admission \$10/\$5 with student ID
- All proceeds benefitting New Beginnings-Sexual assault support services
- Refreshments will be available

Tai Chi / Qigong

The Tai Chi class will be adding a new component, 5 element Qigong (Chi Gong). This practice uses a variety of breathing and gentle moving meditative exercises to strengthen your Chi.

This will provide a more relaxing transition to the 6:30 meditation session.

Drum Circle on Friday 20th

The Circle will begin at 6:30 on Friday. Plenty of drums are available or bring your favorite percussion instrument. Besides being easy and fun there is growing research that, as reported at WebMD.com that, 'Simply put, group drumming seems to have a de-stressing effect on the immune system.'

Regular UUCO Meetings/Events

Wed 04	Board Mtg. 6pm
Thu 05	Tai Chi/Qigong 6pm Meditation 6:30
Tue 10	Interfaith Study 12n (CC)
Thu 12	Tai Chi/Qigong 6pm Meditation 6:30
Thu – Sat 12-14	The Vagina Monologues 8pm
Thu 19	Tai Chi/Qigong 6pm Meditation 6:30
Fri 20	Drum Circle 6:30 pm
Thu 26	Tai Chi/Qigong 6pm Meditation 6:30
Thu – Sat 26-28	A Memory, A Monologue . . . 8pm

11th Annual MLK Coffeehouse

Thanks to Charlot, the immensely talented Charlot Martin Players, and the volunteers that added a double measure of fun on a cold winter's night!



INTERFAITH MOMENT

Saint Valentine's Day, also known as Valentine's Day or the Feast of Saint Valentine, is a holiday observed on February 14 each year. It is celebrated in many countries around the world, although it is not a holiday in most of them.

St. Valentine's Day began as a liturgical celebration one or more early Christian saints named Valentinus. Several martyrdom stories were invented for the various Valentines that belonged to February 14, and added to later martyrologies. A popular hagiographical account of Saint Valentine of Rome states that he was imprisoned for performing weddings for soldiers who were forbidden to marry and for ministering to Christians, who were persecuted under the Roman Empire. According to legend, during his imprisonment, he healed the daughter of his jailer, Asterius. An embellishment to this story states that before his execution he wrote her a letter signed "Your Valentine" as a farewell.)

The day was first associated with romantic love in the circle of Geoffrey Chaucer in the High Middle Ages, when the tradition of courtly love flourished. (from Wikipedia.org)

Parinirvana Day, or Nirvana Day is a Mahayana Buddhist holiday celebrated in East Asia. By some it is celebrated on 8 February, but by most on the 15 February. It celebrates the day when the Buddha is said to have achieved Parinirvana, or complete Nirvana, upon the death of his physical body.

Passages from the Nirvana Sutra describing the Buddha's last days of life are often read on Parinirvana Day. Other observances include

meditation and visits to Buddhist temples and monasteries. Also, the day is a time to think about one's own future death and on the deaths of loved ones. This thought process reflects the Buddhist teachings on impermanence.

Some Western Buddhist groups also celebrate Parinirvana Day. (from Wikipedia.org)

Ash Wednesday, a day of fasting, is the first day of Lent in Western Christianity. It occurs 46 days (40 weekdays plus 6 Sundays) before Easter and can fall as early as 4 February or as late as 10 March. Ash Wednesday is observed by many Western Christians, including Catholics, Lutherans, Methodists, Anglicans, and Presbyterians.

According to the canonical gospels of Matthew, Mark and Luke, Jesus Christ spent 40 days fasting in the desert, where he endured temptation by Satan. Lent originated as a mirroring of this, fasting 40 days as preparation for Easter. Every Sunday was seen as a commemoration of the Sunday of Christ's resurrection and so as a feast day on which fasting was inappropriate. Accordingly, Christians fasted from Monday to Saturday (6 days) during 6 weeks and from Wednesday to Saturday (4 days) in the preceding week, thus making up the number of 40 days.

Ash Wednesday derives its name from the practice of blessing ashes made from palm branches blessed on the previous year Palm Sunday, and placing them on the heads of participants to the accompaniment of the words "Repent, and believe in the Gospel" or "Remember that you are dust, and to dust you shall return". (from Wikipedia.org)