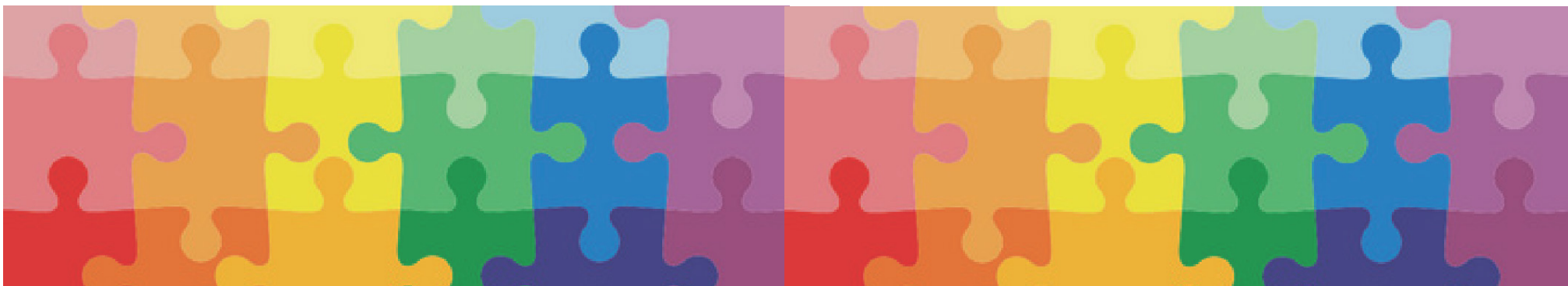


Get Connected



2026

**Common
Flame**
a Unitarian Universalist
Congregation





Worship

Sunday Services

Sundays at 9 and 11 am

Our Sunday Worship Services are weekly reflections that weave together our own thoughts and experiences through music, poetry, and words that both comfort and challenge. Attend a service in-person or view live at www.commonflameuu.org.

Common Care

Common Flame cares about you. When life is too much, we are there for you. Getting support from your congregation is only a call, text or email away. One of our ministerial team will be in touch as soon as possible to listen and understand. Then they will share how Common Flame can help.

CALL OR Text:
720-CHURCH9

Email:
cares@commonflameuu.org

Pastoral Conversations

One of our ministers is always on call for you. These conversations are confidential and can provide guidance during turbulent times. Ministers provide a compassionate ear as you navigate life's challenges from job changes to relationships, illness and death.

Joys and Sorrows

Each week, we pause during our Sunday Services to lift up the joys and sorrows in our congregation. If you have news you want shared, email it to cares@commonflameuu.org.

Common Care (Cont.)

Common Flame eHelpers

Common Flame eHelpers are congregation members who work behind the scenes to support members facing short term challenges. EHelpers are available to help get to doctor's appointments, arrange meals, loan durable medical equipment, shop for groceries, or complete other short (less than 90 minute) tasks.

Common Listeners

For ongoing companionship needs, Common Flame's Common Listeners are lay leaders trained in pastoral care. They are available to meet with you by phone, zoom, or in person at your home or elsewhere.

Memorial Services and Receptions

Ministers and staff of Common Flame are available to help plan and conduct memorial services on behalf of members. Our memorial receptions team can coordinate a reception following a memorial service for your loved one. Call the church office, 303-279-5282, or email cares@commonflameuu.org.

Volunteer for Pastoral Care

Are you interested in helping Common Flame care for our community? Contact Rev. Jen Simon at jen@commonflameuu.org to see how you can get involved.



Justice Council

Service is a part of the Unitarian Universalist faith. If you're interested in finding the right fit, you can contact one of the specific initiatives below, or contact Rev. Jen Simon (jen@commonflameuu.org)

Common Flame Community Action Network (CAN)

Through CAN, our congregation partners with Together Colorado, using a community organizing model to bring about structural change for justice. We are currently researching and acting on the issues of mental health and affordable housing. **Contact: Sarah Brown (goldenhorses71@gmail.com)**

Food & Nourishment Task Force

The Food & Nourishment Task Force serves as a resource for buying, storing, and preparing fresh, wholesome, ecologically sound, and locally grown foods. Additionally, the task force coordinates weekly cook teams to feed people experiencing homelessness through a partnership with The Rising Church in Arvada. **Contact: Gilla Lachnitt (303-260-8981; glachnit@mines.edu)**

Green Task Force

The Green Task Force aims to provide education on problems and solutions facing our environment. GTF advocates for wise environmental choices inside the congregation and the wider community, and lobbies for legislation to ensure a healthy and sustainable local and world-wide environment. **Contact: Martin Voelker (303-260-8981; nouturnradio@yahoo.com)**

Queer Social Justice Group

We're a group of queer people and allies committed to raising awareness of issues affecting the queer community and fostering communication between queer folks and allies. **Contact: Jessie Hennesy (qsjlead@commonflameuu.org)**



Justice Council (cont.)

UU the Vote

UU the Vote is a collaborative effort by Unitarian Universalists, committees in our congregations, our ministers, State Action Networks, advocacy groups, and the UUA to mobilize voters, challenge voter suppression and engage in value-based conversations on the issues that matter. **Contact: Ken Andrus & Jessie Hennesy (uuthevote@commonflameuu.org)**

Racial Justice Team

Common Flame's racial justice team is tasked with helping our congregation live into the anti-racism, anti-oppression, and multiculturalism work mandated by our adoption of the 8th principle, both within our congregation and in the wider community. **Contact: Jen Simon (jen@commonflameuu.org)**

Unitarian Universalist Service Committee (UUSC) Task Force

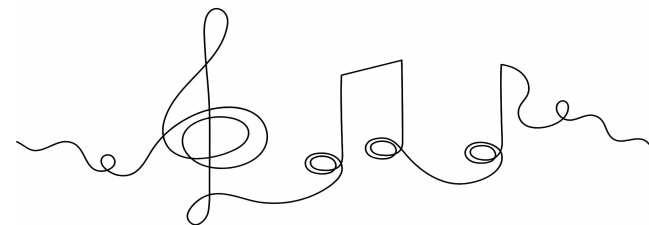
The UUSC promotes and protects human rights internationally. Our Task Force sponsors programs, movies, and trips abroad. The UUSC Task Force participates in organizing and acting for the rights of our immigrant neighbors. UUSC also supports a scholarship program for Guatemalan children impoverished by civil war. **Contact: Gretchen May (303-233-6113; maygwinq@centurylink.net)**

Housing and Poverty Task Force

Through this task force, we have personal interaction with those in need and practice unconditional giving. Specifically, we work with West Metro Habitat Interfaith Coalition and Family Promise of Greater Denver. **Contact: Ken Andrus (kboyandrus@gmail.com)**

Music Ministry

The Music Ministry at Common Flame is a vibrant collection of instrumentalists, singers, and music leaders. We offer ensembles that meet regularly and perform occasionally in worship, a professional worship band, and the opportunity to offer your solo (or small group) music in worship. If you are interested in participating in the Music Ministry here at Common Flame, please contact our Director of Music Ministry, Dr. Baker Purdon (baker@commonflameuu.org).



Faith Exploration for Children & Youth

Our faith exploration programs are designed to enrich and nurture the spiritual lives of children, youth, and families. To register your children, visit commonflameuu.org.

Sunday Morning Faith Exploration Classes

Infants and Toddlers

Loving care is provided during both services in our nursery.

PreK (ages 3-5)

PreK-ers join a short circle time followed by free play.

K-5th Grades

Our K-5 classes allow our children to joyfully learn about and develop their UU identities through ritual, story, music, games, art and social justice projects.

6th Grade: Neighboring Faiths

6th graders learn about major religions through class time and field trips. They explore how each religion connects to Unitarian Universalism through the study of our shared values.

7th Grade: Our Whole Lives (OWL)

7th graders participate in OWL: an age appropriate, comprehensive, and progressive sex education curriculum that supports participants in making informed and responsible decisions about their sexual health and behavior.

8th Grade: Coming of Age (COA)

The Coming of Age program supports the transition from child to youth in a year-long journey, helping teens to explore their identities, beliefs, Unitarian Universalist faith, relationships with others, and connections to the world.

Senior High Youth Group (HSYG)

Our High School Youth Group (HSYG) provides opportunities for teens to build community, have fun with friends and further explore their UU identity through class time, field trips and social action projects.

Families

Common Flame strives to center and honor families through a variety of programs.

Nature's Keepers

Nature's Keepers is an outdoor focused, extra-curricular Faith Exploration class for 8-12 year olds. Participants will experience a variety of outdoor activities, both off-site and on-site that will help them nurture their spiritual connection with the Earth.

First Friday Open Mic

First Fridays, 6 pm dinner, 7 pm show (September-May): We'll enjoy a pizza and salad dinner followed by an evening of entertainment. We really love to have kid performers and enthusiastic audience members.



Families (cont.)

We Are Parents (+ kids!)

Third Thursdays, 6:00 pm: We share a meal together, then the kids go to childcare while parents participate in interactive and fun programming that focuses on a different topic or lens with the aim of deepening our connection with each other.

Other Family Events

- Self Care Saturday for Women
- Sundae Sunday
- Family Camping Trips
- Parent Retreats
- Summer Picnic
- Community Board Game Night and Potluck

Holidays

- Easter: Special faith exploration curriculum is followed by an egg hunt hosted by our High School Youth Group.
- Halloween: A spook-tacular bash with food, dancing, fun activities, and a haunted house hosted by our High School Youth Group.
- Winter Solstice: A family-friendly service celebrating the return of the sun.
- Christmas: Joyously compact, child-centered services, telling the story of Christmas.

Adult Faith Formation

Small Group Ministry

Going Deeper: Our small groups of 6-8 create meaningful connections through deep listening, shared spiritual practice, and through the exploration of what it means to live our Unitarian Universalist values. Groups meet for 90 minutes, twice a month, September through May.

Adult Faith Exploration Classes: We offer a variety of opportunities for adults to explore Unitarian Universalism. Examples of classes include:

- UU Wellspring Sacred Earth
- Unpacking Your Religious Baggage
- UU Then and Now
- Racial Justice Without Shame
- Spiritual Practice Series

Spiritual Practice Groups

Covenant of Unitarian Universalist Pagans (CUUPS)

Grounded in the theories of inclusive Heathenry, Nordic Animism, BIPOC theories of spiritual activism, Reflections on Race and Unitarian Universalist themes. With an emphasis on action and working toward change, we hope to give people another set of tools to move away from guilt and despair into making the world a better place according to our Unitarian Universalist values. Contact: **Emily Bonadore** (emily@commonflameuu.org)

Mindfulness Meditation

Sundays, 5 pm (online) & every other Saturday, 9 am (at Common Flame): This group is for anyone interested in deepening their mindfulness meditation practice. Many of us also have a strong interest in Buddhist philosophy. Contact: **Tina Voelker** (303-215-1110; voelker@mines.edu)

Tai Chi

2nd Mondays, 5:30 pm: An hour of relaxing Tai Chi, beginners always welcome. Tai Chi is an excellent form of exercise that enhances core strength, concentration, balance, coordination, and mindfulness. Tai Chi is an internal form of martial art, beautiful and accessible. **Contact: Jan Jahner** (janajahner@gmail.com)

Golden Satsang

1st Sundays, 1 pm: The Golden Satsang is a vibrant, nurturing and sustainable forum for meditators to support each others' spiritual practice. **Contact: Margie Robinson** (margie.robinson7@gmail.com)



Identity Groups



Men's Group

The men's group exists to create a community of people who identify as men connecting authentically. Meetings consist of social time, a meal, and a program based on listening and reflection. Meetings are held at Harmony Village Center in Golden. **Contact: Zach Schreiner** (zachary.schreiner@gmail.com)

Queer Adult Group (Queer Connections)

This is a compassionate safe space dedicated to adults (18+) of the LGBTQIA+ community. It's a time to socialize, give input on future events, share stories, support each other's voices, approach spirituality from a queer lens, discuss current social and political issues affecting our community, and collaborate on ways to lift up queer folks, young and old. Snacks are optional but welcome. **Contact: Jellico Harkins** (qaglead@commonflameuu.org)

Women's Group

Be a part of the Women's Group at Common Flame, where people of all ages who identify as women can come together to foster community, support one another, and embrace the values of Unitarian Universalism. This inclusive space welcomes individuals to socialize, share experiences, and pursue personal growth while celebrating our diverse identities and perspectives. Bring a snack to share as we nourish both our bodies and our spirits. We look forward to connecting with you! **Contact: Sarah Brown** (goldenhorses71@gmail.com)

Identity Groups (Cont.)

Mom's Group

Moms Group is for people who identify as moms to share time and space. There will be a mix of faith-exploration activities and socialization time. **Contact: Megan Duncan (meganduncanedits@gmail.com)**

Golden Circle

Muffins with the Ministry Team: Common Flame members 70 or better are invited by the ministry team for connection and conversation. We'll spend time getting to know each other, discussing the monthly theme, and forming small groups for deeper conversations. Bring muffins to share!

Luncheon: A time for our 70+ community to gather. Enjoy a meal, fun, and great conversation! A \$5 donation is requested. **Contact: Emily Bonadore (emily@commonflameuu.org)**

Shared Interest Groups

Creative Writers Group

Everyone is welcome to join our friendly, supportive group of folks eager to learn from, and laugh with, each other in a safe, nonjudgmental space. Not quite ready to share your work? Come anyway, we can't wait to get to know you! **Contact: Sharon Groten (grosb14@gmail.com)**

Drumming Circle

An afternoon of ecstatic drumming and dancing. No experience required, no age or physical limits. Bring a drum, or we have drums and instruments to share. Dancers are always welcome! **Contact: Bill Barr (cherylandbillbarr@gmail.com)**

Great Books Discussion

Read from the great books of our civilization and discuss them with others. Share your insights and questions to reach a fuller understanding of these works. **Contact: Carol and Clint Flynn (cc.flynn99@gmail.com)**

Poetry Group

Common Flame poets gather twice a month to share poems they have written. Feedback is gently given. No need to contact us beforehand, just show up and see if this is right for you. We write and share poems following a prompt given at the previous meeting. Most poems are free verse. **Contact: Linda Ropes (lindaropes@comcast.net)**

Science and Spirit

Encourage your curiosity with presentations and lively discussion on a wide variety of scientific topics. No specific scientific or technical background is required. **Contact: Tripp Bishop (dyne_erg@yahoo.com)**

Union of Unitarian Universalist Gamers

This group uses tabletop role playing games to build community, exercise creativity, and celebrate their unique voice. No prior experience is necessary. **Contact: Zach Schreiner (zachary.schreiner@gmail.com)**

Volunteering

Common Flame relies on volunteers for almost every program within the congregation. With so many amazing things happening all the time, we need amazing people like you to help us keep everything running smoothly. From small details to big picture, there is always somewhere we could use a helping hand. Here's a few ways Common Flame could use your help and talents:

- Be a greeter, usher, or host for our Sunday morning services
- Help with childcare
- Be a member of our Safety Team
- Assist in our front office
- Help organize or support our Social Justice initiatives
- Help set up and prepare for events
- Take photos and videos for our social media

If you are interested in becoming a volunteer at Common Flame, contact Emily Bonadore at emily@commonflameuu.org or 303-279-5282 ext. 34. Volunteers may be required to go through training depending on the task.



Membership

Congregation membership is a core practice of Unitarian Universalism, and it serves as a vehicle for faith formation in our community at Common Flame.

Members make five commitments to our community:

- Say "Yes!" to personal growth and faith formation, guided by Unitarian Universalist principles and sources.
- Be a part of the congregation's life, and allow Common Flame to be part of your life.
- Be of service to our congregation and to our larger community
- Support the congregation financially.
- Participate in the democratic processes of the congregation.

If you're interested in becoming a member of Common Flame, contact Emily Bonadore at emily@commonflameuu.org or 303-279-5282 ext. 705. All members must attend New Here, our introductory membership class, and file a membership and pledge form.

Communication

How do you know what is happening at Common Flame? Check your e-mail! You are added to our email lists when you fill out our online visitor form, or when you join the congregation as a member. If you aren't getting messages from Common Flame, contact Ray Grosser, Communications Manager, at ray@commonflameuu.org

Weekly Connection

Published every Wednesday, the Weekly Connection email previews the week's Sunday service and upcoming activities and events at Common Flame. Announcements are due to Ray Grosser, Communications Manager (ray@commonflameuu.org) by 12 pm on Mondays.

IGNITE

IGNITE is our monthly in-depth, article-driven email newsletter. Published the last Monday of every month, it explores our monthly worship theme and other topical subjects. Printed copies are available in the office and commons areas. Article submissions are due to Ray Grosser, Communications Manager (ray@commonflameuu.org) by 12 pm on the Monday prior to publication.

Member 2 Member Google Group

Member2Member is an e-mail list where Common Flame members send out announcements about upcoming events and activities. To join the list, sign up at commonflameuu.org/member-2-member-google-group.

Facebook

www.facebook.com/CommonFlame
www.facebook.com/groups/commonflamevirtualcommons

For additional information about events, programs, groups and more at Common Flame, please scan the QR code below to visit our website.



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