## **UUSF 30 Day Fall Challenge 2021**

Enjoy a fall hike on a trail you've never been to! Check out the DNRT website or Mass Audubon!	Sign-up for and attend a weekly virtual UUSF covenant group.	D.I.Y. costume challenge! What sort of spooky garb can you create from items already in your house?	Go on a cranberry-bog tour or simply pick-up some local cranberries for your kitchen! <u>View a map of bogs here!</u>	Take a walk/roll around the church. How many gargoyles can you find?
Attend a (or several!) "Sunday Meet-ups" with UUSF! Sundays at 3 p.m. <u>Click for info!</u>	It's back-to-school season!! Visit the edX website to explore the wide range of free college courses you can take!	Do you have a favorite fall treat?  Bake or make it and trade recipes or samples with other UUSF members!	Draw, paint, or make a collage representing one of the 7 Principles.	Go apple picking! Main Road in Acushnet has several orchards you can visit!
Have you ever heard of Partakers' College Behind Bars program? <u>Check it out.</u>	Check out the New Bedford Science Cafe! You can safely view recordings from home of the monthly speaker series after each event.	Support local Black-owned businesses! <u>Check out the business directory</u> on the "BuyBlackNB" website.	Now that temperatures are cooling it's a great time for a walk/roll with friends! Wear a mask on and reconnect with a church friend!	Read about <u>The Eighth Principle.</u>
Engage in a fall-themed meditation. <u>Some examples</u> <u>here.</u>	Read about <u>pronoun usage</u> <u>here</u> ; then, add your own pronouns to your email signature, Zoom name, work/social media bios, etc. <u>Learn why here</u> .	Search for your favorite UU Hymn on <u>Notes from the Far</u> <u>Fringe</u> to learn a bit more about it.	If you missed it, watch the most recent South Coast Progressive Voices on Toxic Plastic and the Climate Crisis here. Then, make a game plan to use less plastic.	Check out New Bedford's AHA! Night, every second Thursday night! There are virtual and outdoor options to learn about local arts, history and architecture!!
Take a self-guided tour of New Bedford! You can use the guide here to take a historic tour virtually from home or as you walk around downtown.	Take a "tree tour" around the church and learn about the trees on our property while admiring the fall foliage! Pick up guide cards from the office!	Explore the UUA website and learn more about the denomination, view webinars, etc at <u>uua.org</u> .	Book swap! Read a good book recently? Write a brief review and offer to swap with a fellow member on Slack.	Learn about UU history: <u>UU 101</u> by Rev. Aaron White and <u>UU 201 by Rev. Aaron White</u>
Make your own chalice! Some ideas can be found here!	Reuse! Challenge yourself to reuse/repurpose something you'd normally throw away. Share on Slack!	Download and explore the "WorshipWeb" app or explore this UUA search engine of meditations and prayers.	Who says the beach is just for warm weather? Bundle up and start your fall morning with a walk or breakfast by the sea!	Make a leaf-rubbing greeting card with a leaf from a special place. Then, send fall greetings to a loved one!