

# SUNSTONE CHAPEL

VALUES DRIVEN ORGANIZATIONAL INNOVATION

## Dinner Chapel 2026



Wednesday February 25<sup>th</sup>  
7:30pm-9pm EST

### Theme: Community Care Circle

Topic: Spiritual Direction & Living into Your Calling

**Register:** <https://us02web.zoom.us/meeting/register/ZnXpl1PQTHm5dSFo9a06GQ>



**SEXUALITY EDUCATION**  
for Unitarian Universalist BIPOC Women

Monday August 18<sup>th</sup>  
7:30pm-9pm EST

**Theme: Holistic Sexuality Self-Care: Through our Clear Authentic Truth (CAT)**

**Topic:** Self-care for the "Bitter" Woman

**Register:** <https://us02web.zoom.us/meeting/register/s-GBHCINT6KNOzYII7paLw>

### Leadership for Liberation (LFL)



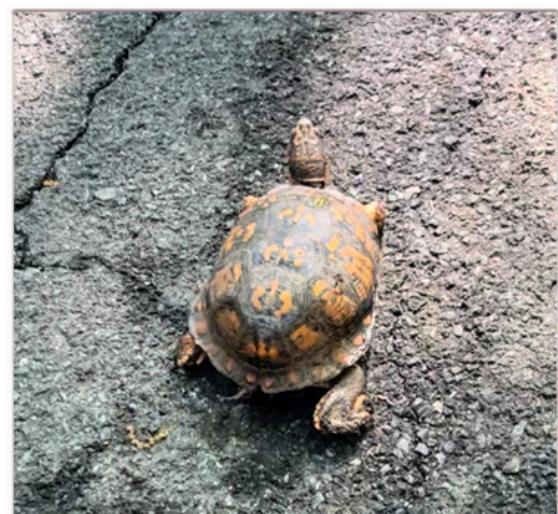
Faith-grounded Unitarian Universalist Leadership Enrichment

Thursday May 28<sup>th</sup>  
7:30pm-9pm EST

### Theme: Leadership for Liberation (LFL)

Topic: Essentials of Team Leadership: The Hidden Dangers of Decision Making

**Register:** <https://us02web.zoom.us/meeting/register/n1h7ceMXQhiPU2WhTzoEQ>



Friday November 13<sup>th</sup>  
7:30pm-9pm EST

### Theme: Community Care Circle

Topic: Remembering and Loving our Departed Companion Animals

**Register:** <https://us02web.zoom.us/meeting/register/k6xlouGQ4iee4gkM7iq3Q>

# Dinner Chapel 2026

## Overview:

You are invited! Join us for our free quarterly online Dinner Chapel. At Dinner Chapel, we come together for informal spiritual nourishment, learning, reflection, and mutual support to sustain us as we labor forward towards a more just and peaceful world.

Each quarterly Dinner Chapel is themed and within each theme there will be a specific topic (class). You are welcome to share Dinner Chapel information in your congregational newsletters, social media, and email lists.

Dinner Chapel is facilitated by Rev. Ebony Peace, a Community Minister based in the DC Metro area. The below sessions are great additions to any other adult spiritual development or personal growth offerings your community may already be offering.

## Full Descriptions:

### **Community Care Circle**

This theme focuses on mutual encouragement, resource sharing, and spiritual growth. The goal is to help attendees persevere through the challenge at hand while addressing both practical and emotional needs.

**Topic: Spiritual Career Direction & Living into Your Calling**

**Wednesday February 25<sup>th</sup> 7:30pm-9pm EST**

Break out Rooms (aka Circles):

- Circle #1 Ministry Specific Discernment
- Circle #2 General Career Transitions

Are you Called to ministry, but have not passed the Ministerial Fellowship Committee (MFC)? Are you interested in deepening your ministry but not sure which direction to pursue first or at all? Have you recently experienced a layoff or career transition and need a safe space to vent, get encouragement, or reflect on your next steps?

Regardless of your situation, this community care circle will support you as you examine your mindset and create an action plan for ways in which you can live into your Calling.

We will begin with a brief lecturette and group activity. Then we will separate into at least two break out “circles” for deeper discussion and reflection. One main goal is that each participant walk away with three relevant action steps that will move them towards their goals.



### **Leadership for Liberation (LFL)**

This theme is adult spiritual deepening through Faith-grounded Leadership. We explore and reflect on anti-oppression, liberation, and the sacred through the lens of servant leadership. We need leaders at all levels, job titles, roles, and backgrounds and this theme supports growing such leadership.

**Topic: Essentials of Team Leadership: The Hidden Traps of Decision Making**

**Thursday May 28<sup>th</sup> 7:30pm-9pm EST**

Objectives:

- Recognize thinking traps that can sabotage decision making
- Identify key causes and manifestations of thinking traps
- Examine strategies to improve decision making skills

We will discuss six thinking traps that can cause bad decisions. As leaders, making good decisions is important to being a team leader. Let's (1) improve the quality of our choices so we can better serve ourselves, our team, and our communities and (2) reduce the impact of these psychological thinking traps. Ideal for lay-leaders, ministers, religious educators, and administrators.

## **Full Descriptions Continued:**

### **Holistic Sexuality Self-Care: Through our Clear Authentic Truth (CAT)**

This theme, participants deepen their understanding of sexuality from a progressive, faith-based perspective. CAT is specifically for BIPOC Women. We reflect on our journey towards clear, authentic, meaning-making around our truths about sexuality from a socio-spiritual perspective. This topic supports us in making informed and responsible decisions about sexual health and behavior while centering love, justice, and self-knowledge. CAT is adapted from the Our Whole Lives (OWL) Curriculum to be exclusively virtual with culturally relevant adjustments for inclusiveness.

**Topic: Self-care for the “Bitter” Woman**

**Monday August 18<sup>th</sup> 7:30pm-9pm EST**

#### **Objectives:**

- Understand the sociological factors that cause bitterness and resentment to often be labeled as “negative”
- Reflect on boundaries, toxic romantic relationships, and healing after devastation
- Examine the health benefits inherent in resentment as an emotion

We will discuss sexual and emotional vulnerability in the midst of patriarchy, the “4B movement” and the declining birth rate. As more women are rejecting arguably oppressive expectations, have women become bitter, enlightened, or both? When trauma comes with lessons learned, let’s discuss how resentment can promote safety, self-worth, and emotional healing. Please note that this session is designed for and limited to BIPOC women. CAT sessions are a BIPOC Women only sacred space. Thank you for your understanding in support of these spaces.



### **Community Care Circle**

This theme focuses on mutual encouragement, resource sharing, and spiritual growth. The goal is to help attendees persevere through the challenge at hand while addressing both practical and emotional needs.

**Topic: Remembering and Loving our Departed Companion Animals**

**Friday November 13<sup>th</sup> 7:30pm-9pm EST**

In our Unitarian Universalist tradition, we embrace all forms of life and love. Holding a special place in our lives and in our hearts are our furry, winged, scaled, or floofy family members. Whether they are nearing end of life, have died recently, or decades ago – we will always remember and love them.

Bring a photo, memory, or token that reminds you of your beloved companion animal. Together and in support of one another, we will each have an opportunity to share with, comfort, and grieve if our spirits need us to grieve.

No everyone is an “animal person”. Sometimes our friends and family do not understand our sorrow when our beloved dies. We will discuss healthy ways to ease the grieving process while reflecting on the spiritual impact our animal family members have on our spirits and on our overall well-being.



### ***Rev. Ebony Peace, SPHR, GCDF***

#### **COMMUNITY MINISTER**

Ebony Peace is a Clinical Sociologist + Educator. She helps individuals and communities thrive into their best selves through organizational innovation (emphasis on leadership), self-care, and positive change. She also serves as adjunct faculty at two colleges in Maryland.

Her ministry includes a deep commitment to students in higher education, developing leaders, and values-driven social justice oriented organizations. As a certified senior professional in human resources (SPHR), global career development facilitator (GCDF), and adult OWL facilitator, she strives each day to serve from an optimistic, practical, and compassionate approach.

Ebony completed her seminary internship at All Souls Unitarian, DC. and graduated from Meadville Lombard Theological School and Johns Hopkins University. In 2022 she was awarded The Charles Billings Prize for Excellence in Preaching. Ordained by Mount Vernon Unitarian Church in Arlington VA, she resides in Maryland with her family, including her cat Xena. She enjoys guest preaching, facilitating spiritual development, and serving 1-12 month in person or virtual residencies within Unitarian Universalist communities.

Connect with her on [LinkedIn](#) or learn more at [SunstoneChapel.org](#).