

SMALL GROUP MINISTRY

Explore your faith and make new friends at the same time within Small Group Ministry. There are currently three groups. **The Tuesday evening group which meets on the first and third Tuesdays is seeking new members.** For more information contact adultprograms@uubelmont.org

WOMEN'S AND MEN'S SUPPORT GROUPS

There are several ongoing men's and women's support groups at The First Church. If you are interested in one of the groups, please contact Lillian Anderson, adult programs advisor at landerson@uubelmont.org.

WOMEN'S RETREAT – APRIL 26-28 AT SENEXET HOUSE, WOODSTOCK, CT.

This weekend women's retreat is a wonderful way to connect, make new friends, and deepen existing friendships. We will carpool to Senexet House in Woodstock, Ct. (a 90 minute drive) and share two nights and five delicious meals for \$185. Scholarship assistance is available. For more information contact landerson@uubelmont.org

To receive a weekly reminder of the latest Adult Programs, email us at adultprograms@uubelmont.org

GET MORE INFORMATION ON ANY OF OUR PROGRAMS BY VISITING THE ADULT PROGRAMS PAGE ON THE WEBSITE: [HTTP://UUBELMONT.ORG/ADULT-PROGRAMS/](http://uubelmont.org/adult-programs/)

If you are interested in creating an offering for the First Church community, or getting involved with this committee, please contact one of us. We are actively looking for new committee members!

ADULT PROGRAMS COMMITTEE

First Church in Belmont Unitarian Universalist

404 Concord Ave
Belmont, MA 02478
617-484-1054

www.uubelmont.org

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MINISTRY PROGRAMS SUB-COMMITTEE

Andrea Prestwich, chair aprestwich@uubelmont.org
Bill Blumberg, Mark Davis, Jeanne O'Farrell,
Barbara Terry, Joe Weiss, Jeanne Widmer
Lillian Anderson, ex-officio



The First Church In Belmont Unitarian Universalist

ADULT PROGRAMS Spring 2013



*Opportunities for adults to
connect and to find spiritual,
emotional, and intellectual
growth*

Adult Education Opportunities

THE MYTH OF UNIVERSAL LOVE? EDWIN TAYLOR ASSISTED BY LILLIAN ANDERSON AND DORIS HUNTER

"Love your neighbor as yourself," said Jesus. Is "neighbor" everyone? How much do we owe to our close and distant neighbors? Isn't our little jug of personal effort and financial resources hopelessly inadequate to fill the thousand empty flasks of desperate need around the world? How can we contribute to all our neighbors, not only responsibly but also without guilt? Edwin, Lillian, and Doris will launch a group discussion of these troubling questions.

**Sunday, April 7, 12:30-2pm, Library,
Refreshments provided.**

**TOUR OF MOUNT AUBURN
CEMETERY WITH FOCUS ON
FAMOUS UNITARIANS
THURSDAY, MAY 16, 6:00PM**

**MEN'S SPRING
POTLUCK SUPPER
FRIDAY, APRIL 26, 7PM**

JOURNEY BEYOND GOD

**REV. PETER RICHARDSON ASSISTED BY
REV. DORIS HUNTER**

This workshop will explore choices for a religious philosophy which addresses the human future. It will discuss common positions many adults hold based upon early childhood perceptions. The goal of the workshop will be increased clarity and articulation of one's own religious philosophy. Inspired by the book, *Journey Beyond God*, by Rev. Peter T. Richardson.

Peter has led workshops on previous books, *Four Spiritualities* and *Archetype of the Spirit* in many countries and states as well as at First Church. He has served UU congregations in Ohio, Texas, Maine and Massachusetts.

Registration deadline is April 22nd.

**Saturday, May 18, 9-2pm, Parlor,
Refreshments provided.**

**For more information or to register for any of these programs, please
email adultprograms@uubelmont.org**

DEVELOPMENT OF AN ARTIST
JULIETTE CARIGNAN
Using visual descriptions of her painting process, Juliette will describe her developmental history as a professional artist, and what she has learned about the creative process.

Monday, April 15, 7:30pm, Parlor

THE AUTHOR’S PATH
DICK LEHR
What made Whitey Bulger infamous ? He has frightened and fascinated us. Boldly he hid in plain sight for many years and then he was captured. Hear Whitey Bulger’s story told to us by First Church member Dick Lehr, author with Gerard O’Neill of the new book, *Whitey*.
Refreshments and book signing.

Friday, April 19, 7:30pm, Parish Hall

NEW UU CLASS
LED BY JIM STATON, DAVID BRYCE
SARAH GILLESPIE AND JIM LANDFRIED
This class will provide answers to the questions you have about Unitarian-Universalism (the history and current programs); also the history and current activities of First Church. Discuss the steps leading to membership and have a tour of the building.

Sat., Apr.27, 9:30am-12pm, Classroom 5
Childcare provided on request.
Sign-up following Sunday Services
or contact Jim at jstaton@uubelmont.org

Ongoing Education Programs

MEDITATION
ROB COSINUKE AND JAMES HENCKE
In meditation practice, we allow ourselves to dwell in the present moment. We find that by developing our awareness & compassion we can open ourselves, relax into situations, & enjoy our life!
Mondays, 8-9 pm, Library

SCIENCE & SPIRITUALITY
EDWIN TAYLOR & KEN BERNSTEIN

We are an interchurch group engaged in exchanging thoughts on ideas in science & their influence on our spiritual lives.

Thursdays, Apr.18, May 16, 7:30pm, CR

THE QUILTERS' GROUP & KNITTING CIRCLE
GLADYS UNGER & EVA PATALAS

Come join us in making quilts for children at Renewal House, or knitting for a variety of charity organizations. New members are always welcome!

Tuesday nights at 7:30 pm, RE Class #4

THE FIRST CHURCH BOOK GROUP
KARL KLASSON & ANNE STUART

We choose a variety of fiction and non-fiction books and meetings are facilitated on a rotating basis by members of the group. Unless otherwise noted, the group meets on the 4th Wednesday from 7:30-9pm in the Library.

March 27 *Emergence* by Temple Grandin

April 24 *Crossing to Safety*
by Wallace Stegner

May 22 *The Member of the Wedding*
By Carson McCullers

June 26 Second Annual Potluck Supper and Book Talk
Bring a summer salad (or dessert) and some book suggestions.
Upper Gathering Hall at 7pm

For more information or to register for any of these programs, please send an email to adultprograms@uubelmont.org

Ongoing Support Groups

BUDDY GROUP
TERESA HOWE, TOM NEEL, ED YEE

The jobseeker buddy group is a small support group for people looking for new or better jobs. We provide encouragement, feedback, ideas, resume suggestions, job leads, unemployment assistance advice and networking opportunities to each other.

Tuesdays, 4-5:30pm, Library

CARING FOR OLDER ADULTS
DEBORAH BLUMBERG AND MIRIAM BAKER

Many people are juggling jobs, families and their parents’ or other family members’ increasing medical needs, frequent emergencies and ongoing need for care. If you find yourself in this position, you are welcome at this group for discussion and support.

1st Thursdays, 7:30pm, Conference Room

LIVING WITH SERIOUS ILLNESS
SUPPORT GROUP
CO-FACILITATED BY NANNY ALMQUIST AND KATHY LIND

In our ever-changing lives, we sometimes need a place to talk when we are faced with news or are coping with an ongoing medical condition for either ourselves or someone close to us. The First Church Living with Serious Illness Support Group is for caregivers and people in all stages of discovery and recovery.

2nd Thursdays, April 11, May 9, June 13
7:00pm, Library

“LOST CHILDHOOD: GROWING UP IN AN ALCOHOLIC FAMILY”
JEANNE WIDMER

Film and discussion open to everyone interested in the enormous pressure on youth and adults to use drugs and alcohol. This half-hour, award-winning documentary shows young children of alcoholics who describe their experiences with honesty and wisdom, following up 17 years later with two who discuss the critical impact of the help they received in their childhood. For more information contact Jwidmer@uubelmont.org.

Sunday, May 5, 12:30-2:15pm, Library
Refreshments provided.

KIDS WITH CHALLENGES
ANDREA PRESTWICH

Does your child have special challenges? Has he/she been diagnosed with Aspergers, ADHD, or sensory problems? Maybe he/she is just slightly "quirky". You're invited to a inaugural meeting of a new First Church support group for parents and family of kids with special needs, with a focus on neurological issues. We will offer support and share experience in a non-judgmental space. Childcare upon request.

Sunday, April 7, 2-4pm, Library

GRANDPARENTING - NEAR AND FAR
ML LANDFRIED AND LILLIAN ANDERSON

We will share experiences of the joys and challenges of being grandparents, tips for keeping in touch, and reflect on our changing relationships with our children, both near and far. Bring pictures to share.

4th Thursdays, Mar, 28, Apr. 25, May 23
7:30pm, Library