

MEN'S SUPPORT GROUP

This diverse men's group facilitated by **Will Cordis and Joe Weiss** welcomes both new and recent members as well as those who wanted to, but never joined, such a group. We share personal and professional concerns, aspirations, and experiences along with some community service activities. Meets **1st and 3rd Sundays from 4-5:30pm**

WOMEN'S SUPPORT GROUPS

Are you interested in sharing deeply with other women on a regular basis? Using active listening techniques, the format of the gatherings will include time for getting to know one another as well as discussing topics of concern. Currently our two women's groups are at maximum capacity but if there is interest a new group will be formed. Please contact Lillian Anderson landerson@uubelmont.org.

SMALL GROUP MINISTRY

Small Group Ministries provide a spiritual practice that encourages members to engage more fully with their own faith, with each other, and with the larger world. We currently have several groups that meet regularly including our newest group that focuses on retirement issues. If you are interested in more information contact Lillian Anderson at landerson@uubelmont.org.

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

If you are interested in getting involved with this committee, or have a program you would like to see at First Church, please contact one of us. We are actively looking for new programs!

ADULT PROGRAMS COMMITTEE

Debbie Dobbins, chair	ddobbins@uubelmont.org
Yolanda Aliberti	yaliberti@uubelmont.org
Nicole Griffin	ngriffin@uubelmont.org
Karl Klasson	kklasson@uubelmont.org
Susan Kobayashi	skobayashi@uubelmont.org
Laurie Noble	lnoble@uubelmont.org
Ed Siegfried	esiegfried@uubelmont.org

MINISTRY PROGRAMS SUB-COMMITTEE

Bill Blumberg and Mark Davis - co-chairs,
Paul Estin, Martha Hicks-Courant
Lillian Anderson, ex-officio



The First Church in Belmont Unitarian Universalist



ADULT PROGRAMS Winter 2017

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

POETRY AND MUSIC

RICHARD WARING/ SAM WARING

Enjoy the creative energy between father and son in this presentation of words and melodies. Richard will read from his book, "What Love Tells Me," interspersed with classical pieces for oboe performed by Sam. Refreshments served.

Friday, January 20, 7:30pm, Parish Hall

FOSTER CARE IN MASSACHUSETTS

JEREMY LOCKETT

Dare Family Services' primary mission is to find, train and support loving homes that will help children become resilient and overcome the trauma of serious abuse and neglect. Jeremy will share some of his own experiences in the system and help us to understand *why* children need foster care, *who* is in foster care and *what* it takes to be a foster parent.

Sunday, Feb. 12, 12:30pm, Library

REFLECTING ON RACISM FROM THE INSIDE OUT

JOSLYNE DECKER

This group will function as a non-judgmental, supportive space for those open to learning, self-reflection, personal change, and honest conversation around race and racism. Goals

include increasing our understanding of racism and learning how to leverage our privilege to end it. Registration is required as the class is **limited to 12**

participants. Regular attendance requested, first session required.

Occasional short reading assignments..

For information or with questions,

please contact [Joslyne Decker](mailto:JoslyneDecker@uubelmont.org)

at joslyne13@gmail.com.

Co-sponsored by SAC.

(First Tuesdays) Feb. 7, Mar. 7,

April 4, May 2, June 6, 7pm, Parlor

SAVE THE DATES!

**WOMEN'S RETREAT AT ROLLING RIDGE IN NORTH ANDOVER
MARCH 31 - APRIL 2**

THEATRE DISCUSSION SERIES JANE MINASIAN, DOWNING CLESS

WATCH FOR DATES OF PLAYS, AND DISCUSSION TIMES IN THE UNITARIAN AND WEEKLY BULLETINS!

First Church in Belmont Unitarian Universalist

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

www.uubelmont.org

**SPIRITUAL RENEWAL THROUGH POETRY
PETER GUTHRIE**

Robert Frost once defined a poem as a “momentary stay against confusion.” Good poems can help us see ourselves and our lives more clearly, trigger moments of epiphany, and cut through the confusion of life to what truly matters: We will read and discuss poems that deal with spiritual issues in the broadest sense.
Sundays, Jan. 8, 15, 22, 29 3pm, Parlor

**CREATIVE WRITING WORKSHOP
JOSLYNE DECKER**

This workshop will focus on generating new writing material from writing prompts. Participants are invited to share their work after each writing period and the group will be guided in offering feedback. Participants are never required to follow a prompt and there is no pressure to read aloud.
Sunday, Jan. 8, 12:30 - 2pm, Library

**FEMINISM & REPRODUCTIVE JUSTICE
ANDREA SPENCER-LINZIE**

What is Reproductive Justice? The UUA has adopted this issue for congregational study and action. We'll examine these issues using feminist theology and our UU values as guides.
Sunday, Jan. 15, 12:30pm, Library

**“BEFORE THE FLOOD” DOCUMENTARY
FCB GREEN**

Leonardo DiCaprio presents a riveting account of the dramatic changes now occurring around the world because of climate change—the most pressing challenge of our time. The film is 96 minutes long with discussion to follow. Co-sponsored by Belmont Mothers Out Front, Temple Beth El Climate Team, Adult Programs
Sunday, Jan. 29, 4pm, Parish Hall

**DOCUMENTARY AND DISCUSSION
YOUTH GROUP/APC/SAC**

This program will provide information and allow for discussion about the Appalachian culture and history.

Sunday, Jan. 29, 12:30pm, Parish Hall

**“FRAYED LIVES”
DEBRA MICHLEWITZ**

“As a first generation American in a Brooklyn household cobbled together from fragments surviving the Holocaust, Debra describes her experience as ‘a stranger in a strange land’”. Her memoir paints the panorama of a family record while depicting the desperation of refugees of war. A retired English teacher, Debra is now a docent at the Metropolitan Museum of Art in NYC.

Sunday, Feb. 26, 12:30pm, Library

**THE CAMINO PILGRIMAGE
DEVON BECKETT**

Join Devon for a living room version of her pilgrimage, walking 70 miles along Roman roads, following the yellow arrows and scallop shells which point The Way. Organizing tips and resources for making your own Buen Camino will be offered.

Sunday, March 5, 12:30pm, Library

**GOOD NEWS FROM THE MIDDLE EAST
SHEILA KATZ**

Sheila H. Katz's newest book, *Connecting with the Enemy*, reveals how thousands of ordinary Palestinians and Israelis have worked together to end violence and forge connections between their peoples. The stories from her book will inspire and encourage anyone grappling with social change, peace and war, oppression and inequality, and grassroots activism anywhere in the world. Discussion to follow.

Co-sponsored by SAC.

Sunday, March 26, 12:30pm, Parish Hall

Ongoing Programs & Groups

MEDITATION

JAMES HENCKE

In meditation practice, we find that by developing our awareness and compassion we can open ourselves, relax into situations, and enjoy our life!

Mondays, 8-9 pm, Library

SCIENCE & SPIRITUALITY

KEN AND NICOLE BERNSTEIN

We are an inter-church group engaged in exchanging thoughts on ideas in science and their influence on our spiritual lives.

3rd Thursdays, 7:30pm, Conference Room

UU ALLIANCE PROGRAM & LUNCH

Jan. 18 Alvin Ailey's *Revelations* - film and discussion - Alice Trexler

Feb. 15 Let's Go Diving: The Fijian People and their Reefs - Mark Rosenstein

Mar. 15 Intro to Genealogical Research

3rd Wednesdays, 12noon, Upper Hall

THE FIRST CHURCH BOOK GROUP

KARL KLASSON & ANNE STUART

The Book Group is open to all and does not require commitment to attend future meetings.

Jan. 25 *All The Light You Cannot See*
by Anthony Doerr

Feb. 22 *Americanah*
by Chimamand Ngozi Adichie

Mar. 22 *Waking Up White* by Debbie Irving

4th Wednesday, 7:30pm, Library

FIBER ARTS FELLOWSHIP

EVA PATALAS

Fun and fellowship crafting with a genial group. Contact Eva at epatalas@uubelmont.org for location.

1st and 3rd Thursdays, 8pm, Location TBD

CARING FOR OLDER ADULTS

DEBORAH BLUMBERG & MIRIAM BAKER

Many people are juggling jobs, families and their parents' or other family members' increasing medical needs, frequent emergencies and need for care. Drop in anytime.

1st Thursdays, 7:30pm, Conference Room

FACING ILLNESS TOGETHER

KATHY LIND

We explore ways to live bravely while facing health challenges – either of our own, or of loved ones for whom we act as caregivers. We provide a safe place to talk about our concerns.

3rd Thursdays, 7:00pm, Tinkham Room

HOOTENANNY/JAM SESSION

JON SVETKEY

Have fun singing and strumming songs you (mostly!) know. Bring instruments, voices and enthusiasm.

Last Wednesdays, 7:30pm, Parish Hall

PARENTING KIDS WITH CHALLENGES

MELISSA IRION

Does your child have special challenges? Plan to be with others to discuss issues.

1st Friday of each month, 7:30pm, Library

MINDFUL YOGA WITH JESS HICKS

Mindful yoga for adults of all ages, abilities, and experience levels. Jess is a registered yoga instructor with a lifetime of practice to share. Just bring a mat, and a twin-sized blanket, if you have them, and a curious mind. Drop-in.

SUNDAYS, 10 WEEKS STARTING JAN. 22, 2:30 - 4PM, PARISH HALL