

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 Spring 2017

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

WHAT OCCURS IN MA PRISONS WHILE NO ONE IS WATCHING? LESLIE WALKER

Massachusetts has a laudably low per 100,000 incarceration rate. However, what occurs and does not occur fuels a high repeat crime rate, and keeps former prisoners in poverty. Leslie Walker, Executive Director of Prisoners' Legal Services and First Church member will discuss proposed solutions and recommendations for our community, and our criminal justice system. Co-sponsored by SAC.

Thursday, April 6, 7:30pm, Library

PREQUEL TO MAJOR MUSIC IAN GARVIE

The Major Music piece this spring is Lux Aeterna, by Morten Lauridsen. This 30-minute requiem for choir was composed in 1997. Ian will help us to enjoy and understand the complexities of this piece.

Wednesday, March 29, 7:30pm, PHall

CRIMINAL JUSTICE REFORM WILL BROWNSBERGER

Our state senator, Will Brownsberger and other local politicians are working for Criminal Justice Reform, which recently has been described as an area ripe for progress. Will will update us on mass incarceration, restorative justice, the overuse of solitary confinement and other issues being worked on by the Judiciary Committee, and how we can be supportive of legislative efforts to effect change. Co-sponsored by SAC.

Thursday, April 13, 7:30pm, PHall

THEATRE DISCUSSION SERIES "PRECIOUS LITTLE"

DOWNING CLESS, JANE MINASIAN
Madeleine George's irreverent play performs at Central Square Theatre until March 26. For tickets <https://www.centernalsquaretheater.org>. Join us for a lively discussion and refreshments.

Sunday, April 9, 12:00pm, Library

First Church in Belmont Unitarian Universalist

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

www.uubelmont.org

**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, April 21, 7:30pm, Parish Hall

NEW UU CLASS

Join Andrea Spencer-Linzie, Jim Staton and members of the Membership Committee to answer your questions and discuss the structure and programs of First Church and the Unitarian Universalist Association.

Sunday, April 2, 10:15am, Parlor

**RENAISSANCE WORLDS
TOBY LESTER**

In his two books, Toby Lester has told the story of important Renaissance images and brought to life the worlds they contain. In *The Fourth Part of the World*, the image is the world map of 1507. In *Da Vinci's Ghost*, the image is Leonardo's famous drawing of a man standing inside a circle and a square—the so-called Vitruvian Man. Both images are the culmination of long traditions of thought and belief and investigation, which Toby will explore in this talk.

Sunday, May 7, 12:30pm, Parish Hall

**MINDFUL YOGA
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, and a curious mind.

Sun., Mar. 26, Apr. 2, 9, 2:30pm, Parlor

**BYSTANDER AWARENESS
TRAINING
RANA ABDALHAMID, BLACK BELT IN
SHOTOKAN KARATE**

What do you do when you witness an act of anger or abuse? Are you frightened to say or do something that might help? This training will analyze situations and create some possibilities of response, that will help to protect both the witness and the victim.

Rana has led workshops at Harvard Divinity School and is currently pursuing a degree at the Harvard Kennedy School. She is the founder of Women's Initiative for Self Empowerment (WISE), a global self-defense, social entrepreneurship and leadership organization for Muslim women and is a long time activist and organizer with Amnesty International.

Co-sponsored by Youth and SAC.

Sunday, April 23, 12:30pm, Parlor

**THE NEW WORLD OF GENOME EDITING
ALAN CANTOR**

Alan will take us through the clinical promise and ethical considerations in this new field. Examples of how gene editing are currently being applied to treat human disease and an understanding of the basic information about genetics will be provided so that we can discuss the implications of this new technology.

Sunday, May 21, 12:30pm, Parish Hall

**BREAST CANCER WELLNESS JOURNEY
MELANIE DEVEIKAS**

An educational series focusing on life and wellness during and after breast cancer treatment. Each week there will be a wellness education topic for discussion. For more information or to sign up p contact Melanie at mdeveikas@uubelmont.org.

Wed., March 29, April 12, 26, May 10

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

April 19 - The Lakota Medicine Wheel and Annual Lobster Lunch

May 17 - Pot Luck Social

3rd Wednesdays, 12 noon, 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.

Mar. 22 *Waking Up White* by Debby Irving

April 38 *Huckleberry Finn*

by Mark Twain

May 24 *Eligible* by Curtis Sittenfeld OR

Lila by Marilynne Robin

June 28 PotLuck Supper and book discussion

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, Parlor

PARENTING KIDS WITH CHALLENGES

MELISSA IRION

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

1st Fridays, 7:30pm, Library

**BEYOND FERGUSON: BRIDGING CLASS, CULTURAL
AND RACIAL SEPARATIONS**
Discussion about how to end racism in Belmont and the wider world

**MEETS ON THE LAST SUNDAY OF THE MONTH
7PM, LIBRARY**