

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. 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
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 Fall 2017

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

UUA GENERAL ASSEMBLY 2017/ SANCTUARY MOVEMENT

"Resist and Rejoice" in New Orleans was a powerful experience. The combination of events within our own denomination and upheavals in society combined to encourage honest discussion about the issue of white supremacy. Lillian Anderson, Ian Garvie, Sana Saeed, and Cam Anderson will share their impressions.

One of the important issues discussed at GA was the **Sanctuary Movement**. We will meet and hear from **Alfredo Garcia**, a Master of Divinity student at Harvard Divinity School. He will speak about the context in which undocumented immigrants find themselves.

Sunday, Sept. 24, 12:30pm, Library

"SPIRITUAL AUDACITY"

THE REV. DR. JIM SHERBLOM

Why do some people flourish and others do not? Jim's spiritual memoir *Spiritual Audacity: Six Disciplines of Human Flourishing* addresses this question from a Unitarian Universalist minister's perspective.

Refreshments. Books will be available for purchase.

Sunday, Oct. 1, 12:30pm, Library

THEATRE DISCUSSION SERIES

**"KISS" BY GUILLERMO CALDERÓN
DOWNING CLESS, JANE MINASIAN**

Calderón's brilliant play-within-a-play shows how misunderstanding cultural cues can reveal blind spots you never knew you had. **Performs from Oct. 26 to Nov. 19 at Arts Emerson.**

<https://artsemerson.org/>.

Discussion and refreshments.

Sunday, Nov. 19, 2pm, Library

**WOMEN'S FALL
POTLUCK SUPPER
FRIDAY, SEPT. 29
7PM, UPPER HALL**

**MEN'S FALL
POTLUCK SUPPER
FRIDAY, OCT. 6
7PM, UPPER HALL**

**First Church in Belmont
Unitarian Universalist**

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

www.uubelmont.org

Ongoing Programs & Groups

DIFFICULT CONVERSATIONS

RICK HAWKINS

Learning to successfully work through interpersonal conflict may be the single most important skill for personal, family, and career success. It may also be the most difficult skill to learn and do well. We will focus on how to approach interpersonal conflict from a win-win position so that both peoples' needs are met and so that the conflict strengthens the relationship rather than weaken it. It is important that participants attend all sessions. Contact Rick to register - rhawkins@uubelmont.org.
4 Tuesdays - Oct.10, 24, Nov.14, 28
7:30 - 9pm, Library

NEXT CHAPTER

RICK HAWKINS

The Next Chapter group will consider major emotional, social, and spiritual issues for those of us who are either considering retirement or are in a major transition. We will explore our hopes, fears, losses, gains, surprises, barriers, and struggles throughout these transitions. Contact Rick to participate- rhawkins@uubelmont.org.
3rd Mondays, October - June,
7:30 - 9pm, Conference Room

“SABBATICAL LEARNINGS: PEOPLE AND CIRCUMSTANCES”

REV. DAVID BRYCE

While respecting confidentiality, David will reflect on the people he met, the circumstances they found themselves in and some thoughts about what could or should be done by us.
Sunday, Nov. 5, 12:45pm, Library

THE BOSTON THEATRE SCENE

NANCY E. CARROLL

Surviving in the theatre - artistically and financially - is never easy. Nancy has been involved as a well-known actress for the past thirty years. She will share the struggles and joys of her life in the theatre with us. Prepare to laugh and to be surprised by her stories. Refreshments.
Sunday, Oct 22, 12:30pm, Library

PROGRAM AND POTLUCK SUPPER

ADULT PROGRAMS COMMITTEE

Join the Adult Programs Committee for a shared potluck supper (bring a dish to share + a beverage) followed by an interesting program.
Friday, Oct. 27, 7pm, Parish Hall

“EXPRESSIONS THROUGH FOOD: A COMMUNITY CONVERSATION”

RACHEL GREENBERGER

In the days leading up to Thanksgiving, it may be worth considering: "How do you express yourself through food?" Community Table is a gentle design for sparking rich interactions on important topics connected to food. Always one circle and one conversation, the attendees steer the discussion. Community Table is a signature program of Food Sol at Babson College. (co-founded and directed by Martha Spaulding's daughter Rachel).
Sunday, Nov. 19, 12:30pm, Library

PREQUEL TO MAJOR MUSIC

IAN GARVIE

Ian will help us to understand *the Mass #13*, “*Creation Mass*” by Joseph Haydn.
Wednesday, Nov. 29, 7:30pm, Parish Hall

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 AND 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, Conf. Room

PARENTING KIDS WITH CHALLENGES

MELISSA IRION

Does your child have special challenges? Plan to be with others to discuss issues.
3rd Fridays, 7:30pm, Library

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.
Sept. 27 *Sense and Sensibility*
by Jane Austen
Oct. 26 *What Love Tells Me*
by Richard Waring
Nov. 29 *Lab Girl* by Hope Jahren
Last Wednesdays, 7:30pm, Library

MINDFUL YOGA

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.
1st Saturdays, 4-5:30pm, 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 Tuesdays, 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

BELMONT UU ALLIANCE LUNCH AND PROGRAM

Sept. 20 - Concord River Cruise/Lunch
Oct. 18 - Armenian Museum
Nov. 15 - Belmont Animal Control Off.
Dec. 20 - Doris Hunter -
UU's and Interfaith Initiatives
3rd Wednesdays, 12 noon, Upper Hall