

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 in the conference room or the library.

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 Courant
Lillian Anderson, ex-officio



The First Church in Belmont Unitarian Universalist



ADULT PROGRAMS Winter 2018

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

“ESCALATING INEQUALITY”

“REQUIEM FOR THE AMERICAN DREAM” MODERATED BY STATE

SENATOR WILL BROWNSBERGER

How did we become a nation that is so far removed from our core beliefs?

In this extraordinary 2016 documentary, “Requiem for the American Dream”, Noam Chomsky discusses how the concentration of wealth and power among a small elite has polarized American society and brought about the decline of the middle class.

The 75 minute film will be followed by discussion moderated by Will Brownsberger. Free and open to the public. Co-sponsored by Social Action.

Thursday, Jan. 25, 7pm, Parish Hall

“BORN ON THIRD BASE” CHUCK COLLINS

With the heart of an agitator and the soul of a storyteller, Collins upends our assumptions about America's deep wealth divide—one that, for the first time in recent history, locks the nation's youth into a future defined by their class and wealth at birth; limits our ability to address crises like climate change; and creates a world that no one, not even the rich, will ultimately want to live in. He busts the myths of class, offering bold new solutions.

Book signing and refreshments.
FCB Book Group's February selection!

Friday, March 23, 7:30pm, Parish Hall

FIRST CHURCH WOMEN'S RETREAT MARCH 9 - 11, 2018 “CREATIVITY”

REGISTRATION OPENS ON JANUARY 2
DEADLINE - JANUARY 29

First Church in Belmont Unitarian Universalist

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

www.uubelmont.org

Ongoing Programs & Groups

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. We will read and discuss poems that deal with spiritual issues in the broadest sense of the term.
Sundays, Jan.7,14,21,28, 3pm, Parlor

SERMON TALK-BACK DORIS HUNTER, EDWIN TAYLOR

Edwin and Doris will continue the conversation about the theme of being a stranger in one's own land and wish to hear about your experience with this abyss of misunderstanding and dislike.
Sunday, Feb. 4, 12:30pm, Library

OUR SPIRITUAL PATHS SUSAN KOBAYASHI, ED SIEGFRIED

As UU's we come from diverse spiritual backgrounds and belief systems. Please join Ed and Susan to share your stories and to learn more about other members of our community. What is your religious background and what are your current beliefs? How did you travel this evolutionary path?
Sunday, Feb. 11, 12:30pm, Library

PATRICIA FILLINGHAM DAVID FILLINGHAM

Former First Church member Patricia Fillingham's son will discuss, through poetry, writings and objects from his mother's extraordinary life, how she founded the local publishing house, Warthog Press.
Sunday, Feb. 18, 12:30pm, Library

**THEATRE DISCUSSION SERIES
DOWNING CLESS, JANE MINASIAN**
The Front Porch Arts Collective at Central Square Theatre (CST)staged reading of Marcus Gardley's "Every Tongue Confess". We have reserved a block of tickets. The event is free but sign-ups necessary (landerson@uubelmont.org).
Monday, January 29, 7pm

"Guards at the Taj" at CST performs March 1 - April 1. Discussion on
Sunday, March 25, 4pm, Library

UNITARIAN UNIVERSALISM - WHO WE ARE TODAY DORIS HUNTER

Let's look at our diversity and acknowledge its strengths and weaknesses as we remember our history and confront the current challenges of this age.
Sunday, March 4, 12:30pm, Library

FIRST CHURCH "MOTH" HOUR IAN GARVIE, RICHARD WARING

Join us for First Church's own Moth Hour, an evening of unscripted, first-person storytelling in five to six minutes. Stories affirm who we are and allow us to experience the similarities and differences between ourselves and others. For more information or to sign up see or e-mail Richard (rwaring@nejm.org) or Ian (igarvie@uubelmont.org).
Friday, March 16, 7:30pm, Parish Hall

MULTI-GENERATIONAL EVENT YOUTH GROUP/APC/SAC

Join the Youth Group for this annual event about relevant issues of the day.
Sunday, Jan. 28, 12:30pm, 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.
Jan. 24 *Slouching Toward Bethlehem*
by Joan Didion
Feb. 28 *Born on Third Base*
by Chuck Collins
Mar. 28 *Go Tell It on the Mountain*
by James Baldwin
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, 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

BELMONT UU ALLIANCE LUNCH AND PROGRAM

Jan. 17 - Sana Saeed: Islam and UU
Feb. 21 - Tufts Art Gallery
"Coded Couture"
Mar. 21 - Fred Van Deusen (Reclaim Our Democracy) will discuss
"Income Inequality"
3rd Wednesdays, 12 noon, Upper Hall

PREQUEL TO MAJOR MUSIC IAN GARVIE

Ian will help us to understand the complexities of the Major Music piece which will be performed on March 25.
Wednesday, Mar. 14, 7:30pm, Parish Hall